



Collegiate Progressive Throwing Program

This throwing program is designed as a progressive increase in throwing endurance, distance, and strength after a physical ailment that required rest to help in the healing process. Refer to the surgical protocol for start date.

The athlete may continue to progress to the next step of the throwing program when they complete the current throwing day without any pain. Be sure to communicate with the pitching coordinator and the pitching coaches. Make sure that you report any pain during this program. Aching in the muscles is ok, but if the athlete experiences any pain while throwing, they need to quit for that day. During the next throwing day, the athlete should return to the last step that they threw without pain. If pain occurs at this step, contact your physician.

Sessions of Throwing Program

Throwing should be done Monday, Wednesday and Friday. There needs to be a day of rest in between sessions.

This throwing is meant to be throwing. **Do Not** use your pitching motion except for flat ground work. In other words, "step and throw". When you reach a distance of 90 feet, make sure to crow hop.

Proper warm-up is important prior to any throwing sessions and should include:

- Jogging
- Shoulder/Scapular exercises
- Stretching
- Warm up throwing
 - start at 30 feet and move back progressively to the scheduled distance as your arm loosens up

Start counting the prescribed number of throws when you get to the programmed distance. Take a 5 minute break in-between sets.

After the throwing is completed, cool down should consist of light stretching and jogging. Ice is optional.

Week 1

Monday
45 feet: 2 sets of 25 throw

Wednesday
45 feet: 2 sets of 25 throws

Friday
45 feet: 1 set of 10 throws
60 feet: 1 set of 15 throws
5 minute break
45 feet: 1 set of 10 throws
60 feet: 1 set of 15 throws

Week 2

Monday
60 feet: 2 sets of 25 throws

Wednesday
60 feet: 2 sets of 25 throws

Friday
60 feet: 1 set of 10 throws
75 feet: 1 set of 15 throws
5 minute break
60 feet: 1 set of 10 throws
75 feet: 1 set of 15 throw

Week 3

*When throwing at 90 feet or above it is extremely encouraged to throw with a “crow hop”. A proper crow hop means to shuffle your back foot in line with the front foot.

Monday

75 feet: 2 sets of 25 throws

Wednesday

75 feet: 2 sets of 25 throws

Friday

75 feet: 1 set of 10 throws
90 feet: 1 set of 15 throws
5 minute break
75 feet: 1 set of 10 throws
90 feet: 1 set of 15 throws

Week 4

Monday

90 feet: 2 sets of 25 throws

Wednesday

90 feet: 2 sets of 25 throws

Friday

90 feet: 1 set of 10 throws
105 feet: 1 set of 15 throws
5 minute break
90 feet: 1 set of 10 throws
105 feet: 1 set of 15 throws

Week 5

Monday

105 feet: 2 sets of 25 throws

Wednesday

105 feet: 2 sets of 25 throws

Friday

105 feet: 1 set of 15 throws
120 feet: 1 set of 10 throws
5 minute break
105 feet: 1 set of 15 throws
120 feet: 1 set of 10 throws

Week 6

*Start throwing flat ground when the player has reached the 120 feet distance mark. The player works back down from 120 feet to 60 feet during the same session, not exceeding 10-12 throws. (Example: 120 feet – 2 throws, a couple steps in and do a couple more throws, etc. working down to 60 feet) Your pitches should be fastballs only at this time with 50% intensity.

Monday

105 feet: 1 set of 10 throws
120 feet: 1 set of 15 throws
5 minute break
105 feet: 1 set of 10 throws
120 feet: 1 set of 15 throws
10-12 throws down to 60 feet
Flatground:15-20 pitches at 50%

Wednesday

120 feet: 3 set of 15 throws
No flatground

Friday

120 feet: 1 set of 15 throws
135 feet: 1 set of 10 throws
5 minute break
120 feet: 1 set of 15 throws
135 feet: 1 set of 10 throws
10-12 throws down to 60 feet
Flatground:15-20 pitches at 50%

Week 7

Your pitches should be fastballs or changeups only at this time with 50 – 75% intensity.

