

Infielder'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

- Begin with Step 1 and advance 1 step daily as soreness rules allow.

B. Non-throwing arm injury

- After medical clearance, begin with step 1 and advance 1 step daily as soreness rules allow.

C. Throwing arm- Bruise or bone involvement

- After medical clearance, begin with step 1 and advance one step every other day to step 5 as soreness rules allow.

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

- After medical clearance, begin with step 1. Throw every other day but do not advance beyond step 1 for the first week.
- After the first week, continue to throw every other day repeating each step through step 5 as soreness rules allow. On off days use active rest program below for workout.

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

- After medical clearance, begin with step 1. Days 1-14, throw every 3-4 days. Do not advance beyond step 1.
- For days 15-28, throw step 1 every 2-3 days but do not advance.
- From day 29 on, throw every third day advancing program as soreness rules allow. On off days use active rest program below for workout.

Active rest program

- Warm up toss to 120'
- 5 throws each at 60, 90, and 120' at 50% effort
- 20 long tosses to 120'

Softball Infielder's Throwing Program

General Guidelines

- Complete a warm up lap around the field before each step
- Complete a 60' sprint before each set of throws
- Rest 8 minutes between sets
- All throws with limited arc

<p>STEP 1 Warm up toss to 60' 20 throws @ 45' (50%) Field Practice (50%) 5 throws @ 45' 10 throws @ 60' 20 long tosses to 75'</p>	<p>STEP 4 Warm up toss to 150' 20 throws @ 60' (50%) Field Practice (100%) 5 throws @ 60' 5 throws @ 60' (DP) 3 throws @ 84' 3 throws @ 120' 20 long tosses to 150'</p>
<p>STEP 2 Warm up toss to 75' 20 throws @ 60' (50%) Field Practice (75%) 10 throws @ 60' 10 throws @ 75' 20 long tosses to 90'</p>	<p>STEP 5 Return to regular practice and games</p>
<p>STEP 3 Warm up toss to 90' 20 throws @ 60' (50%) Field Practice (75%) 5 throws @ 60' 5 throws @ 60' (double play) 3 throws @ 84' 3 throws @ 120' 20 long tosses to 120'</p>	

Data (Collected from 36 games, 219 innings)

<u>Position</u>	<u>Plays/Game</u>	<u>Distance</u>	
		<u>Mean</u>	<u>Range</u>
1 st	4.5	49.85'	10-110'
2 nd	5.0	46.17'	10-130'
SS	3.72	63.77'	30-90'
3 rd	5.47	56.40'	10-95'