

Appendix 4A. Outfielder Program, 13 Year-Old.

General Guidelines

- Complete a warm-up lap around the field before each step
- All warm-up and long tosses should begin with a “crow-hop” and be thrown with limited arc.

Step 1 Warm-up toss to 45'
Catch fly balls, throw to cutoff at 45' (50% effort) x 5 reps
1-2 minutes rest between catches
15 long tosses to 60'

Step 2 Warm-up toss to 60'
Catch fly balls, throw to cutoff at 60' (50% effort) x 5 reps
1-2 minutes rest between catches
15 long tosses to 90'

Step 3 Warm-up toss to 90'
Catch fly balls, throw to cutoff at 90' (50% effort) x 10 reps
1-2 minutes rest between catches
15 long tosses, each to 90'

Step 4 Warm-up toss to 120'
Catch fly balls, throw to cutoff at 120' (75% effort) x 10 reps
1-2 minutes rest between catches
25 long tosses to 120',
15 long tosses to 180', 10 long tosses to 210'

Step 5 Warm up toss to 150'
Catch fly balls, throw to base at 150' (100% effort) x 5 reps
Catch fly balls, throw to cutoff at 150' (75% effort) x 5 reps
1-2 minutes rest between catches
10 long tosses to 120', 10 tosses to 140', 5 tosses to 160'

Step 6 Warm up toss to 150'
Catch fly balls, throw to base at 150' (100% effort) x 5 reps
Catch fly balls, throw to cutoff at 150' (75% effort) x 5 reps
1-2 minutes rest between catches
15 long tosses to 160', 10 long tosses to 180'

Step 7 **Simulated Game**
Warm up toss to 180'
Catch fly balls, throw to base at 180' (100% effort) x 5 reps
Catch fly balls, throw to cutoff at 180' (75% effort) x 5 reps
1-2 minutes rest between catches

Appendix 4B. Outfielder Program, Adult.

General Guidelines.

- Complete a warm-up lap around the field before each step
- All warm-up and long tosses should begin with a “crow-hop” and be thrown with limited arc.

Step 1 Warm-up toss to 50'
Catch fly balls, throw to cutoff at 50' (50% effort) x 3 reps
1-2 minutes rest between catches
15 long tosses to 65'

Step 2 Warm-up toss to 75'
Catch fly balls, throw to cutoff at 75' (50% effort) x 3 reps
1-2 minutes rest between catches
15 long tosses to 90'

Step 3 Warm-up toss to 90'
Catch fly balls, throw to each cutoff at 90' (50% effort) x 3 reps
1-2 minutes rest between catches
15 long tosses to 120'

Step 4 Warm-up toss to 120'
Catch fly balls, throw to each cutoff at 120' (50% effort) x 5 reps
1-2 minutes rest between catches
5 long tosses to 100', 10 long tosses to 125', 5 long tosses to 150'

Step 5 Warm up toss to 150'
Catch fly balls, throw to each cutoff at 150' (75% effort) x 5 reps
Catch fly balls, throw to each base at 150' (75% effort) x 3 reps
1-2 minutes rest between catches
5 long tosses to 100', 15 long tosses to 125', 10 long tosses to 150', 5 long tosses to 175'

Step 6 Warm up toss to 225'
Catch fly balls, throw to each base at 200' (100% effort) x 5 reps
Catch fly balls, throw to each cutoff at 200' (75% effort) x 5 reps
1-2 minutes rest between catches
5 long tosses each to 150', 175', and 200', 3 long tosses each to 225' and 250'

Step 7 **Simulated Game**
Warm up toss to 250'
Catch fly balls, throw to each base at 250' (100% effort) x 5 reps
Catch fly balls, throw to each cutoff at 200' (100% effort) x 5 reps
1-2 minutes rest between catches
5 long tosses each to 175', 200', and 225', 3 long tosses each to 250' and 300'

Appendix 4C. Outfielder Instructions & Progression (Adult and Youth).

WARM UP

Begin at 20' and advance 20' at a time throwing 3-5 times at each distance at 50% effort until reaching the warm-up distance for that workout.

PROGRESSION

A. Baseline/Preseason. To establish a base for training and conditioning, begin with step 1 and advance 1 step daily to step 7, following soreness rules.

B. Non-Throwing-Arm Injury. After medical clearance, begin at step 1 and advance 1 step daily, following soreness rules allow.

C. Throwing-Arm-Bruise or Bone Involvement.

- After medical clearance, begin with step 1 and throw every other day for the first week, following soreness rules. Do not advance beyond step 1.
- Beginning the second week, throw every other day, advancing steps as soreness rules allow. If no soreness, throw the warm-up and long tosses of the previous day's workout on the off day.

D. Throwing Arm-Tendon/Ligament Injury (Mild)

- After medical clearance, begin with step 1. For the first week throw every third day and do not progress beyond step 1.
- Beginning on day 8, advance program as soreness rules allow, throwing every other day. If no soreness, throw the warm-up and long tosses of the previous day's workout on the off day.

E. Throwing Arm-Tendon/Ligament Injury (Moderate, Severe, or Post-Op)

- After medical clearance, begin throwing at step 1. For the first 2 weeks (days 1-14) throw every 3-4 days and do not advance beyond step 1.
- On days 15-28, begin throwing step 2 every 2-3 days, but do not advance beyond step 2.
- On days 29-42, use soreness rules to advance program, throwing every third day. If no soreness, throw the warm-up and long tosses of the previous day's workout on off days.