

QB THROWING PROGRAM

Each Phase and Step starts with Warm Up

Phase 1 - Tennis Ball Phase – To get confidence in throwing motion
Every other day

Step 1 Light Toss / Lob –

5 yards for 10 throws, break few minutes, then throw 10 more

Break 5 minutes

10 yards for 10 throws, break few minutes, then throw 10 more

Step 2

5 yards for 10 throws, break few minutes

10 yards for 10 throws, break few minutes

10 yards for 15 throws, flatten throw (more velocity), break 5 minutes and
throw again at similar distance and speed for 15 throws

Break 5 minutes

15 yards for 5 throws

Step 3

10 yards for 15 throws, break few minutes, then throw 15 more

Break 5 minutes

15 yards for 10 throws, break few minutes, then throw 10 more

Break 5 minutes

Throw 5 throws at 20 yards feet, take break and throw another 5 at 20

yards

Phase 2 – Softball Phase every other day – if too easy, can accelerate

Step 1 Light Toss / Lob –

5 yards for 10 throws, break few minutes

10 yards feet for 10 throws, break few minutes, then throw 10 more

Break few minutes

15 yards for 15 throws, break few minutes

Break few minutes

10 yards for 10 throws, but flatter and more velocity

Break few minutes

10 yards for 10 throws – with similar flatness / velocity



Step 2

5 yards for 10 throws light toss
10 yards for 10 throws light toss
Break few minutes
15 yards for 15 throws light toss
20 yards for 15 throws light toss
Break few minutes
10 yards for 10 throws, but flatter / bit more velocity (50 - 60% effort)
15 yards for 10 throws, flatter / bit more velocity (50 - 60% effort)

Step 3

5 yards for 10 throws light toss
10 yards for 10 throws light toss
Break few minutes
15 yards for 10 throws light toss
20 yards for 15 throws light toss
Break few minutes
25 yards for 15 throws, light toss
Break few minutes
15 yards for 10 throws, but flatter / bit more velocity (50 - 60% effort)
20 yards for 10 throws, flatter / bit more velocity (50 - 60% effort)

Step 4

10 yards for 10 throws light toss
15 yards for 10 throws light toss
Break few minutes
20 yards for 10 throws light toss
25 yards for 10 throws light toss
Break few minutes
30 yards for 10 throws
20 yards for 10 throws, flatter / bit more velocity (50 - 60% effort)
Break
20 yards for 10 throws, flatter / bit more velocity (50 - 60% effort)

Step 5

15 yards for 10 throws light toss
20 yards for 10 throws light toss
Break few minutes
25 yards for 15 throws light toss
30 yards for 15 throws light toss
Break few minutes
30 yards for 15 throws light toss
20 yards for 10 throws, flatter / bit more velocity (50 - 60% effort)
Break
20 yards for 10 throws, flatter / bit more velocity (50 - 60% effort)

Step 6

10 yards for 10 throws light toss
20 yards for 10 throws light toss
Break few minutes
30 yards for 15 throws light toss
20 yards for 15 throws, flatter / bit more velocity (50 - 60% effort)
Break
25 yards for 15 throws, flatter / bit more velocity (50 - 60% effort)

Phase 3 – Mini Football – every other day

Step 1 5 yards for 5 throws – light toss
 10 yards for 15 throws (40 – 50% effort), rest few minutes, then another
15 throws
 Break few minutes
 15 yards for 15 throws (40 – 50% effort), rest few minutes, then another
15 throws.

Step 2 5 yards for 5 throws – light toss
 10 yards for 10 throws (40 – 50% effort)
 15 yards for 15 throws (40 – 50% effort)
 Rest few minutes
 15 yards for 15 throws (40 – 50% effort)
 20 yards for 15 throws (40 – 50% effort)
 Break
 20 yards for 15 throws (50 – 50% effort)

Step 3 5 yards for 5 throws – light toss
 10 yards for 10 throws (40 – 50% effort)
 15 yards for 15 throws (40 – 50% effort)
 Rest few minutes
 15 yards for 15 throws (40 – 50% effort)
 20 yards for 15 throws (40 – 50% effort)
 Break
 20 yards for 15 throws (40 – 50% effort)
 10 yards for 5 throws , flatter / bit more velocity (60% effort)
 15 yards for 5 throws , flatter / bit more velocity (60% effort)

