



## **Catcher's Instructions- Baseball**

### **General Rules**

- |                        |                                |
|------------------------|--------------------------------|
| 1.) Break a sweat      | 4.) Rotator Cuff strengthening |
| 2.) Shoulder Stretches | 5.) Shoulder stretches         |
| 3.) Throwing program   | 6.) Ice for 20 min.            |

### **Warm-up**

- Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warm-up distance for that workout.

### **Soreness Rules**

- If sore more than 1 hour after throwing, or the next day, take 1 day off and Repeat the most recent throwing program workout.
- If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout.  
If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step.
- If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step.
- If no soreness, advance one step every throwing day.

### **A. Baseline/ preseason**

- To establish a base for training and conditioning, begin with step 3 and advance one step daily to step 13 following soreness rules.

### **B. Non-throwing arm injury**

- After medical clearance, begin at step 1 and advance one step daily to step 13 following soreness rules.

### **C. Throwing arm-bruise or bone involvement**

- After medial clearance, begin with step 1 and advance one step every other day to step 13 following soreness rules.

## Catcher's Instructions-Baseball cont.

### **D. Throwing arm- tendon/ ligament injury (Mild)**

- After medical clearance, begin with step 1 and advance one step 5 throwing every other day as soreness rules allow.
- Throw every third day for steps 6-9 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 10-13

### **E. Throwing arm- Tendon/ Ligament injury (Moderate, severe, or post op)**

- After medical clearance, begin throwing at step 1
- For steps 1-5, advance no more than 1 step every 3 days with one day of active rest\* following each workout day.
- For steps 6-13, advance no more than 1 step every 3 days with 2 day of active rest\* following each workout day.

### **\*Active rest workout**

Warm up to 60'

Catch 5 pitches in squat but do not throw ball to pitcher

25 easy tosses 60-90'

Run 90' sprint after every 5 tosses

## Catcher's Throwing Program

### Phase I

- complete a warm-up lap around the field before each step
- all throws completed to tolerance, not to exceed 50% effort
- complete a 90' sprint before each set within each step
- rest 12 seconds between throws
- rest 8 minutes between sets

Step 1: Warm up to 30'  
10 throws to 30'  
10 throws to 30'  
10 throws to 30'  
10 throws to 30'  
15 lobs to 60'

Step 4: Warm up to 90'  
15 throws to pitcher  
15 throws to pitcher\*  
15 throws to pitcher\*  
15 throws to pitcher\*  
15 lobs to 90'

Step 2: Warm up to 60'  
10 throws to pitcher  
10 throws to pitcher  
10 throws to pitcher  
15 lobs to 60'

Step 5: Warm up to 90'  
20 throws to pitcher\*^  
20 throws to pitcher\*^  
20 throws to pitcher\*^  
20 throws to pitcher\*^  
20 lobs to 90'

Step 3: Warm up to 90'  
10 throws to pitcher  
10 throws to pitcher\*  
10 throws to pitcher  
10 throws to pitcher\*  
15 lobs to 90'

\*all throws in these sets are made after squatting for 8 seconds to simulate receiving a pitch.

^all throws in these sets are made at 50% effort.

## Catcher's Throwing Program cont.

### Phase Two

-all steps should begin with phase one, step five

-all throws in phase two are made after squatting for 8 seconds

Step 6: 7 throws at 70' (50%)  
20 lobs to 90'

Step 10: 7 throws at 90' (75%)\*\*  
7 throws at 110' (50%)  
20 lobs to 160'

Step 7: 7 throws at 80' (75%)  
20 lobs to 120'

Step 11: 7 throws at 90' (100%)\*\*  
10 throws at 115' (50%)  
20 lobs to 160'

### Continue Catcher's Throwing Program

Step 8: 12 throws at 90' (50%)  
20 lobs to 160'

Step 12: 7 throws at 90' (100%)\*\*  
10 throws at 125' (75%)  
20 lobs to 160'

Step 9: 7 throws at 90' (75%)\*\*  
5 throws at 100'(50%)  
20 lobs to 160'

Step 13: 7 throws at 90' (100%)\*\*  
10 throws at 130'(100%)^^  
20 lobs to 160'

\*\* Throws to first or third base after receiving a pitch

^^10 throws to second base after receiving a pitch