

Position Player Off Season Throwing Program

Position Player Off-Season Throwing Program

***Total body warm-up and stretching prior to any throwing

***Ball should have an arc at distance over 90 ft unless it is position specific

*** Program should start approximately 2 months prior to season

Week 1 (every other day)

45 ft 5 min. Warm-up

60 ft 5 min.

75 ft 5 min.

Week 2 (Every other day)

45 ft 5 min. Warm-up

75 ft 5 min.

90 ft 5 min.

Week 3 (Every other day)

45 ft 5 min. Warm-up

75 ft 3 min.

90 ft 3 min.

105 ft 3 min.

Week 4 (Every other day)

45 ft 5 min. Warm-up

75 ft 2 min.

90 ft 3 min.

120 ft 5 min.

75 ft 2 min.

Week 5 & 6 (Monday thru Friday)

60 ft 5 min. Warm-up

90 ft to 180 ft 5 min.

90 ft 5 min.

Week 7 & 8 (Monday-Friday)

60 ft 5 min. Warm-up

90 ft to 180 ft 5 min.

90 ft 5 min.

Position Specific Throwing (25-50 throws)

