

## **PROGRESSIVE THROWING PROGRAM FOOTBALL**

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The progressive throwing program is designed so that the athlete can achieve his or her individual level of throwing safely and without pain or complication. The PTP should be supplemented with a weight training program and a flexibility program to maintain the athlete in top physical condition. Weight training should be done on a throwing day and should emphasize high repetition with low weight as a maintenance program for the athlete. The athlete should be throwing every other day and using the day between for flexibility and rest. This program has been set up to minimize the risk for re-injury and emphasize pre-throwing warm-up, stretching, proper body mechanics, and the importance of weight training with the throwing athlete.

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. The athlete must complete two or three sessions at each phase without complications before advancing.

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 the proper throwing and body mechanics and without an increase in pain. Once the phase has been completed, the athlete then progresses to the next phase. This sets up a progression that an individual goal is achieved prior to advancement instead of advancing at a specified time. The program is based on an individual thrower, and because all throwers will vary, there is no time for completion of the program. This progression greatly decreases the chance for re-injury and greatly increases the most adequate and safest route to 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