**Position Player Summer Throwing Program**

Complete the following days in order following the recommended rest days for each. You may need to take off more than one day if your arm is sore on the days with recommended rest.

**Start Date: June 30th**

**Startup Day 1: You should have taken 4 plus weeks off from throwing a baseball and it needs to be reintroduced to your normal throwing action.**

Light Throwing: 40-50 throws to gradually get your arm loose while moving back to 90 ft. The effort should increase as the distance increases. Keeping the ball on an easy arc with air under each throw, no straight line throws.

* Then walk back to 60 feet and make 10 cool-down throws.
* **50-60 total throws** (including cool-down throws)
* **Take at least one day off before throwing again.**

**Startup Day 2: You should have taken 4 plus weeks off from throwing a baseball and it needs to be reintroduced to your normal throwing action.**

Light Throwing: 55-65 throws to gradually get your arm loose while moving back to 90 ft. The effort should increase as the distance increases. Keeping the ball on an easy arc with air under each throw, no straight line throws.

* Then walk back to 60 feet and make 10 cool-down throws.
* **65-75 total throws** (including cool-down throws)
* **Take at least one day off before throwing again.**

**Day 3: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 50 throws: Starting at 75ft gradually moving back with each throw until you reach 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **70-75 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 4: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 5: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 6: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 55 throws: Starting at 75ft gradually moving back with each throw until you reach 150ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **75-80 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 7: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 8: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 9: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 60 throws: Starting at 75ft gradually moving back with each throw until you reach 175ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **80-85 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 10: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 11: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 12: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 65 throws: Starting at 75ft gradually moving back with each throw until you reach 200ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **85-90 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 13: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 14: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 15: Longtoss Day**

* Light Throwing: 20-25 throws to get your arm loose gradually moving back to 75ft.
* 65 throws: Starting at 75ft gradually moving back with each throw until you reach 200ft or more. Distance will depend on your arm strength.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* **85-90 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**Day 16: Arm Speed Day – you are trying to increase arm speed and velocity on this day.**

* Light Throwing: 40-45 throws to get your arm loose gradually moving back to 125ft.

\*The effort should increase as the distance increases. Keeping the ball on an easy arc, no straight line throws.

* 30 throws: Starting at 90ft gradually moving back in to 75ft.

\*With these throws you should begin to increase your arm speed as you come back in.

* **70-75 total throws** (including warm-up throws)
* **Must throw the Loose and Easy Day the following day to work out any arm soreness so your arm doesn’t get stiff and rigid. NO DAY OFF BETWEEN THESE DAYS!**

**Day 17: Loose and Easy Day – Loose and easy throwing day to work soreness out.**

* Light Throwing: 60-65 throws to get your arm loose gradually moving back to 90ft.
* Effort on these throws should be 80% or less.
* **60-65 total throws** (including warm-up throws)
* **Take at least one day off before throwing again.**

**August 15th – First Day of Practice at Gordon State College!!!!**

* We will test your arm strength on this day.

**Startup Day 1 and 2:** Do not add anymore throws or distance to these days. These days are designed to get reintroduce your arm to throwing again.

**Longtoss Day:** These days are designed to get your arm back to throwing the ball loose and easy with good arm whip. You may go beyond the recommended distance but do not increase the number of throws, get to the distance you want with the prescribed number of throws.

**Arm Speed Day:** These days are designed to get your arm back to throwing with arm speed. If you want to increase your warmup distance beyond the prescribed 125 you may. But make sure you don’t fatigue your arm before you throw your speed throws. These can be thrown at your desired arm speed. Do not increase the number of throws.

**Loose and Easy Day:** Do not add anymore throws or distance to this day. This is a routine day that is designed to get your arm moving again and get the soreness out.

If you can’t keep pace with the prescribed increase in number of throws or distances you should adjust to the increases your arm can handle.

***Once you reach Day 17 you can repeat Days 15, 16, and 17 until August 10th. Just make sure your arm isn’t tired or sore on August 10th for your arm strength test.***