

Softball Pitcher's Throwing Progression

Phase 1. Early Throwing

All throws are to tolerance to a maximum of 50% effort. All long toss begins with a crow-hop

STEP 1	Volume	Distance (ft)
Warm-up toss		to 30
Throws	10	30
Rest	8'	
Throws	10	30
Long Toss	10	40

STEP 4	Volume	Distance (ft)
Warm-up toss		to 75
Throws	10	75
Rest	8'	
Throws	10	75
Long Toss	10	90

STEP 2	Volume	Distance (ft)
Warm-up toss		to 45
Throws	10	45
Rest	8'	
Throws	10	45
Long Toss	10	60

STEP 5	Volume	Distance (ft)
Warm-up toss		to 90
Throws	10	90
Rest	8'	
Throws	10	90
Long Toss	10	105

STEP 3	Volume	Distance (ft)
Warm-up toss		to 60
Throws	10	60
Rest	8'	
Throws	10	60
Long Toss	10	75

STEP 6	Volume	Distance (ft)
Warm-up toss		to 105
Throws	10	105
Rest	8'	
Throws	10	105
Long Toss	10	120

Phase 2. Initiation of Pitching

All throws are to tolerance to a maximum of 50% effort. All long toss begins with a crow-hop

STEP 7	Volume	Distance (ft)	%
Warm-up toss		to 120	
Throws	10	60	75%
Pitches	10	20	50%
Rest	8'		
Throws	10	60	75%
Pitches	5	20	50%
Long Toss	10	120	

STEP 9	Volume	Distance (ft)	%
Warm-up toss		to 120	
Throws	10	60	75%
Pitches	10	46	50%
Rest	8'		
Throws	10	60	75%
Pitches	10	46	50%
Long Toss	10	120	

STEP 8	Volume	Distance (ft)	%
Warm-up toss		to 120	
Throws	10	60	75%
Pitches	10	35	50%
Rest	8'		
Throws	10	60	75%
Pitches	10	35	50%
Long Toss	10	120	

STEP 10	Volume	Distance (ft)	%
Warm-up toss		to 120	
Throws	10	60	75%
Pitches	10	46	50%
Rest	8'		
Pitches	10	46	50%
Rest	8'		
Throws	10	60	75%
Pitches	10	46	50%
Long Toss	10	120	

Phase 3. Intensified Pitching

Pitch sets 11-15 consist of 1 fastball to 1 off speed pitch at the effort level specified. Pitch sets 16-21 consist of a percentage of pitches that match the preinjury pitch mix specific to the athlete at the effort level specified. Begin each step with warm-up toss to 120 ft. End each step with 20 long tosses to 120 ft.

STEP 11		
2 throws to each base		75%
Pitches	15	50%*
Pitches	15	50%*
1 throw to each base		75%
Pitches	15	50%*

STEP 12		
2 throws to each base		75%
Pitches	15	50%*
Pitches	15	50%*
Pitches	15	50%*
1 throw to each base		75%
Pitches	15	50%*

STEP 13		
2 throws to each base		75%
Pitches	15	50%*
Pitches	15	50%*
Pitches	15	50%*
1 throw to each base		75%
Pitches	15	50%*

STEP 14		
2 throws to each base		75%
Pitches	15	50%*
Pitches	15	75%*
Pitches	15	75%*
Pitches	20	50%*
1 throw to each base		75%
Pitches	15	50%*

STEP 15		
1 throws to each base		100%
Pitches	15	75%*
Pitches	20	75%*
Pitches	15	75%*
Pitches	20	75%*
1 throw to each base		75%
Pitches	20	75%*

STEP 16		
1 throws to each base		100%
Pitches	15	100%*
Pitches	20	75%*
Pitches	15	100%*
Pitches	20	75%*
1 throw to each base		75%
Pitches	20	75%

STEP 17		
1 throws to each base		100%
Pitches	15	100%*
Pitches	20	75%*
Pitches	15	100%*
Pitches	15	100%*
Pitches	20	75%*
1 throws to each base		75%
Pitches	20	75%*

STEP 18		
1 throws to each base		100%
Pitches	20	100%*
Pitches	15	100%*
Pitches	20	100%*
Pitches	15	100%
Pitches	20	100%*
1 throws to each base		75%
Pitches	20	75%*

STEP 19		
1 throws to each base		100%
Pitches	20	100%*
Pitches	15	100%*
Pitches	20	100%*
Pitches	15	100%
Pitches	20	100%*
Pitches	15	100%*
1 throws to each base		75%
Pitches	20	75%*

STEP 20		
Batting Practice		
Pitches	100-120	
1 throw to each base per 25 pitches		

STEP 21		
Simulated Game		
18-20 pitches per inning		
8' rest between innings		
preinjury pitch mix		

*Rest 8 minutes after these sets

Adapted from:

J Athletic Training. 2002 Jun;37 (2): 194-203
 Axe J., Windley T.C, Snyder-Mackler L. Data-Based Interval Throwing Programs for Collegiate Softball Players.