Monday

120 feet: 1 set of 10 throws
135 feet: 1 set of 15 throws
5 minute break
120 feet: 1 set of 10 throws
135 feet: 1 set of 15 throws
10-12 throws down to 60 feet
Flatground:20 pitches at 50-75%

Wednesday

135 feet: 3 sets of 15 throws
No flatground

Friday

135 feet: 1 set of 15 throws
150 feet: 1 set of 10 throws
5 minute break
135 feet: 1 set of 15 throws
150 feet: 1 set of 10 throws
10-12 throws down to 60 feet
Flatground:20 pitches at 50-75%

Week 8

Your pitches should be fastballs, changeups, and breaking balls at this time with a 75% intensity.

Monday

135 feet: 1 set of 10 throws
150 feet: 1 set of 15 throws
5 minute break
135 feet: 1 set of 10 throws
150 feet: 1 set of 15 throws
10-12 throws down to 60 feet
Flatground:20 pitches at 75%

Wednesday

150 feet: 3 sets of 15 throws
No flatground

Friday

120 feet: 1 set of 10 throws
135 feet: 1 set of 10 throws
150 feet: 1 set of 10 throws
5 minute break
150 feet: 1 set of 10 throws
135 feet: 1 set of 10 throws
120 feet: 1 set of 10 throws
10-12 throws down to 60 feet
Flatground:20 pitches at 75%

Mound Progression

The athlete will spend 1-3 sessions at a given Level before progressing. Mound throwing Levels should be done every other day with at least a day of rest in between. Extra recovery days may be needed once the intensity and pitch count increases. When the Levels are completed, Progression into Games may be started.

Level 1:

Fast balls only – 50% intensity
15 pitches/3-5 minute rest/15 pitches

Level 2:

Fast balls only – 60-75% intensity
15 pitches/3-5 minute rest/15 pitches

Level 3:

Fast balls and change-ups – 75% intensity
20 pitches/3-5 minute rest/ 20 pitches

Level 4:

Fast balls and change-ups – 75-85% intensity
15 pitches/3-5 minute rest/15 pitches/3-5 minute rest/15 pitches

Level 5:

Fast balls and change-ups – 75-85% intensity
15 pitches/3-5 minute rest/15 pitches/3-5 minutes rest/15 pitches

Level 6:

Fast balls, change-ups, sliders and curves – 90% intensity
20 pitches/3-5 minute rest/20 pitches/3-5 minute rest/20 pitches

Level 7: **Pitching Against Live Batters**

All pitches – limited off speed (only 25% of total pitches) *4-5 breaking balls per 20) 90-100 % intensity
20 pitches/5 minutes/20 pitches/5 minutes/20 pitches/5 minutes/20 pitches

Level 8: **Simulated Game**

All pitches – 100% intensity
50 – 80 pitches that are broken into 5-7 innings with 3-5 minute rest between each inning

Progression into Games

*Make sure that the rehab pitcher is held to the restrictions so that he is not overexerted causing a setback of his progression. It is highly recommended that the player take gradual steps back to his previous level of competition to ensure a gradual buildup of strength and to limit any type of setback. Ensure that player continues to have days of recovery, active rest (including stretching and shoulder/scapular exercises), total body strength/conditioning, etc.

All pitches

- 1 inning/15 pitches (2 days rest between next mound session)
- 2 innings/30 pitches (2 days rest between next mound session)
- 3 innings/45 pitches (4 days rest between next mound session)
- 4 innings/60 pitches (4 days rest between next mound session)
- 5 innings/60-75 pitches (4 days rest between next mound session)

Full Unrestricted Pitching/Game Participation

- Negative clinical exam
- Completion of throwing program/mound program
- Coached performance approval
- Continued compliance with shoulder flexibility/strengthening program