



Outfielder'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

- To establish a base for training and conditioning, begin with step 1 and advance 1 step daily to step 7 following soreness rules.

B. Non-Throwing arm

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

C. Throwing arm- Bruise or bone involvement

- After medical clearance, begin with step 1 and throw every other day for the first week following soreness rules. Do not advance beyond step 2.
- Beginning the second week throw every other day advancing steps as soreness rules allow. On off days you may throw the warm-up and ending tosses of the previous day's workout.

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

- After medical clearance, begin with step 1. For the first week, throw every third day and do not progress beyond step 1.
- Beginning on day 8, advance program as soreness rules allow with 1 day of active rest between each workout day (On active rest days you should throw the warm-up and the ending tosses of the previous day's workout.)

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

- After medical clearance, begin with step 1. For the first two weeks (days 1-14) throw every 3-4 days and do not advance beyond step 1.
- On days 15-28, begin throwing every 2-3 days but do not advance beyond step 1.
- On days 29-42, use soreness rules to advance program throwing every third day. (On days between workouts, you should throw the warm-up and ending tosses of the previous day's workout.)

Adult Outfielder Throwing Program

General guidelines

- complete a warm-up lap around the field before each step
- tosses are with limited arc

- STEP 1 Warm-up toss to 100'
Catch flys to throw to each cutoff (50% effort) X 3 reps
1-2 minutes rest between catches
15 tosses to 100'
- STEP 2 Warm-up toss to 150'
Catch flys and throw to each cutoff (50%) X 5 reps
1-2 minutes rest between catches
10 tosses each to 125' and 150'
- STEP 3 Warm-up toss to 200'
Catch flys and throw to each cutoff (75%) X 5 reps
Catch flys and throw to each base (75%) X 3 reps
1-2 minutes rest between catches
25 tosses to 175'
- STEP 4 Warm-up toss to 250'
Catch flys and throw to each base (100%) X 5 reps
Catch flys and throw to each cutoff (75%) X 5 reps
1-2 minutes rest between catches
5 tosses each to 175', 200', 225', 250'
- STEP 5 Simulated Game

Data for Outfielder's Throwing Program

College Baseball Data (1997 UD vs. Opponent)

Position	Plays/Game	Distance	
		Mean	Range
Right field	4.46	171.1'	30-280'
Center field	5.49	162.3'	20-300'
Left field	4.85	160.6'	20-320'