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ORTHOPAEDIC SPECIALISTS OF NC

GALLAND/KIRBY BASEBALL INTERVAL THROWING PROGRAM: PHASE II - INFIELDER

- Infielders must be able to throw 75 times at 180 feet painfree before entering this phase
- All infield players (except catchers) must follow this progression
- All throwing must be pain free
- Emphasize proper body mechanics and follow-through
- Always warm-up first: jog, stretch, light toss (30-60 feet)
- Soreness is expected; rest and use ice for heat between throwing days
- Continue a maintenance strengthening program; perform after throwing

STEP	ROUTINE
1	A.) Warm-up to 150' B.) 20 throws from position C.) Rest 10 minutes D.) 20 throws from position E.) 20 long toss at 150'
2	A.) Warm-up to 150' B.) 20 throws from position (10 backhand, 10 glove-side) C.) Rest 10 minutes D.) 20 throws from position (as above) E.) 20 long toss at 150'
3	A.) Warm-up to 150' B.) 20 throws w/ feet planted (backhand side) C.) Rest 5 minutes D.) 20 throws w/ feet planted (backhand side) E.) 20 long toss at 150'
4	A.) Warm-up to 150' B.) Fielding and batting practice C.) 20 long toss at 180'
5	SIMULATED GAME

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ADAPTED FROM:

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