

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.)

ADULT 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 100'

Catch flies and throw to each cutoff (50% effort) X 3 reps
1-2 min. rest between catches
15 tosses to 100'

Step 2: Warm up toss to 150'

Catch flies and throw to each cutoff (50%) X 5 reps
Take 1-2 min. rest between catches
10 tosses each to 125' and 150'

Step 3: Warm up toss to 200'

Catch flies and throw to each cutoff (75%) X 5 reps
Catch flies and throw to each base (75%) X 3 reps
1-2 min. rest between catches
25 tosses to 175'

Step 4: Warm up toss to 250'

Catch flies and throw to each base (100%) X 5 reps
Catch flies and throw to each cutoff (75%) X 5 reps
1-2 min rest between catches
5 tosses each to 175', 200', 225', 250'

Step 5: Simulated Game

Data for Outfielder's Throwing Program

College Baseball Data (1997 UD vs. Opponent)

Position	Plays/Game	Distance	
		Mean	Range
Right Field	4.46	171.1'	30-280'
Center Field	5.49	162.3'	20-300'
Left Field	4.85	160.6'	20-320'