

Throwing Program for Catchers, Infielders, and Outfielders

JOBE AND SCHWAB

- General**
- Repeat each step 3 times.
 - All throws should have an arc or "hump."
 - The maximum distance thrown by infielders and catchers is 120 feet.
 - The maximum distance thrown by outfielders is 200 feet.

- Step 1**
- Toss the ball with no wind-up.
 - Stand with feet shoulder-width apart and face the player throwing toward.
 - Concentrate on rotating and staying on top of the ball.

Number of Throws	Distance (feet)
5	20 (warm-up)
10	30
5	20 (cool-down)

- Step 2**
- Stand sideways to the person throwing toward.
 - Keep feet shoulder-width apart.

- Step 4**
- Assume the pitcher's stance.
 - Lift and stride with lead leg.
 - Follow through with back leg.

Number of Throws	Distance (feet)
5	60 (warm-up)
5	70
10	80
5	60 (cool-down)

- Step 5**
- **Outfielders:** Lead with glove-side foot forward. Take one step, crow hop, and throw the ball.
 - **Infielders:** Lead with glove-side foot forward. Take a shuffle step and throw the ball. Throw the last 5 throws in a straight line.

Number of Throws	Distance (feet)
5	70 (warm-up)
5	90
10	100
5	80 (cool-down)

- Step 6**
- Repeat the throwing technique in Step 5.
 - Assume playing position.
 - Infielders and catchers do not throw more than 120 feet.

- Close up and pivot onto back foot when throwing.

Number of Throws	Distance (feet)
5	30 (warm-up)
5	40
10	50
5	30 (cool-down)

- Step 3**
- Repeat the position in step 2.
 - Step toward the target with front leg and follow through with back leg.

Number of Throws	Distance (feet)
5	50 (warm-up)
5	60
10	70
5	50 (cool-down)

Continued

- Outfielders do not throw more than 150 feet (mid-outfield).

Number of Throws	Distance (feet)	
	Infielders/ Catchers	Outfielders
5	80 (warm-up)	80 (warm-up)
5	80 to 90	90 to 100
5	90 to 100	110 to 125
5	110 to 120	130 to 150
5	80 (cool-down)	80 (cool-down)

- Step 7**
- Assume playing position.

Number of Throws	Distance (feet)	
	Infielders/ Catchers	Outfielders
5	80 (warm-up)	80 to 90 (warm-up)
5	80 to 90	110 to 130
5	90 to 100	150 to 175
5	110 to 120	180 to 200
5	80 (cool-down)	90 (cool-down)

- Step 8**
- Repeat Step 7.
 - Use a Fungo bat to hit to infielders and outfielders while in their normal playing positions.