

Catcher Interval Throwing Program to Bases

Warm-up:

Jogging, jumping rope, etc to increase blood flow to the muscles; once a light sweat is developed, move to stretching.

Stretching:

Full body stretching is important for reducing the chance of injury and for increasing mobility of all parts of the body (which allows the whole body to be used to throw, rather than just the arm).

Throwing:

Warm up and complete 25 throws at 120 feet. Throw while standing behind the plate and the other person in line past 2nd base. Have the other person move in and make 5 throws with your throwing partner behind 2nd base (on edge of grass), 5 throws on 2nd base, and 5 throws in front of 2nd base (on grass). This is all from a regular standing throwing position and playing catch, not from a crouched position.

The following are from a crouched position after warming up properly:

Week 1:	2x/week	5 throws to 2 nd base with person in front of 2 nd base (on grass)
Week 2:	2x/week	10 throws to 2 nd base (5 in front of base (on grass), 5 on the base)
Week 3:	2x/week	10 throws to 2 nd base (on the base)
Week 4:	3x/week	Infield/outfield with 2-3 throws to each base
Week 5:	Progress back into games	



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