

12 WEEK SOFTBALL - CATCHER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Warm-up 30'x10 45'x10	OFF	Warm-up 30'x15 45'x15	OFF	Warm-up 30'x20 45'x20	OFF	OFF
WEEK 2	Warm-up 30'x10 45'x15	OFF	Warm-up 30'x10 45'x20 Rest 5 min 45'x20	OFF	OFF	Warm-up 30'x10 45'x20 Rest 5 min 45'x20	OFF
WEEK 3	Warm-up 45'x15 60'x15	OFF	Warm-up 45'x15 60'x25	OFF	Warm-up 45'x15 60'x25	Warm-up 45'x15 60'x25	OFF
WEEK 4	Warm-up 45'x15 60'x15	OFF	Warm-up 45'x15 60'x25	OFF	Warm-up 45'x15 60'x25	Warm-up 45'x15 60'x15 75'x10	OFF
WEEK 5	Warm-up 60'x25 Rest 5 min then repeat	OFF	Warm-up 60'x25 Rest 5 min then repeat	OFF	Warm-up 60'x10 75'x15	Warm-up 60'x10 75'x15	OFF
WEEK 6	Warm-up 60'x10 75'x25	OFF	Warm-up 60'x10 75'x25 Rest 5 min then repeat	OFF	Warm-up 60'x10 75'x25 Rest 5 min then repeat	OFF	Warm-up 60'x10 75'x25 90'x10
WEEK 7	Warm-up 60'x10 75'x25 90'x10	OFF	Warm-up 60'x10 75'x10 90'x25	Warm-up 60'x10 75'x25 90'x10	OFF	Warm-up 60'x10 75'x10 90'x10 105'x10	OFF
WEEK 8: Transitionary Phase – end of distance-building, progressing to catcher's specific throws/drills. If time available, not a bad idea to take a buffer week of easy throws from 60-90' for 5 minutes, but only two days. Then progress to week 9.							

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WEEK 9	OFF	OFF	Warm-up 60'x10 75'x15 2 sets	OFF	Warm-up 60'x10 75'x15 90'x10 4 throws to 1B (2 pickoff, 2 bunts) – 50% 4 throws to 3B (2 steals, 2 bunts) – 50%	OFF	Warm-up 60'x10 75'x10 90'x15 4 throws to 1B (2 pickoff, 2 bunts) – 50% 4 throws to 3B (2 steals, 2 bunts) – 50%
WEEK 10	OFF	Warm-up 60'x10 75'x10 90'x15 4 throws to 1B (2 pickoff, 2 bunts) – 75% 4 throws to 3B (2 steals, 2 bunts) – 75%	Warm up to 90' 6 throws to 1B (3 pickoff, 3 bunts) – 75% 6 throws to 3B (3 steals, 3 bunts) – 75%	Warm-up 75'x10 90'x10 105'x15	OFF	Warm-up 75'x10 90'x10 105'x15 6 throws to 1B 4 throws to 2B 6 throws to 3B (75%)	Warm-up 75'x10 90'x10 105'x15 6 throws to 1B 4 throws to 2B 6 throws to 3B (75%)
WEEK 11	OFF	Warm-up 75'x10 90'x10 105'x10 60'x10	OFF	Warm-up 75'x10 90'x10 105'x10 60'x10 4 throws to each base (80%)	Warm-up 75'x10 90'x10 105'x10 60'x10 6 throws to 1B 3 throws to 2B 6 throws to 3B (80%)	OFF	Warm-up 75'x10 90'x10 105'x10 60'x10
WEEK 12	OFF	Warm-up to 105' 6 throws to each base	OFF	Warm-up to 105' 6 throws to each base	Warm-up to 105' 6 throws to each base	OFF	Warm-up to 105' 8 throws to each base

- Distance dictates intensity! Don't try to throw THROUGH your target, throw TO them.
- Continue with all strengthening exercises
- Do not try to throw through pain or soreness; if you have pain, take a day off and start that session x1 day later
- This is intended to be a general guideline – modifications may be made if needed