



# SPARTAN SOFTBALL NEW SCHOOL THROWING PROGRESSION

Adapted for team use from **High Level Throwing (HLT) © 2021 Wasserman Strength, LLC.**

For additional information or to purchase the individual HLT program see <https://www.highlevelthrowing.com/>.

## PURPOSE - TO DEVELOP EFFICIENT THROWING PATTERNS TO PREVENT INJURY AND ENHANCE VELOCITY AND CONTROL!

1	REGULATION SOFTBALLS OR PLYO-BALLS can be used for all drills! Drills can be performed as part of a practice or pre-game routine!
2	Start each throwing session at 50% effort and then build up. Perform the throws at the proper sets, reps and intensities. It's all about patterning first, before increasing intensity and velocity! You must be comfortable in order for this to work. Always perform demo movements before throwing. The program works with the ARM BEHIND SET-UP. It's all about SCAPULAR PATTERNING, ARM PATHWAY and how to SYNC THE THROWING ARM, GLOVE SIDE AND TRUNK ROTATION TOGETHER.
3	<p>FOCUS POINTS:</p> <p>#1 Expose scapular mechanics along the rib cage to load the arm, understand blended movements and trunk rotation.</p> <p>#2 Minimize the angle between the humerus and forearm as the arm works back into load.</p> <p>#3 Learn how the arm unravels through ball release.</p> <p>#4 Start with the elbow slightly above the shoulder, even or slightly below the shoulder depending on your range of motion and comfort level.</p>
4	<p>INSTRUCTIONS:</p> <p>#1 Attend an introductory throwing session with a coach familiar with this program prior to doing it on your own. Recommended ball sizes for each progression are provided. You can always use a lighter ball if the ball feels too heavy.</p> <p>#2 Always begin every session with a DYNAMIC warm-up. ORDER is the order of difficulty/throwing progression. WATCH all "0-shaded GRAY" videos before doing anything to learn the base concepts. Use any of the "0 and 1- shaded GRAY" concepts, exercises, movements to help prepare and activate your arm and body for each throwing session. Perform these 1 Set @ 6-10 Reps per each motion you choose.</p> <p>#3 Pick any three (3) of the "2, 3, 4, 5- shaded PINK" throws to use depending on your comfort level. Perform these 1 Set @ 5-8 Reps @ 50% intensity per motion you choose.</p> <p>#4 After you've gained familiarity with the "2, 3, 4, 5" throws over a period of 1-3 weeks, start incorporating any of the "6, 7, 8, 9- shaded GREEN" throws into your workouts. Pick any three (3) of the "6, 7, 8, 9" throws to use depending on your comfort level. Perform these 1 Set @ 5-8 Reps @ 80-100% intensity per motion you choose.</p>

