

Catcher'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 3 and advance one step daily to step 13 following soreness rules.

B. Non-throwing arm injury

- After medical clearance, begin at step 1 and advance one step daily to step 13 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 13 following soreness rules.

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

- After medical clearance, begin with step 1 and advance program to step 5 throwing every other day as soreness rules allow.
- Throw every third day for steps 6-9 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 10-13.

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

- After medical clearance, begin throwing at step 1
- For steps 1-5, advance no more than 1 step every 3 days with one day of active rest* following each workout day.
- For steps 6-13, advance no more than 1 step every 3 days with 2 day 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 tosses 60-90'

Run 90' sprint after every 5 tosses

CATCHER'S THROWING PROGRAM

PHASE ONE

- complete a warm-up lap around the field before each step
- all throws completed to tolerance, not to exceed 50% effort
- complete a 90' sprint before each set within each step
- rest 12 seconds between throws
- rest 8 minutes between sets

Step 1:	Warm up to 30' 10 throws to 30' 10 throws to 30' 10 throws to 30' 10 throws to 30' 15 lobs to 60"	Step 4:	Warm up to 90' 15 throws to pitcher 15 throws to pitcher* 15 throws to pitcher* 15 throws to pitcher* 15 lobs to 90'
Step 2:	Warm up to 60' 10 throws to pitcher 10 throws to pitcher 10 throws to pitcher 15 lobs to 60'	Step 5:	Warm up to 90' 20 throws to pitcher** 20 throws to pitcher** 20 throws to pitcher** 20 throws to pitcher** 20 lobs to 90'
Step 3:	Warm up to 90' 10 throws to pitcher 10 throws to pitcher* 10 throws to pitcher 10 throws to pitcher* 15 lobs to 90'		

- *all throws in these sets are made after squatting for 8 seconds to simulate receiving a pitch
- ^all throws in these sets are made at 50% effort

PHASE TWO

- all steps should begin with phase one, step five
- all throws in phase two are made after squatting for 8 seconds

Step 6:	7 throws at 70' (50%) 20 lobs to 90'	Step 10:	7 throws at 90' (75%)** 7 throws at 110' (50%) 20 lobs to 160'
Step 7:	7 throws at 80' (75%) 20 lobs to 120'	Step 11:	7 throws at 90' (100%)** 10 throws at 115' (50%) 20 lobs to 160'
Step 8:	12 throws at 90' (50%) 20 lobs to 160'	Step 12:	7 throws at 90' (100%)** 10 throws at 125' (75%) 20 lobs to 160'
Step 9:	7 throws at 90' (75%)** 5 throws at 100' (50%) 20 lobs to 160'	Step 13:	7 throws at 90' (100%)** 10 throws at 130' (100%) ^^ 20 lobs to 160'

- ** Throws to first or third base after receiving a pitch
- ^^ 10 throws to second base after receiving a pitch

Data for Catching Programs

College Baseball Data (38 Division 1 Top 25 games, 1997 UD Hens/opponents)

<u>Variable</u>	<u>Mean</u>	<u>Median</u>	<u>Range</u>	<u>Stan Dev</u>
Distance	97	90	80-150	20
Effort	90%			
Throws/Inn To Pitcher	10		7-14	2
Throws/Game To Pitcher	89		47-117	19
Other throws	11.7	12	7-17	2
Squat/Inn	3.7		2:08-5:15	44 sec.
Squat/Game	29.43		14:53-44:28	6:47
Sprints/Game	5.13			

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

<u>Variable</u>	<u>Mean</u>	<u>Range</u>
Distance	104.87'	50-140
Throws/Inn To pitcher	13.19	
Throws/Game To pitcher	81	
Effort	77.6%	75-80%
Throws/Inn To base	0.93	
Throws/Game To base	5.74	
Effort	96.4%	70-100%
Squat/Inn	2.66 min.	
Squat/Game	16.32 min.	