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**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-ft (18.29-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 ft (13.72 m)  
15 throws @ 40 ft (12.19 m) (50%)  
Field practice (50%)  
    5 throws @ 35 ft (10.67 m)  
    5 throws @ 45 ft (13.72 m)  
20 long tosses to 60 ft (18.29 m)

**Step 4**

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

**Step 2**

Warm-up toss to 60 ft (18.29 m)  
20 throws @ 45 ft (13.72 m) (50%)  
Field practice (50%)  
    5 throws @ 45 ft (13.72 m)  
    5 throws @ 60 ft (18.29 m)  
20 long tosses to 75 ft (22.86 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 ft (25.60 m)  
5 throws @ 120 ft (36.58 m)  
20 long tosses to 150 ft (45.72 m)

**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 ft (22.86 m)  
20 long tosses to 90 ft (27.43 m)

**Step 6**

Simulated Game  
Warm-up toss to 120 ft (36.58 m)  
20 throws @ 60 ft (18.29 m) (100%)  
Field practice (100%)  
    5 throws @ 60 ft (18.29 m)  
    5 throws @ 84 ft (25.60 m)  
5 throws @ 120 ft (36.58 m)  
1 throw to each base from position (100%)  
20 long tosses to 120 ft (36.58 m)