HaysMed

Interval Softball Throwing Program

Phase 1 – Distance / Endurance

General Principles:

This program is designed to help athletes re-introduce throwing to their rehab program. The program is designed to develop those specific qualities in the throwing motion. All throwing should be performed in the presence of a coach or qualified person to stress proper mechanics. This program should also be used in conjunction with the Throwing Athlete Exercise Program.

The athlete should ice the affected extremity for 20 minutes following all throwing activity. The athlete should only progress to the next Step of each Phase if he / she was able to complete the current Step without pain or difficulty. Under the direction of the therapist or Athletic Trainer, the athlete may progress through the Steps and Phases as tolerated. Emphasis should be placed on developing and maintaining proper throwing mechanics without developing symptoms.

30 FT. PHASE

Step 1: Warm Up Throwing
25 throws at 30'
Rest 15 minutes
Warm Up Throwing
25 throws at 30'

Step 2: Warm Up Throwing
25 throws at 30'
Rest 10 minutes
Warm Up Throwing
25 throws at 30'
Rest 10 minutes
Warm Up Throwing
25 throws at 30'

40 FT. PHASE

Step 3: Warm Up Throwing
25 throws at 40'
Rest 15 minutes
Warm Up Throwing
25 throws at 40'

Step 4: Warm Up Throwing
25 throws at 40'
Rest 10 minutes
Warm Up Throwing
25 throws at 40'
Rest 10 minutes
Warm Up Throwing
25 throws at 40'

60 FT. PHASE

Step 5: Warm Up Throwing
25 throws at 60'
Rest 15 minutes
Warm Up Throwing
25 throws at 60'

Step 6: Warm Up Throwing
25 throws at 60'
Rest 10 minutes
Warm Up Throwing
25 throws at 60'
Rest 10 minutes
Warm Up Throwing
25 throws at 60'

80 FT. PHASE

Step 7: Warm Up Throwing
25 throws at 80'
Rest 15 minutes
Warm Up Throwing
25 throws at 80'

Step 8: Warm Up Throwing
25 throws at 80'
Rest 10 minutes
Warm Up Throwing
25 throws at 80'
Rest 10 minutes
Warm Up Throwing
25 throws at 80'

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Interval Softball Throwing Program

Phase 1 – Distance / Endurance

100 FT. PHASE

Step 9: Warm Up Throwing
25 throws at 100'
Rest 15 minutes
Warm Up Throwing
25 throws at 100'

Step 10: Warm Up Throwing
25 throws at 100'
Rest 10 minutes
Warm Up Throwing
25 throws at 100'
Rest 10 minutes
Warm Up Throwing
25 throws at 100'

120 FT. PHASE

Step 11: Warm Up Throwing
25 throws at 120'
Rest 15 minutes
Warm Up Throwing
25 throws at 120'

Step 12: Warm Up Throwing
25 throws at 120'
Rest 10 minutes
Warm Up Throwing
25 throws at 120'
Rest 10 minutes
Warm Up Throwing
25 throws at 120'

Step 13: Warm Up Throwing
25 throws at 120'
Rest 10 minutes
Warm Up Throwing
25 throws at 120'
Rest 10 minutes
Warm Up Throwing
25 throws at 120'

Reference:
Axe, MJ, Windely TC, Snyder-Mackler L. Data-Based Interval Throwing Program for Collegiate Softball Players. Journal of Athletic Training. 2002; 37(2): 194-203.

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