**Ball Color Codes: Black= 2lb; Blue/Yellow= 1lb; Pink= 9oz; Green= 7oz (same as regulation softball)**

Order	Concept, Exercise, Movement or Throw	Ball Size	Video Link	Available		Notes
				Online	Offline	
0	Base Concept Throwing Arm Synched with Stride	-	<a href="https://vimeo.com/211336134">https://vimeo.com/211336134</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Review this video to learn the base concept.
0	T-Spine w/ External Rotation (Movement)	2/1lb	<a href="https://vimeo.com/211335783">https://vimeo.com/211335783</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Review this video to learn the base concept.
0	Bent Elbow Raise (Movement- 2/1lb or Throw- 9/7oz)	2/1lb 9/7oz	<a href="https://vimeo.com/211326468">https://vimeo.com/211326468</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Arm activation drill, keep elbow flexed 90 degrees or less, move arm slowly up and down, feel shoulder blade move up and down, transition to throw. This video has the best music.
0	Rear Hip Load (Movement- 2/1lb or Throw- 9/7oz)	2/1lb 9/7oz	<a href="https://vimeo.com/574230492">https://vimeo.com/574230492</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Stacked rear hip. Explore: femoral internal rotation, scap pattern, lead leg external rotation.
1	Upward Toss (Exercise)	2lb	<a href="https://vimeo.com/211336567">https://vimeo.com/211336567</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Focus on controlling internal rotation and decelerating the ball.
1	Side Lying External Rotation (Exercise)	2lb	<a href="https://vimeo.com/453505663">https://vimeo.com/453505663</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Lying on side, glove side arm extended, upper throwing arm to lower throwing arm at 90 degrees, elbow at side, rotate up and down.
1	Reverse Throws (Exercise)	2/1lb	<a href="https://vimeo.com/242954139">https://vimeo.com/242954139</a>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Perform with plyo ball against wall or net.
1	Scap Rolls (Movement- 2/1lb or Throw- 9/7oz)	2/1lb 9/7oz	<a href="https://vimeo.com/211333677">https://vimeo.com/211333677</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Can be performed as a movement or a throw with ball.
1	Scap Rolls (Movement- 2/1lb or Throw- 9/7oz)	2/1lb 9/7oz	<a href="https://vimeo.com/367604295">https://vimeo.com/367604295</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Can be performed as a movement or a throw with ball.
2	Double Kneeling Arm Behind Throw	1lb	<a href="https://vimeo.com/242953035">https://vimeo.com/242953035</a>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Start in double kneeling arm behind setup, rotate torso to throwing side, initiate lead arm but continue to bring throwing arm back.
3	Half Kneeling Arm Behind Throw	1lb	<a href="https://vimeo.com/211329678">https://vimeo.com/211329678</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Same as above in a same arm/same leg (I call this goofy) setup.
3	Adductor Rocker Throws	9/7oz	<a href="https://vimeo.com/574230216">https://vimeo.com/574230216</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Focus on spine angle, trunk orientation, scapular patterning, forearm unravel.
4	Pivot Throws	9/7oz	<a href="https://vimeo.com/211332162">https://vimeo.com/211332162</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Same as Half Kneeling Arm Behind Throw but on feet and facing away from target, arm up and behind head. Rotate body towards target pivoting the back foot.
4	Staggered Stance Throws	9/7oz	<a href="https://vimeo.com/453462300">https://vimeo.com/453462300</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Same as Half Kneeling Arm Behind Throw but on feet facing target.
5	Tree Pose Throws	9/7oz	<a href="https://vimeo.com/242954549">https://vimeo.com/242954549</a>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Start in side straddle, aligned with target. Balance on rear leg with opposite leg foot pressed up against rear leg, knee pointing to target. Load back hip as you stride to target, Rotate torso and shoulders through ball release.

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Order	Concept, Exercise, Movement or Throw	Ball Size	Video Link	Available		Notes
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6	Half Kneeling Turn & Throw	9/7oz	<a href="https://vimeo.com/242953922">https://vimeo.com/242953922</a>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Start in half kneeling position, facing away from target. Stand up turn and throw to target. Plant foot should be in area where forward foot was. Arm should be extended like outfielder or flexed like catcher or infielder.
7	Double Hop Throws	9/7oz	<a href="https://vimeo.com/211328078">https://vimeo.com/211328078</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Start on rear leg, perform double hop on rear leg loading back hip. Stride out towards target rotating torso and shoulders through ball release.
8	Reverse Rocker Throws	7oz	<a href="https://vimeo.com/211332374">https://vimeo.com/211332374</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Start facing away from target, plant leg up, place plant foot down, turn and perform double hop on plant leg as you stride out to make throw.
9	Step & Throw Long Arm - Outfielders	7oz	<a href="https://vimeo.com/211334210">https://vimeo.com/211334210</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	For outfielders. As stride is occurring rear hip is becoming loaded so weight should be within back hip. As stride nears foot contact arm starts pathway initiated by shoulder blade. As full foot contact occurs arm should still be moving into a vertical forearm position. Allow trunk to accelerate and rotate forward towards the target. Let arm continue to opposite side of body.
9	Infield Rocker Throws	7oz	<a href="https://vimeo.com/211330212">https://vimeo.com/211330212</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Start in fielding position, slightly staggered stance, left toe up (rocker step), field ball, rock forward onto toe and shuffle to make your throw. Throwing arm should not initiate movement back until stride has been initiated. Be sure not to double hop after shuffle.
9	Infield Throws	7oz	<a href="https://vimeo.com/394751421">https://vimeo.com/394751421</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	For infielders. Start in side straddle position, plant rear foot and align shoulders to target. Swing front leg out, balancing on rear leg while throwing.
9	Infield Backhand Throws	7oz	<a href="https://vimeo.com/589169357">https://vimeo.com/589169357</a>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Practice the infielder backhand incorporating the fielding hand to throwing hand transition to rear hip load, lead arm initiation, stride, trunk and arm rotation.