- Step 4 5 yards x 10 throws – light toss
 15 yards x 10 throws (40 – 50% effort)
 20 yards x 15 throws (50% effort)
 Rest few minutes
 20 yards for 15 throws (50% effort)
 25 yards for 15 throws (40 – 50% effort)
 Break
 20 yards for 15 throws , flatter / bit more velocity (60% - 70% effort)
- Step 5 10 yards for 10 throws (50% effort)
 20 yards for 15 throws (50 – 60% effort)
 Rest few minutes
 25 yards for 15 throws (50% effort)
 Rest few minutes
 25 yards for 15 throws (50% effort)
 Break
 30 yards for 15 throws (50% effort)
 Rest
 25 yards for 15 throws, flatter / bit more velocity (60% - 70% effort)
- Step 6 10 yards x 10 throws (50% effort)
 20 yards x 15 throws (50 – 60% effort)
 25 yards x 15 throws (60% effort)
 Break few minutes
 30 yards x 15 throws (50% - 60% effort)
 20 yards x 10 throws, flatter / bit more velocity (70% effort)
 25 yards x 10 throws, flatter / bit more velocity (70% effort)
 30 yards x 10 throws, flatter / bit more velocity (70% effort)

Phase 4 – Real Football

2 days on, 1 day off – if shoulder responds well

- Step 1 10 yards for 10 forward light throws (40 – 50% effort)
 Rest few minutes
 20 yards for 10 forward light throws (40 – 50% effort)
 Rest few minutes
 10 yards for 5 forward throws, not lobbed (50 - 60% effort)
 20 yards for 5 forward throws, not lobbed (50 – 60% effort)
- Step 2 10 yards for 10 forward throws (50 - 60% effort)
 20 yards for 10 forward throws (50 - 60% effort)
 Rest few minutes
 10 yards for 10 forward throws (50 - 60% effort)
 20 yards for 10 forward throws (50 - 60% effort)



- Step 3 10 yards for 10 forward throws (50 - 60% effort)
 20 yards for 10 forward throws (50 - 60% effort)
 30 yards for 5 forward throws (50 - 60% effort)
 Rest few minutes
 30 yards for 5 forward throws (50 - 60% effort)
 20 yards for 10 forward throws (50 - 60% effort)
 10 yards for 10 forward throws (50 - 60% effort)
- Step 4 10 yards for 10 forward throws (50 - 60% effort)
 20 yards for 10 forward throws (50 - 60% effort)
 30 yards for 10 forward throws (50 - 60% effort)
 35 yards for 5 forward throws (50 - 60% effort)
 Rest few minutes
 35 yards for 5 forward throws (50 - 60% effort)
 25 yards for 10 forward throws (60% effort)
 10 yards for 10 forward throws (60% effort)
- Step 5 30 yards for 15 forward throws (50 - 60% effort)
 35 yards for 15 forward throws (50 - 60% effort)
 Rest few minutes
 30 yards for 10 forward throws (70% effort)
- Step 6 35 yards for 20 forward throws (50% effort)
 40 yards for 10 forward throws (50 - 60% effort)
 Rest few minutes
 30 yards for 10 forward throws (70% effort)
 35 yards for 10 forward throws (70% effort)
- Step 7 15 – 20 yards for 10 forward throws (50 - 60% effort)
 40 yards for 10 forward throws (50 - 60% effort)
 Rest few minutes
 25 – 30 yards for 20 forward throws (50 - 60% effort)
 Rest few minutes
 20 yards for 20 forward throws – flatten / throw on a line (80% effort)
- Step 8 10 yards for 10 forward throws (50 – 60% effort)
 20 yards for 10 forward throws (50 – 60% effort)
 Rest few minutes
 10 yards for 10 forward throws (70% effort)
 20 yards for 10 forward throws (70% effort)
 Rest few minutes
 5 Cross Throws at 20 yards – 60 degrees (60% effort)
 5 Cross Throws at 20 yards – 45 degrees (60% effort)
 Rest few minutes
 5 Cross Throws at 20 yards – 60 degrees (70% effort)
 5 Cross Throws at 20 yards – 45 degrees (70% effort)



