

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 warmup 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 warmup 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 warmup 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 one step every throwing day.

A. Baseline/Preseason

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

B. Non-Throwing arm

- After medical clearance, begin with step one and advance one 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.

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 one 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 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.)

13/14 YEAR OLD 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 60'
Catch flys and throw to cutoff (50% effort) X 5 reps
1-2 min. rest between catches
15 tosses to 90'
- Step 2: Warm up toss to 100'
Catch flys and throw to cutoff (50%) X 10 reps
Take 1-2 min. rest between catches
10 tosses each to 90' and 120'
- Step 3: Warm up toss to 120'
Catch flys and throw to cutoff (75%) X 10 reps
1-2 min. rest between catches
25 tosses to 120'
- Step 4: Warm up toss to 120'
Catch flys and throw to base (100%) X 5 reps
Catch flys and throw to cutoff (75%) X 5 reps
1-2 min rest between catches
25 tosses to 160'
- Step 5: Warm up toss to 120'
Catch flys and throw to base (100%) X 5 reps
Catch flys and throw to cutoff (75%) X 5 reps
1-2 min. rest between catches
25 tosses to 200'
- Step 6: Warm up toss to 120-160'
Catch flys and throw to base (100%) X 5 reps
Catch flys and throw to cutoff (75%) X 5 reps
1-2 min. rest between catches
25 tosses to 200-230'
- Step 7: Return to regular practice and games

Data for Outfielder's Throwing Program

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

Position	Plays/Game	Distance	
		Mean	Range
Right Field	2.02	91.39'	30-210'
Center Field	3.12	99.68'	20-230'
Left Field	3.18	97.01'	10-200'

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