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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)