



Softball Outfielder's Throwing Program

Athlete: _____

Begin: ____/____/____

Basic Guidelines:

1. **Throwing is performed every other day.**
2. Pre-Throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching.
3. Emphasize proper throwing mechanics
4. Each STEP should take one week to complete.
5. Ice for 20 minutes after throwing.
6. If pain occurs during any step shut down for 3-5 days. Use ibuprofen or Aleve. Resume throwing by backing up to previous step.

Step 1

1. Warm-up toss to 45 ft (13.72 m)
2. Catch fly balls/field ground balls and throw to cutoff at 45 ft (13.72 m) (50% effort); repeat 5x with 1-minute rest between throws.
3. 15 tosses to 60 ft (18.29 m)

Step 2

1. Warm-up toss to 60 ft (18.29 m)
2. Catch fly balls/field ground balls and throw to cutoff at 60 ft (18.29 m) (50% effort); repeat 5x with 1-minute rest between throws.
3. 15 tosses to 90 ft (27.43 m)

Step 3

1. Warm-up toss to 90 ft (27.43 m)
2. Catch fly balls/field ground balls and throw to cutoff at 90 ft (27.43 m) (75% effort) repeat 5x with 1minute rest between throws.
3. 15 tosses to 120 ft (36.58 m)

Step 4

1. Warm-up toss to 120 ft (36.58 m)
2. Field ground balls and throw to cutoff at 90 ft (27.43 m) (75% effort); repeat 5x.
3. Catch fly balls and throw to base at 120 ft (36.58 m) (75% effort); repeat 5x with 1-minute rest between throws.
4. 15 tosses to 150 ft (45.72 m)

Step 5

1. Warm-up toss to 120 ft (36.58 m)
2. Field ground balls and throw to cutoff at 90 ft (27.43 m) (100% effort); repeat 5x.
3. Catch fly balls and throw to base at 120 ft (36.58 m) (75% effort); repeat 5x with 1-minute rest between throws.
4. 20 tosses to 180 ft (54.86 m)

Step 6

1. Warm-up toss to 150 ft (45.72 m)
2. Catch fly balls and throw to base at 150 ft (45.72 m) (100% effort); repeat 5x with 1-minute rest between throws.
3. Field ground balls and throw to cutoff at 90 ft (27.43 m) (100% effort); repeat 5x.
4. 20 tosses to 180 ft (54.86 m)

Step 7: Simulated game

1. Warm-up toss to 180 ft (54.86 m)
2. Field ground balls and throw to cutoff at 120 ft (36.58 m) (100% effort); repeat 5x.
3. Catch fly balls and throw to base at 180 ft (54.86 m) (100% effort); repeat 5x with 1-minute rest between throws.
4. 20 tosses to 180 ft (54.86 m)