



## GALLAND/KIRBY BASEBALL INTERVAL THROWING PROGRAM: PHASE II - OUTFIELDER

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- Outfielders must be able to throw 75 times at 180 feet painfree before this phase
- All throwing must be pain free
- Emphasize proper body mechanics and follow-through
- Always warm-up first: jog, stretch, light toss (60-90 feet)
- Soreness is expected; rest and use ice or heat between throwing days
- Continue a maintenance strengthening program; perform after throwing

STEP	ROUTINE	STEP	ROUTINE
1	A.) Warm-up to 180' B.)15 throws from 120' C.)Rest 10 minutes D.) 20 throws from 120' E.)20 long toss from 180'	6	A.)Warm-up to 250' B.)5 throws to each cutoff (2nd, 3rd, home) C.) Rest 5 minutes D.)6 throws to each cutoff E.) 20 long tosses from 250'

STEP	ROUTINE	STEP	ROUTINE
1	A.) Warm-up to 180' B.) 15 throws from 120' C.) Rest 10 minutes D.) 20 throws from 120' E.) 20 long toss from 180'	5	A.) Warm-up to 250' B.) 5 throws to cutoff C.) 3 throws to each base (2nd, 3rd, home) D.) 6 throws to each cutoff E.) 10 long tosses from 250'
2	A.) Warm-up to 200' B.) 15 throws from 150' C.) Rest 10 minutes D.) 20 throws from 150' E.) 20 long toss at 200'	6	A.) Warm-up to 250' B.) 5 throws to cutoff C.) 3 throws to each base D.) Rest for 5 minutes E.) 2 throws to each cutoff F.) 3 throws to each base G.) 20 long tosses from 250'
3	A.) Warm-up at 225' B.) 15 throws from 180' C.) Rest for 10 minutes D.) 20 throws from 180' E.) 20 long toss at 225'	7	A.) Warm-up to 250' B.) 5 throws to cutoff C.) 5 throws to each base D.) Rest for 5 minutes E.) 5 throws to each cutoff F.) 5 throws to each base G.) 20 long tosses from 250'
4	A.) Warm-up to 250' B.) 15 throws from 200' C.) Rest for 10 minutes D.) 20 throws from 200' E.) 20 long tosses from 250'	8	A.) Warm-up to 250' B.) Fielding practice (grounders, fly balls) C.) 5 throws to each cutoff D.) 5 throws to each base E.) 20 long tosses
		9	<b>SIMULATED GAME</b>

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**ADAPTED FROM:**

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