

# Pitcher'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 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 4 and advance one step daily to step 19 following soreness rules.

### **B. Non-throwing arm injury**

- After medical clearance, begin step 4 and advance one step daily to step 21 following soreness rules.

### **C. Throwing arm- Bruise or bone involvement**

- After medical clearance, begin with step 1 and advance program as soreness rules allow throwing every other day.

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

- After medical clearance, begin with step 1 and advance program to step 6 throwing every other day as soreness rules allow.
- Throw every third day on steps 7-10 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 11-21.

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

- After medical clearance, begin throwing at step 1.
- For steps 1-6, advance no more than 1 step every 3 days with 2 days of active rest (warmup and long tosses) following each workout.
- Steps 7-10 advance no more than 1 step every 3 days with 2 days active rest (warmup and long tosses) following each workout.
- Advance steps 11-21 daily as soreness rules allow.

## Softball Pitching Program

### Phase I- Early Throwing

- all throws are to tolerance to a maximum of 50% effort

STEP 1	WARM-UP TOSS TO 30' 10 THROWS @ 30' REST 8 MIN. 10 THROWS @ 30' 10 LONG TOSSES TO 40'	STEP 4	WARM-UP TOSS TO 75' 10 THROWS @75' REST 8 MIN. 10 THROWS @ 75' 10 LONG TOSSES TO 90'
STEP 2	WARM-UP TOSS TO 45' 10 THROWS @ 45' REST 8 MIN. 10 THROWS @ 45' 10 LONG TOSSES TO 60'	STEP 5	WARM-UP TOSS TO 90' 10 THROWS @ 90' REST 8 MIN. 10 THROWS @ 90' 10 LONG TOSSES TO 105'
STEP 3	WARM-UP TOSS TO 60' 10 THROWS @ 60' REST 8 MIN. 10 THROWS @ 60' 10 LONG TOSSES TO 75'	STEP 6	WARM-UP THROWS TO 105' 10 THROWS @ 105' REST 8 MIN. 10 THROWS @ 105' 10 LONG TOSSES TO 120'

### Phase II- Initiation of Pitching

- all pitches are fast balls (no off-speed pitches)  
- all pitches to tolerance or maximum effort level specified

STEP 7	WARM-UP TOSS TO 120' 10 THROWS @ 60' (75%) 10 PITCHES @ 20' (50%) REST 8 MIN. 10 THROWS @ 60' (75%) 5 PITCHES @ 20' (50%) 10 LONG TOSSES TO 120'	STEP 9	WARM-UP TOSS TO 120' 10 THROWS @ 60' (75%) 10 PITCHES @ 46' (50%) REST 8 MIN. 10 THROWS @ 60' (75%) 10 PITCHES @ 46' (50%) 15 LONG TOSSES TO 120'
STEP 8	WARM-UP TOSS TO 120' 10 THROWS @ 60' (75%) 10 PITCHES @ 35' (50%) REST 8 MIN. 10 THROWS @ 60' (75%) 10 PITCHES @ 35' (50%) 10 LONG TOSSES TO 120'	STEP 10	WARM-UP TOSS TO 120' 10 THROWS @ 60' (75%) 10 PITCHES @ 46' (50%) REST 8 MIN. 10 PITCHES @ 46' (50%) REST 8 MIN. 10 THROWS @ 60' (75%) 10 PITCHES @ 46' (50%) 15 LONG TOSSES TO 120'

### Phase III- Intensified Pitching

- "Pitch" sets should consist of 3 FASTBALLS for every 2 OFFSPEED pitches at the effort level specified
- begin each step with warm-up toss to 120'
- end each step with 20 long tosses to 120'

STEP 11	10 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)* 15 PITCHES (50%)* 5 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)*	STEP 17	5 THROWS TO 1 <sup>ST</sup> (100%) 15 PITCHES (100%)* 20 PITCHES (75%)* 15 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (75%)* 5 THROWS TO 1 <sup>ST</sup> (100%) 15 PITCHES (75%)*
STEP 12	10 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)* 15 PITCHES (50%)* 15 PITCHES (50%)* 5 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)*	STEP 18	5 THROWS TO 1 <sup>ST</sup> (100%) 20 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (100%)* 15 PITCHES (75%)* 20 PITCHES (100%)* 5 THROWS TO 1 <sup>ST</sup> (100%) 15 PITCHES (100%)*
STEP 13	10 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 5 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)*	STEP 19	5 THROWS TO 1 <sup>ST</sup> (100%) 20 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (100%)* 15 PITCHES (100%)* 20 PITCHES (100%)* 15 PITCHES (100%)* 5 THROWS TO 1 <sup>ST</sup> (100%) 15 PITCHES (100%)*
STEP 14	10 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 20 PITCHES (50%)* 5 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (50%)*	STEP 20	BATTING PRACTICE 100-120 PITCHES 2 THROWS TO 1 <sup>ST</sup> /10 FASTBALL
STEP 15	10 THROWS TO 1 <sup>ST</sup> (100%) 15 PITCHES (75%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 15 PITCHES (75%)* 5 THROWS TO 1 <sup>ST</sup> (75%) 15 PITCHES (75%)*	STEP 21	SIMULATED GAME 7 INNING 15-18 PITCHES/INNING 8 MIN. REST BETWEEN INNINGS 3 FASTBALL/ 2 OFFSPEED PITCHES
STEP 16	5 THROWS TO 1 <sup>ST</sup> (100%) 15 PITCHES (100%)* 20 PITCHES (75%)* 15 PITCHES (100%)* 20 PITCHES (75%)* 5 THROWS TO 1 <sup>ST</sup> (75%) 20 PITCHES (75%)*		

\* rest 8 minutes after these sets

Data (from 36 games, 2785 pitches, 220 innings)

	<u>Avg.</u>	<u>Range</u>
Pitches/Game	77.36	33-141
Pitches/Inning	12.65	8-22

(No pick off attempts were recorded)