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ORTHOPAEDIC SPECIALISTS OF NC

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

- Catchers must be able to throw 75 times at 180 feet pain free before entering this phase
- 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 or heat between throwing days
- Continue a maintenance strengthening program; perform after throwing

STEP	ROUTINE
1	A.) Warm-up to 150' B.) 20 throws from 60' C.) 20 throws from 90' D.) 20 throws from 120' E.) Rest 10 minutes F.) 20 throws from squat at 60' G.) 10 throws from squat at 90' H.) 10 throws from squat at 120' I.) 10 long toss at 120'
2	A.) Warm-up to 150' B.) 20 throws to mound from squat after pitch C.) 10 throws to each base from squat after pitch D.) Rest 10 minutes E.) 30 throws to mound from squat after pitch F.) 10 throws to each base from squat after pitch G.) 20 long toss at 150'
3	A.) Warm-up to 150' B.) 20 throws to mound from squat after pitch C.) 10 throws to each base from squat after pitch D.) Rest 5 minutes E.) 10 throws to each base after bunt F.) 30 throws to mound standing G.) 20 long toss at 150'
4	SIMULATED GAME

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ADAPTED FROM:

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