

## **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