

Interval Throwing Program – Catchers – Phase II

Throwing program to be completed by catchers following successful completion of Phase I interval throwing program.

Step 1: Warm-up throwing at 180 foot phase

20 throws from squat position to pitcher
10 throws to each base 50% intensity from squat

Step 2: Warm-up throwing at 180 foot phase

40 throws from squat position to pitcher
15 throws to each base 50% intensity from squat

Step 3: Warm-up throwing at 180 foot phase

40 throws from squat position to pitcher
10 throws to each base 75% intensity from squat

Step 4: Simulated game including fielding bunts, throws to bases, and throws to the mound