

Interval Throwing Program – Softball Pitchers – Phase II

Throwing program to be completed by windmill softball pitchers following successful completion Phase I interval throwing program.

Step 1: Warm-up at 90 foot phase
20 windmill at 50% intensity

Step 2: Warm-up at 90 foot phase
30 windmill at 50% intensity

Step 3: Warm-up at 90 foot phase
40 windmill at 50% intensity
15 windmill at 75% intensity

Step 4: Warm-up at 90 foot phase
20 windmill at 50% intensity
35 windmill at 75% intensity

Step 5: Warm-up at 90 foot phase
50 windmill at 75% intensity
15 windmill at 50% intensity

Step 6: Warm-up at 90 foot phase
60 windmill at 75% intensity
15 batting practice throws

Step 7: Warm-up at 90 foot phase
40 windmill 75% intensity
20 breaking balls 50% intensity
30 batting practice throws

Step 8: Warm-up at 90 foot phase
30 windmill 75% intensity
30 breaking balls 75% intensity
30 batting practice throws

Step 9: Simulated Game
Gradually increase # of breaking balls