



## Catcher's Instructions- Softball

### 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 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 11 following soreness rules.

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

-After medical clearance, begin at step 1 and advance one step daily to step 11 following soreness rules.

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

-After medical clearance, begin with step 1 and advance one step every other day to step 11 following soreness rules.

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

- After medical clearance, begin with step 1 and advance program to step 4 throwing every other day as soreness rules allow.
- Throw every third day for steps 5-8 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 9-11.

## Catcher's Instructions- Softball cont.

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

- After medical clearance, begin throwing at step 1
- For steps 1-4, advance no more than 1 step every 3 days with one day of active rest\* following each workout day.
- For steps 5-11, advance no more than 1 step every 3 days with 2 days 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 long tosses to 60-90'

Run 90' sprint after every 5 long tosses

## **Softball Catching Program**

### **Phase I – Beginning throwing (Throws to 50% effort)**

STEP 1	Warm-up toss to 30' 10 throws @ 30' Rest 8 min 10 throws @ 30' 10 long tosses to 45'	STEP 3	Warm-up toss to 60' 10 throws @ 60' Rest 8 min. 10 throws @ 60' 10 long tosses to 75'
STEP 2	Warm-up toss to 45' 10 throws @ 45' Rest 8 min. 10 throws @ 45' 10 long tosses to 60'	STEP 4	Warm-up toss to 75' 10 throws @ 75' Rest 8 min. 10 throws @ 75' 10 long tosses to 90'

## Softball Catching Program cont.

### Phase II- Catching Practice

- Complete warm-up lap around the field before each step
- All throws completed to tolerance, not to exceed the effort level specified
- All throws are made after squatting 8 seconds to simulate receiving a pitch

STEP 5	Warm-up toss to 90' 10 throws to pitcher (50%)* 10 throws to pitcher (50%)* 10 throws to pitcher (50%)* 10 long tosses to 120'	STEP 9	Warm-up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 <sup>st</sup> (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 20 long tosses to 120'
STEP 6	Warm-up toss to 90' 10 throws to pitcher (50%)* 15 throws to pitcher (50%)* 10 throws to pitcher (50%)* 15 throws to pitcher (50%)* 15 long tosses to 120'	STEP 10	Warm-up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 <sup>st</sup> (100%)* 10 throws to pitcher (75%) 3 throws to 2 <sup>nd</sup> (75%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 20 long tosses to 120'
STEP 7	Warm-up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 <sup>st</sup> (50%) 15 throws to pitcher (50%)* 10 throws to pitcher (75%)* 15 throws to pitcher (50%)* 20 long tosses to 120'	STEP 11	Warm-up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 <sup>st</sup> (100%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%) 3 throws to 2 <sup>nd</sup> (100%)* 10 throws to pitcher (75%)* 10 throws to pitcher (75%)* 20 long tosses to 120'
STEP 8	Warm-up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 <sup>st</sup> (75%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 20 long tosses to 120'		

\* Complete a 60' sprint then rest 8 minutes after these sets.