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## **DISTANCE BASED CRITERIA – INTERVAL THROWING PROGRAM SOFTBALL OUTFIELDER'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) All tosses limited arc
- 3) All long tosses begin with a crow-hop

### **Step 1**

Warm-up toss to 45 ft (13.72 m)

Catch fly balls or field ground balls and throw to cutoff at 45 ft (13.72 m (50% effort); Repeat 5 times with 1-m rest between throws

15 tosses to 60 ft (18.29 m)

### **Step 2**

Warm-up toss to 60 ft (18.29 m)

Catch fly balls or field ground balls and throw to cutoff at 60 ft (18.29 m) (50% effort); Repeat 5 times with 1-m rest between throws

15 tosses to 90 ft (27.43 m)

### **Step 3**

Warm-up toss to 90 ft (27.43 m)

Catch fly balls or field ground balls and throw to cutoff at 90 ft (27.42 m) (75% effort); Repeat 5 times with 1-m rest between throws

15 tosses to 120 ft (27.43 m)

### **Step 4**

Warm-up toss to 120 ft (36.58 m)

Field ground balls and throw to cutoff at 90 ft (27.43 m) (75% effort). Repeat 5 times.

Catch fly balls and throw to base at 120 ft (36.58 m) (75% effort); Repeat 5 times with 1-m rest between throws

15 tosses to 150 ft (45.72 m)

### **Step 5**

Warm-up toss to 120 ft (36.58 m)

Field ground balls and throw to cutoff at 90 ft (27.43 m) (100% effort). Repeat 5 times.

Catch fly balls and throw to base at 120 ft (36.58 m) (75% effort); Repeat 5 times with 1-m rest between throws

20 tosses to 180 ft (54.86 m)

**Step 6**

Warm-up toss to 150 ft (45.72 m)

Catch fly balls and throw to base at 150 ft (45.72 m) (100% effort); Repeat 5 times with 1-m rest between throws

Field ground balls and throw to cutoff at 90 ft (27.43 m) (100% effort). Repeat 5 times  
15 tosses to 180 ft (54.86 m)

**Step 7**

Simulated game

Warm-up toss to 180 ft (54.86 m)

Field ground balls and throw to cutoff at 120 ft (36.58 m) (100% effort); repeat 5 times.

Catch fly balls and throw to base at 180 ft (54.86 m) (100% effort); repeat 5 times with 1-m rest between throws.

20 tosses to 180 ft (54.86 m)