



## **Outfielder'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 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 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 6 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.

## **Outfielder's Instructions- Softball cont.**

### **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 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 2 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.)

## **Softball Outfielder's 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 60'  
Catch flys and throw to cutoff (50% effort) X 5  
1-2 minutes rest between catches  
15 tosses to 90'
- STEP 2      Warm-up toss to 90'  
Catch flys and throw to cutoff (75% effort) X 5  
1-2 minutes rest between catches  
15 tosses to 120'
- STEP 3      Warm-up toss to 120'  
Catch flys and throw to cutoff (75%) X 5  
Catch flys and throw to base (75%) X 5  
1-2 minutes between catches  
15 tosses to 150'

## Softball Outfielder's Throwing Program

- STEP 4 Warm-up toss to 120'  
Catch flys and throw to cutoff (100%) X 5  
Catch flys and throw to base (75%) X 5  
1-2 minutes between catches  
15 tosses to 150'
- STEP 5 Warm-up toss to 150'  
Catch flys and throw to base (100%) X 5  
Catch flys and throw to cutoff (100%) X 5  
1-2 minutes between catches  
20 tosses to 180'
- STEP 6 Return to regular practice and games

### Data (Collected from 36 games, 219 innings)

<u>Position</u>	<u>Plays/Game</u>	<u>Distance</u>	
		<u>Mean</u>	<u>Range</u>
Right field	1.78	86.95'	25-165'
Center field	2.17	85.83'	20-175'
Left field	2.44	77.50'	10-95'