



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

- Step 1:** Warm-up toss to 50'
Catch fly balls, throw to cutoff at 50' (50% effort) x 3 reps
1-2 minutes rest between catches
15 long tosses to 65'
- Step 2:** Warm-up toss to 75'
Catch fly balls, throw to cutoff at 75' (50% effort) x 3 reps
1-2 minutes rest between catches
15 long tosses to 90'
- Step 3:** Warm-up toss to 90'
Catch fly balls, throw to each cutoff at 90' (50% effort) x 3 reps
1-2 minutes rest between catches
15 long tosses to 120'
- Step 4:** Warm-up toss to 120'
Catch fly balls, throw to each cutoff at 120' (50% effort) x 5 reps
1-2 minutes rest between catches
5 long tosses to 100', 10 long tosses to 125', 5 long tossed to 150'
- Step 5:** Warm up toss to 150'
Catch fly balls, throw to each cutoff at 150' (75% effort) x 5 reps
Catch fly balls, throw to each base at 150' (75% effort) x 3 reps
1-2 minutes rest between catches
5 long tosses to 100', 15 long tosses to 125', 10 long tosses to 150',
5 long tosses to 175'
- Step 6:** Warm up toss to 225'
Catch fly balls, throw to each base at 200' (100% effort) x 5 reps
Catch fly balls, throw to each cutoff at 200' (75% effort) x 5 reps
1-2 minutes rest between catches
5 long tosses each to 150', 175', and 200', 3 long tosses each to 225' and 250'
- Step 7:** Simulated Game
Warm up toss to 250'
Catch fly balls, throw to each base at 250' (100% effort) x 5 reps
Catch fly balls, throw to each cutoff at 200' (100% effort) x 5 reps
1-2 minutes rest between catches
5 long tosses each to 175', 200', and 225', 3 long tosses each to 250' and 300'



References

Axe M, Hurd W, Snyder-Mackler L. Data-based interval throwing programs for baseball players. *Sports Health*. 2009;1(2):145-153.

Axe MJ, Windley TC, Snyder-Mackler L. Data-based interval throwing programs for baseball position players from age 13 to college level. *J Sport Rehabil*. 2001;10:267-286. © 2001 Human Kinetics Publishers, Inc.