



PROGRESSIVE THROWING PROGRAM FOR FOOTBALL

The Progressive Throwing Program is designed so the athlete may achieve his or her individual throwing level safely without pain or complication. It is structured to minimize the risk for re-injury by emphasizing warm-up, stretching, proper body mechanics, and the importance of weight training in the throwing athlete. It should be supplemented with a weight training program and flexibility program to maintain the athlete in top physical condition. The weight program should be done on a throwing day and should emphasize high repetition and low weight. The athlete should throw every other day and use the day between for flexibility and rest.

Baseline requirements of throwing include:

1. Clearance by the athlete's physician
2. Pain-free ROM
3. Adequate muscle power
4. Adequate muscle resistance to fatigue

Guidelines:

1. Allow one day of rest between throwing sessions
2. Perform interval throwing program before engaging in strengthening routine
3. Complete two or three pain-free sessions at each phase without complication before advancing to the next phase

The athlete should warm-up by jogging, biking, or jumping rope to increase blood flow and increase muscular flexibility. Following warm-up, stretching should be performed. Emphasis should be placed on proper throwing and body mechanics. The athlete should begin with warm-up throws (soft toss: \approx 5 yards or 30% of normal for 10-15 throws).

During the recovery process, the athlete may experience soreness and possibly a dull aching sensation in the muscles and tendons. If the athlete experiences sharp pain, particularly in the joint, stop all throwing activity until the pain ceases and call the athlete's physician if the pain continues.

It is essential that the thrower complete each individual phase with proper throwing and body mechanics without an increase in pain. Once a phase has been completed, the athlete may then progress to the next phase. In so doing, advancement is based on achieving goals rather than advancing at a specified time. The program is based on an individual thrower, and because all throwers will vary, there is no set time for completion of the program. This progression greatly decreases the chance for re-injury and provides the safest return to competition.

Phase I 10 yards

Step I – First day

1. Warm-up throwing
2. 10 yards 25 throws 50%
3. Rest for 15 minutes
4. Warm-up throwing 60%
5. 10 yards 25 throws

Step II – Subsequent Days

1. Warm-up throwing
2. 10 yards 25 throws 50%
3. Rest for 15 minutes
4. Warm-up throwing
5. 10 yards 25 throws 60%
6. Rest for 15 minutes
7. Warm-up throwing
8. 10 yards 25 throws 70%

Phase II 20 yards

Step I – First day

1. Warm-up throwing
2. 20 yards 25 throws 60%
3. Rest for 15 minutes
4. Warm-up throwing 70%
5. 20 yards 25 throws

Step II – Subsequent Days

1. Warm-up throwing
2. 20 yards 25 throws 60%
3. Rest for 15 minutes
4. Warm-up throwing
5. 20 yards 25 throws 70%
6. Rest for 15 minutes
7. Warm-up throwing
8. 20 yards 25 throws 80%

Phase III 30 yards

Step I – First day

1. Warm-up throwing
2. 30 yards 15 throws 70%
3. Rest for 15 minutes
4. Warm-up throwing
5. 30 yards 15 throws 80%

Step II – Subsequent Days

1. Warm-up throwing
2. 30 yards 15 throws 70%
3. Rest for 15 minutes
4. Warm-up throwing
5. 30 yards 15 throws 80%
6. Rest for 15 minutes
7. Warm-up throwing
8. 30 yards 15 throws 90%

Phase IV 40 yards

Step I – First day

1. Warm-up throwing
2. 40 yards 15 throws 80%
3. Rest for 15 minutes
4. Warm-up throwing
5. 40 yards 15 throws 90%

Step II – Subsequent Days

1. Warm-up throwing
2. 40 yards 15 throws 80%
3. Rest for 15 minutes
4. Warm-up throwing
5. 40 yards 15 throws 90%
6. Rest for 15 minutes
7. Warm-up throwing
8. 40 yards 15 throws 100%

Phase V 50 yards

(if possible)

Step I – First day

1. Warm-up throwing
2. 50 yards 10 throws 80%
3. Rest for 15 minutes
4. Warm-up throwing
5. 50 yards 10 throws 90%

Step II – Subsequent Days

1. Warm-up throwing
2. 50 yards 10 throws 80%
3. Rest for 15 minutes
4. Warm-up throwing
5. 50 yards 10 throws 90%
6. Rest for 15 minutes

7. Warm-up throwing
8. 10 yards 10 throws 100%

Phase VI Deep Passes

All at 100% Velocity

Step I – First day

1. Warm-up throwing
2. Deep Route 10 throws
3. Rest for 15 minutes
4. Warm-up throwing
5. Deep Route 10 throws

Step II – Subsequent Days

1. Warm-up throwing
2. Deep Route 10 throws
3. Rest for 15 minutes
4. Warm-up throwing
5. Deep Route 10 throws
6. Rest for 15 minutes
7. Warm-up throwing
8. Deep Route 10 throws