

Interval Softball Throwing Program

Warm-up:

Jogging, jumping rope, etc to increase blood flow to the muscles; once a light sweat is developed, move to stretching.

Stretching:

Full body stretching is important for reducing the chance of injury and for increasing mobility of all parts of the body (which allows the whole body to be used to throw, rather than just the arm).

Throwing mechanics:

A crow-hop technique should be used in all phases of the interval throwing program. This technique places the arm in a mechanically sound position for throwing.

Throwing:

Warm-up throws should take place from 30-45 feet and progress to the distance indicated for the following successive phases. Progress to the next step of the program once current step is accomplished completely free of pain. Allow at least 24 hours to pass between successive steps. Each athlete progresses at different rates. There is no optimal length of this program. Once step 11 is completed successfully, the athlete is ready to return to unrestricted overhand throwing.

45' Phase

Step 1: 10-15 warm-up throws
20 throws at 45 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 45 feet

Step 2: 10-15 warm-up throws
20 throws at 45 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 45 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 45 feet

60' Phase

Step 3: 10-15 warm-up throws
20 throws at 60 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 60 feet



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Step 4: 10-15 warm-up throws
20 throws at 60 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 60 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 60 feet

90' Phase

Step 5: 10-15 warm-up throws
20 throws at 90 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 90 feet

Step 6: 10-15 warm-up throws
20 throws at 90 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 90 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 90 feet

120' Phase

Step 7: 10-15 warm-up throws
20 throws at 120 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 120 feet

Step 8: 10-15 warm-up throws
20 throws at 120 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 120 feet
rest 5 minutes
10-15 warm-up throws
20 throws at 120 feet

Volume Phase

Step 9: 10-15 warm-up throws
10 throws at 45 feet
10 throws at 60 feet
10 throws at 90 feet
10 throws at 120 feet
rest 5 minutes
10-15 warm-up throws
10 throws at 45 feet
10 throws at 60 feet
10 throws at 90 feet
10 throws at 120 feet

Step 10: 10-15 warm-up throws
15 throws at 60 feet
15 throws at 90 feet
15 throws at 120 feet
rest 5 minutes
10-15 warm-up throws
15 throws at 60 feet
15 throws at 90 feet
15 throws at 120 feet

Step 11: 10-15 warm-up throws
10 throws at 60 feet
10 throws at 90 feet
10 throws at 120 feet
rest 5 minutes
10-15 warm-up throws
3 x 15 position-specific throws