

SOFTBALL THROWING PROGRESSION

Call Ohio State Sports Medicine at 614-293-2385 with any questions

WORKOUT	WARM-UP THROWING	THROWS	REPEAT?
#1	to 30'	30'-25	
#2	to 30'	30'-25	Rest 10 min and repeat
#3	to 30'	30'-25	Rest 10 min and repeat two times
#4	to 45'	45'-25	
#5	to 45'	45'-25	Rest 10 min and repeat
#6	to 45'	45'-25	Rest 10 min and repeat two times
#7	to 60'	60'-25	
#8	to 60'	60'-25	Rest 10 min and repeat
#9	to 60'	60'-25	Rest 10 min and repeat two times
#10	to 80'	80'-25	
#11	to 80'	80'-25	Rest 10 min and repeat
#12	to 80'	80'-25	Rest 10 min and repeat two times
#13	to 100'	100'-25	
#14	to 100'	100'-25	Rest 10 min and repeat
#15	to 100'	100'-25	Rest 10 min and repeat two times

BULLPEN PITCHING WORK

MOUND DAY	WARM-UP THROWING TO 60'		
#1	25 pitches @ ½ speed		
#2	40 pitches @ ½ speed		
#3	50 pitches @ ½ speed		
#4	10 pitches @ ½ speed	15 pitches @ ¾ speed	10 pitches @ ½ speed
#5	10 pitches @ ½ speed	30 pitches @ ¾ speed	10 pitches @ ½ speed
#6	10 pitches @ ½ speed	30 pitches @ ¾ speed	10 pitches @ ½ speed
#7	10 pitches @ ¾ speed	15 pitches @ full speed	10 pitches @ ¾ speed
#8	10 pitches @ ¾ speed	30 pitches @ full speed	10 pitches @ ¾ speed
#9	10 pitches @ ¾ speed	45 pitches @ full speed	10 pitches @ ¾ speed