

Catcher'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 3 and advance one step daily to step 11 following soreness rules.

B. Non-throwing arm injury

- After medical clearance, begin at step 1 and advance one step daily to step 11 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 11 following soreness rules.

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

- After medical clearance, begin with step 1 and advance program to step 4 throwing every other day as soreness rules allow.
- Throw every third day for steps 5-8 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 9-11.

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

- After medical clearance, begin throwing at step 1
- For steps 1-4, advance no more than 1 step every 3 days with one day of active rest* following each workout day.
- For steps 5-11, 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 long tosses to 60-90'
- Run 90' sprint after every 5 long tosses

Catcher's Program- Softball

Phase I- Beginning throwing (Throws to 50% effort)

STEP 1	Warm up toss to 30' 10 throws @ 30' Rest 8 minutes 10 throws @ 30' 10 long tosses to 45'	STEP 3	Warm up toss to 60' 10 throws @ 60' Rest 8 minutes 10 throws @ 60' 10 long toss to 75'
STEP 2	Warm up toss to 45' 10 throws @ 45' Rest 8 minutes 10 throws @ 45' 10 long toss to 60'	STEP 4	Warm up toss to 75' 10 throws @ 75' Rest 8 minutes 10 throws @ 75' 10 long toss to 90'

Phase II- Catching Practice

- Complete warm up lap around the field before each step
- All throws completed to tolerance, not to exceed the effort level specified
- All throws are made after squatting 8 seconds to simulate receiving a pitch

STEP 5	Warm up toss to 90' 10 throws to pitcher (50%)* 10 throws to pitcher (50%)* 10 throws to pitcher (50%)* 10 long tosses to 120'	STEP 9	Warm up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 st (75%)* 10 throws to pitcher (75%) 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 20 long tosses to 120'
STEP 6	Warm up toss to 90' 10 throws to pitcher (50%)* 15 throws to pitcher (50%)* 10 throws to pitcher (50%)* 15 throws to pitcher (50%)* 15 long tosses to 120'	STEP 10	Warm up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 st (100%)* 10 throws to pitcher (75%) 3 throws to 2 nd (75%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 20 long tosses to 120'
STEP 7	Warm up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 st (50%)* 15 throws to pitcher (50%)* 10 throws to pitcher (75%)* 15 throws to pitcher (50%)* 20 long tosses to 120'	STEP 11	Warm up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 st (100%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%) 3 throws to 2 nd (100%)* 10 throws to pitcher (75%)* 10 throws to pitcher (75%)* 20 long tosses to 120'
STEP 8	Warm up toss to 90' 10 throws to pitcher (75%) 5 throws to 1 st (75%)* 15 throws to pitcher (75%)* 10 throws to pitcher (75%)* 15 throws to pitcher (75%)* 20 long tosses to 120'		

*Complete a 60' sprint then rest 8 minutes after these sets

Catcher's data (collected from 36 games, 219 innings)

	<u>Avg.</u>	<u>Range</u>
Time in stance/game	12.28 minutes	5.38-23.22 min.
Time in stance/inning	2.02 minutes	
Throws to pitcher/game	45.75	26-100
Throws to pitcher/inning	7.52	
Throws to base/game	2.78	
Throws to base/inning	0.46	
Distance of throws to base	65.7'	35-90'