



Interval Throwing Program for Infield Position Players

If you want to throw hard and throw accurately you must throw hard and throw repeatedly... However, ***your shoulder and arm must have time to heal and adapt to the imposed demand.*** Progression too rapidly in the throwing program **will DELAY** your recovery and return to sport.

Always pay careful attention to your throwing motion / mechanics:

- Use a gathering step to initiate your throwing motion on all throws,
- Use a 4 seam grip to allow better view of ball rotation,
- Stay on top of the ball,
- Throw over the top,
- Keep your elbow at or above shoulder level,
- Avoid trunk extension or shoulder dip (causes high arc on throws),
- Use your legs,
- Follow through with your arm and trunk. Emphasize your follow through in the early part of the throwing program to promote good mechanics.

Throw on line, but throw with sub-maximal effort and throw within your comfort level. If you cannot throw on line at a given distance, do not lob the ball in an attempt to move to the next level. Example: At 90 feet, the arc or the path of the ball should not carry the ball higher than about ten feet.

Throwing with a qualified coach or pitching instructor will improve your ability to progress in the throwing program. Videotape your throwing workout at least once a week to analyze your throwing motion / mechanics and your progress.

You must meet the following criteria to move to the next level:

- No pain or stiffness while throwing,
- No pain or stiffness after throwing (mild muscle soreness acceptable),
- Good throwing motion / mechanics,
- Good throwing accuracy throughout the current level,
- Throws are consistently on line,
- Good Strength throughout the current level with little fatigue.

Continue your upper trunk, scapula and rotator cuff rehabilitation program throughout the interval throwing program.

The interval throwing program is a guide that should be adapted or modified to meet your individual progress and problems. Anticipate throwing every other day for three days at each throwing level. However, if you are having problems at a given level, remain at that level or return to the previous level until your problem is corrected or resolves. Do not hesitate to take an extra day or two off if you are having problems. **If your' problems do not resolve, see your athletic trainer or doctor.**



45 Foot Phase

| | | |
|------------------|--|-----------|
| First Day | Warm-up throws at 20 - 45 feet Throws at 45 feet Warm-down throws 1 Set only / Rest the next day | 25 Throws |
| Level 1 | Warm-up throws at 20 - 45 feet Throws at 45 feet 2 Sets / Rest 10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |
| Level 2 | Warm-up throws at 20 - 45 feet Throws at 45 feet 3 Sets / Rest 5 -10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |

60 Foot Phase

| | | |
|----------------|---|-----------|
| Level 1 | Warm-up throws at 20 - 60 feet Throws at 60 feet 2 Sets / Rest 10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |
| Level 2 | Warm-up throws at 20 - 60 feet Throws at 60 feet 3 Sets / Rest 5 - 10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |

90 Foot Phase

| | | |
|----------------|--|-----------|
| Level 1 | Warm-up throws at 20 - 90 feet Throws at 90 feet 2 Sets / Rest 10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |
| Level 2 | Warm-up throws at 20 - 90 feet Throws at 90 feet 3 Sets / Rest 5 -10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |



105 Foot Phase

| | | |
|----------------|--|-----------|
| Level 1 | Warm-up throws at 20 - 105 feet Throws at 105 feet 2 Sets / Rest 10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |
| Level 2 | Warm-up throws at 20 - 90 feet Throws at 105 feet 3 Sets / Rest 5 - 10 minutes between sets Warm-down throws Throw on alternate days | 25 Throws |

120 Foot Phase

| | | |
|----------------|---|-----------|
| Level 1 | Warm-up throws at 20 - 120 feet Throws at 120 feet 2 Sets / Rest 10 minutes between sets Warm-down throws Throw on alternate days 10 minute toss on off day | 25 Throws |
| Level 2 | Warm-up throws at 20 - 120 feet Throws at 120 feet 3 Sets / Rest 5 - 10 minutes between sets Warm-down throws Position specific throwing drills Throw on alternate days 10 minute toss on off day | 25 Throws |

During level 2 of the 120 foot phase, begin position specific throwing drills.

135 Foot Phase

| | | |
|----------------|---|-----------|
| Level 1 | Warm-up throws at 20 - 135 feet Throws at 120 feet 2 Sets / Rest 10 minutes between sets Warm-down throws Position specific throwing drills Throw on alternate days 10 minute toss on off day | 25 Throws |
| Level 2 | Warm-up throws at 20 - 135 feet Throws at 135 feet 3 Sets / Rest 5 - 10 minutes between sets Warm-down throws Position specific throwing drills Throw on alternate days 10 minute toss on off day | 25 Throws |



| 150 Foot Phase - Hat Drills | | |
|-----------------------------|--|--|
|-----------------------------|--|--|

| | | |
|---------|---|-----------|
| Level 1 | Warm-up throws at 20 - 150 feet | |
| | Hat drill throws at 150 feet | 25 Throws |
| | 2 Sets / Rest 10 minutes between sets | |
| | Warm-down throws | |
| | Position specific throwing drills | |
| | Throw on alternate days | |
| | 10 minute toss on off day | |
| Level 2 | Warm-up throws at 20 - 150 feet | |
| | Hat drill throws at 150 feet | 25 Throws |
| | 3 Sets / Rest 5 - 10 minutes between sets | |
| | Warm-down throws | |
| | Position specific throwing drills | |
| | Throw on alternate days | |
| | 10 minute toss on off day | |

Hat Drills: The hat drill program is designed to improve your ability to throw flat or slightly down with better arm strength and throwing accuracy. Place a hat at 120 feet from your position. Your throwing partner is positioned behind the hat to catch the ball on one bounce. Your goal is throw with effort, imagining that you are throwing through the chest of another throwing partner standing forty-five feet in front of the hat. Attempt to hit the hat.

Return to play your on-field position.