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## **GALLAND/KIRBY BASEBALL INTERVAL THROWING PROGRAM: PHASE I - LONG TOSS**

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- All baseball players must begin re-entry with long toss
- All throwing must be painfree
- Emphasize a “crow-hop” throw with follow-through
- Emphasize a high arc on the ball; no hard, ground-level throwing
- Always warm-up first: jog, stretch, light toss (30-60 feet)
- Soreness to expected; rest and use ice or heat between throwing days
- Continue a maintenance strengthening program; perform after throwing

- Once able to complete 75 throws at 180 feet, begin gradual return to position

STEP	DISTANCE	ROUTINE	STEP	DISTANCE	ROUTINE
1	45'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	7	120'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws
2	45'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws	8	120'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws
3	60'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	9	150'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws
4	60'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws	10	150'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws
5	90'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	11	180'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws
6	90'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws	12	180'	A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws

**WARM-UP: LIGHT TOSS x10 MINUTES @ 30 – 60 FEET**

**REST: ODD STEPS x15 MINUTES, EVEN STEPS: x10MINUTES**

**PITCHERS:** Progress to re-entry program from mound

**POSITIONAL PLAYERS:** Progress to re-entry program from position

**BATTING:** With physician approval, progress to re-entry program for hitters

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