



Infielder's Instructions- Baseball

General Rules

- 1) Break a sweat
- 2) Shoulder stretches
- 3) Throwing program
- 4) Rotator Cuff strengthening
- 5) Shoulder stretches
- 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 1 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 1 step.
- If no soreness, advance 1 step every throwing day.

A. Baseline/ Preseason

- Begin with step 1 and advance 1 step daily as soreness rules allow.

B. Non-throwing arm injury

- After medical clearance, begin with step 1 and advance 1 step daily as soreness rules allow.

C. Throwing arm- Bruise or bone involvement

- After medical clearance, begin with step 1 and advance 1 step every other day to step 6 as soreness rules allow.

D. Throwing arm- Tendon/ Ligament injury (Mild)

- After medical clearance, begin with step 1. Throw every other day but do not advance beyond step 1 for the first week.
- After the first week, continue to throw every other day repeating each step through step 6 as soreness rules allow. On off days use active rest program below for workout.

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

- After medical clearance, begin with step 1. Days 1-14, throw every 3-4 days. Do not advance beyond step 1.
- For days, 15-28, throw step 1 every 2-3 days but do not advance.
- From day 29 on, throw every third day advancing program as soreness rules allow. On off days use active rest program below for workout.

Active rest program

- Warm-up toss to 150'
- 5 throws each @ 90, 120 and 150' at 50% effort
- 20 easy tosses to 150'

INFIELDER'S THROWING PROGRAM

General Guidelines

- complete a warm-up lap around the field before each step
- complete a 90' sprint before each set of throws within a step
- rest 12 seconds between throws
- rest 8 minutes between sets
- all throws with limited arc

Field Dimensions:

90' home to 1st
90' home to 3rd

127' home to 2nd
156' home to outfield grass

STEP 1 Warm-up toss to 75'
20 throws @ 45' (50%)
Field practice (50%)
5 throws @ 45'
10 throws @ 60'
10 throws @ 75'
20 tosses to 75'

STEP 4 Warm-up toss to 150'
20 throws @ 60' (75%)
Field practice (75%)
5 throws @ 90'
10 throws @ 90' DP
5 throws @ 120'
5 throws @ 150'
20 tosses to 150'

STEP 2 Warm-up toss to 90'
10 throws @ 45' (50%)
10 throws @ 60' (50%)
Field practice (75%)
5 throws @ 45'
10 throws @ 60'
10 throws @ 90'
20 tosses to 90'

STEP 5 Warm-up toss to 180'
20 throws @ 60' (50%)
Field practice (100%)
5 throws @ 90'
5 throws @ 90' DP
5 throws @ 120'
5 throws @ 150'
5 throws @ 180'
20 tosses to 180'

INFIELDER'S THROWING PROGRAM CONT.

STEP 3	Warm-up toss to 120' 20 throws @ 60' (50%) Field practice (75%) 5 throws @ 60' 10 throws @ 90' 10 throws @ 120' 20 tosses to 120'	STEP 6	Return to regular practice and games
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Data for Infielder's Throwing Program

Professional Baseball Data (1986 Houston Astros/ opponents)

<u>Position</u>	<u>Play/Game (Ranges)</u>	<u>Mean</u>	<u>Distance Median</u>	<u>Range</u>
First base	2.5	61.0'	65.0'	11-228'
Second base	2.8	72.1'	65.7'	18.5-208.3'
Third base	2.8	98.3'	114.6'	6.1-208.3'
Short stop	3.5 (3-8)	89.0'	101.2'	7.7-161.2'
Short stop*	12 (3-23)		100'	10-180'
	(Effort: mean= 87%, range= 85-100%)			

* College Baseball Data (38 Division 1/Top 25 games, UD Hens/opponents)
 - includes around the horn

13 yo Baseball Data (50 Little League Games, 307 innings)

<u>Position</u>	<u>Play/Game (Ranges)</u>	<u>Mean</u>	<u>Distance Range</u>
First base	9.62	66.76'	15-130'
Second base	6.18	71.93'	10-140'
Third base	4.66	73.15'	20-140'
Short stop	7.84	74.67'	10-150'