



**COLUMBIA UNIVERSITY
CENTER FOR SHOULDER,
ELBOW AND SPORTS
MEDICINE**

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Catchers Interval 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