



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 1. 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.)



13/14 YEAR OLD 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 45’
Catch fly balls, throw to cutoff at 45’ (50% effort) x 5 reps
1-2 minutes rest between catches
15 long tosses to 60’
- Step 2** Warm-up toss to 60’
Catch fly balls, throw to cutoff at 60’ (50% effort) x 5 reps
1-2 minutes rest between catches
15 long tosses to 90’
- Step 3** Warm-up toss to 90’
Catch fly balls, throw to cutoff at 90’ (50% effort) x 10 reps
1-2 minutes rest between catches
15 long tosses, each to 90’
- Step 4** Warm-up toss to 120’
Catch fly balls, throw to cutoff at 120’ (75% effort) x 10 reps
1-2 minutes rest between catches
25 long tosses to 120’
15 long tosses to 180’
10 long tosses to 210’
- Step 5** Warm up toss to 150’
Catch fly balls, throw to base at 150’ (100% effort) x 5 reps
Catch fly balls, throw to cutoff at 150’ (75% effort) x 5 reps
1-2 minutes rest between catches
10 long tosses to 120’
10 tosses to 140’
5 tosses to 160’
- Step 6** Warm up toss to 150’
Catch fly balls, throw to base at 150’ (100% effort) x 5 reps
Catch fly balls, throw to cutoff at 150’ (75% effort) x 5 reps
1-2 minutes rest between catches
15 long toss

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Step 7 Simulated Game

Warm up toss to 180'

Catch fly balls, throw to base at 180' (100% effort) x 5 reps

Catch fly balls, throw to cutoff at 180' (75% effort) x 5 reps

1-2 minutes rest between catches

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.