Daniel J. Prohaska, M.D.
Advanced Orthopaedic Associates
2778 N. Webb Rd.
Wichita, KS 67226
316-631-1600
Fax: (316) 631-1666
1 (800) 362-0591


## DISTANCE BASED CRITERIA - INTERVAL THROWING PROGRAM SOFTBALL INFIELDER'S

Adapted from: Axe MJ, Windely TC, Snyder-Mackler L. Data-Based Interval Throwing Programs for Collegiate Softball Players. J Athletic Training. 2002;37(2):194-203.

## General Guidelines

1) Complete a warm-up lap around the field before each step.
2) Complete an $60-\mathrm{ft}(18.29-\mathrm{m})$ sprint before each set of throws
3) Rest 8 minutes between sets
4) All throws are limited arc
5) All long tosses begin with a crow-hop

## Step 1

Warm-up toss to $45 \mathrm{ft}(13.72 \mathrm{~m})$
15 throws @ $40 \mathrm{ft}(12.19 \mathrm{~m})$ (50\%)
Field practice (50\%)
5 throws @ 35 ft ( 10.67 m )
5 throws @ $45 \mathrm{ft}(13.72 \mathrm{~m})$
20 long tosses to $60 \mathrm{ft}(18.29 \mathrm{~m})$

## Step 2

Warm-up toss to $60 \mathrm{ft}(18.29 \mathrm{~m})$
20 throws @ 45 ft ( 13.72 m ) (50\%)
Field practice (50\%)
5 throws @ 45 ft ( 13.72 m )
5 throws @ $60 \mathrm{ft}(18.29 \mathrm{~m})$
20 long tosses to $75 \mathrm{ft}(22.86 \mathrm{~m})$

## $\underline{\text { Step } 3}$

Warm-up toss to 75 ft ( 22.86 m )
20 throws @ 60 ft ( 18.29 m ) (50\%)
Field practice (75\%)
5 throws @ 60 ft ( 18.29 m )
5 throws @ $75 \mathrm{ft}(22.86 \mathrm{~m})$
20 long tosses to $90 \mathrm{ft}(27.43 \mathrm{~m})$

## Step 4

Warm-up toss to $90 \mathrm{ft}(27.43 \mathrm{~m})$
20 throws @ $60 \mathrm{ft}(18.29 \mathrm{~m})(75 \%)$
Field practice (75\%)
5 throws @ 60 ft ( 18.29 m )
5 throws@ $84 \mathrm{ft}(25.60 \mathrm{~m})$
5 throws @ 120 ft ( 36.58 m )
20 long tosses to $120 \mathrm{ft}(36.58 \mathrm{~m})$

## Step 5

Warm-up toss to 120 ft ( 36.58 m )
20 throws @ 60 ft ( 18.29 m ) (75\%)
Field practice (100\%)
5 throws @ 60 ft ( 18.29 m )
5 throws @ $84 \mathrm{ft}(25.60 \mathrm{~m})$
5 throws @ 120 ft ( 36.58 m )
20 long tosses to $150 \mathrm{ft}(45.72 \mathrm{~m})$
Step 6
Simulated Game
Warm-up toss to $120 \mathrm{ft}(36.58 \mathrm{~m})$
20 throws @ $60 \mathrm{ft}(18.29 \mathrm{~m})(100 \%)$
Field practice (100\%)
5 throws @ 60 ft ( 18.29 m )
5 throws @ 84 ft ( 25.60 m )
5 throws @ $120 \mathrm{ft}(36.58 \mathrm{~m})$
1 throw to each base from position (100\%)
20 long tosses to $120 \mathrm{ft}(36.58 \mathrm{~m})$

