

Appendix 2. Catcher Throwing Program.

Phase I

- Complete a warm-up lap around the field before each step.

<i>Step 1</i>	Warm-up to 45' 10 throws to 30' 10 throws to 30' 10 throws to 30' 10 throws to 30' 15 long tosses to 45'	<i>Step 4</i>	Warm-up to 90' 15 throws to pitcher 15 throws to pitcher* 15 throws to pitcher* 15 throws to pitcher* 15 long tosses to 90'
<i>Step 2</i>	Warm-up to 60' 10 throws to 45' 10 throws to 45'* 10 throws to 45' 15 long tosses to 60'	<i>Step 5</i>	Warm-up to 90' 20 throws to pitcher*† 20 throws to pitcher*† 20 throws to pitcher*† 20 throws to pitcher*† 20 long tosses to 90'
<i>Step 3</i>	Warm-up to 75' 10 throws to pitcher 10 throws to pitcher* 10 throws to pitcher 10 throws to pitcher* 15 long tosses to 75'		

*Player should be in the squat stance to receive all throws from partner.

†All throws in these sets are made at 50% effort.

Phase II

- All steps should begin with Phase I, step 5, completed as instructed above
- Player should be in the squat stance to receive all throws from partner.
- All long tosses should begin with a "crow-hop" and be thrown with minimum arc.

<i>Step 6</i>	7 throws at 70' (50%) 20 long tosses to 100'	<i>Step 11</i>	7 throws at 90' (100%)* 10 throws at 110' (50%) 20 long tosses to 160'
<i>Step 7</i>	7 throws at 80' (75%) 20 long tosses to 130'	<i>Step 12</i>	7 throws at 90' (100%)* 10 throws at 125' (75%) 20 long tosses to 160'
<i>Step 8</i>	12 throws at 90' (50%) 20 long tosses to 160'	<i>Step 13</i>	7 throws at 90' (100%)* 10 throws at 130' (100%)
<i>Step 9</i>	7 throws at 90' (75%)*		

5 throws at 100' (50%)
20 long tosses to 160'

20 long tosses to 160'

Step 10 7 throws at 90' (75%)*
 7 throws at 110' (50%)
 20 long tosses to 160'

*These throws should be made on the field to first or third base after receiving a pitch.

†These throws should be made on the field to second base after receiving a pitch.

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WARM UP

Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warm-up distance for that workout.

PROGRESSION

A. Baseline/Preseason. To establish a base for training and conditioning, begin with step 3 and advance 1 step daily, following soreness rules, to step 13.

B. Non-Throwing-Arm Injury. After medical clearance, begin at step 1 and advance 1 step daily, following soreness rules, to step 13.

C. Throwing-Arm-Bruise or Bone Involvement. After medical clearance, begin with step 1 and advance 1 step every other day, following soreness rules, to step 13. Use the active rest program on off days after completing step 5.

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. Use the active rest program on off days after the completion of step 5.
- 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. On completing step 3, throw the active rest program on the first off day through step 5.
- For steps 6-13, advance no more than 1 step every 3 days, using the active rest program on all off days.

Active Rest Workout. Should only be used as instructed if the athlete has no soreness.

- Warm-up tosses to 60'.
- Catch 5 pitches in squat, but do not throw ball to pitcher.
- 15 long tosses at 60' and 10 long tosses at 90'.
- Run 90' sprint after every 5 lobs.

All warm-up and long tosses should begin with a "crow-hop" and be thrown with a limited arc.