

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