- Step 9 15 – 20 yards for 10 forward throws (50 – 60% effort)
 45 yards for 20 forward throws (50 – 60% effort)
 Rest few minutes
 30 yards for 20 forward throws (50 – 60% effort)
 20 yards for 20 forward throws (70% effort)
- Step 10 10 yards for 10 forward throws (50 – 60% effort)
 20 yards for 10 forward throws (50 – 60% effort)
 Rest few minutes
 10 yards for 10 forward throws (70% effort)
 20 yards for 10 forward throws (70% effort)
 Rest few minutes
 10 Cross throws at 20 yards – 45 degrees (50 – 60% effort)
 10 Cross Throws at 20 yards – 30 degrees (50 – 60% effort)
 5 Cross Throws at 30 yards – 60 degrees (50 – 60% effort)
 Rest few minutes
 10 Cross Throws at 20 yards – 45 degrees (70% effort)
 5 Cross Throws at 30 yards – 60 degrees (70% effort)
- Step 11 15 – 20 yards for 10 forward throws (50 – 60% effort)
 30 yards for 20 forward throws (60% effort)
 45 yards for 20 forward throws (60% effort)
 Rest few minutes
 20 yards for 20 forward throws – flat / on a line (80% effort)
 15 yards for 10 forward throws – flat / on a line (80% effort)
- Step 12 10 yards for 10 forward throws (50 – 60% effort)
 20 yards for 10 forward throws (50 – 60% effort)
 Rest few minutes
 10 yards for 10 forward throws (70% effort)
 20 yards for 10 forward throws (70% effort)
 Rest few minutes
 10 Cross throws at 20 yards – 45 degrees (50 – 60% effort)
 10 Cross Throws at 30 yards – 45 degrees (50 – 60% effort)
 10 Cross Throws at 35 yards – 60 degrees (50 – 60% effort)
 Rest few minutes
 10 Cross Throws at 20 yards – 30 degrees (70% effort)
 10 Cross Throws at 30 yards – 30 degrees (70% effort)
 10 Cross Throws at 35 yards – 45 degrees (70% effort)
- Step 13 15 – 20 yards for 10 forward throws (50 – 60% effort)
 25 yards for 20 forward throws (50 – 60% effort)
 50 yards for 20 forward throws (50 – 60% effort)
 Rest few minutes
 30 yards for 20 forward throws (70% effort)

15 yards for 20 throws – flat (80 - 90% effort)

Step 14

10 yards for 10 forward throws (50 – 60% effort)

20 yards for 10 straight throws (60% effort)

Rest few minutes

10 yards for 10 straight throws (70% effort)

20 yards for 10 straight throws (70% effort)

Rest few minutes

10 Cross throws at 20 yards – 45 degrees (70% effort)

10 Cross Throws at 30 yards – 45 degrees (60% effort)

10 Cross Throws at 20 yards – 15 degrees (80% effort)

Rest few minutes

10 Cross Throws at 20 yards – 30 degrees (70% effort)

10 Cross Throws at 30 yards – 30 degrees (70% effort)

10 Cross Throws at 30 yards – 15 degrees (70% effort)

Step 15

25 yards for 15 forward throws (70% effort)

50 yards for 15 forward throws (70% effort)

40 yards for 20 forward throws (70% effort)

15 yards for 20 forward throws – flat (80 – 90% effort)

25 yards for 15 forward throws – flat (first 10 at 80% effort,
last 5 at 90% effort)

5 throws rolling to dominant side at 10 yards (70% effort)

5 throws rolling to non-dominant side at 10 yards (70% effort)

Step 16

20 yards for 10 straight throws (70% effort)

20 yards, cross throws at 45 degree x 10 throws (70% effort)

50 yards for 10 straight throws (70 – 80% effort)

40 yards for 10 throws (70 – 80% effort)

30 yards for 10 throws (80% effort)

30 yards, cross throws at 45 degree x 10 throws (70% effort)

10 yards for 10 throws – flat (90% to full effort)

20 yards for 10 throws flat (90% to full effort)

5 throws rolling out to dominant side 10 yards (80% effort)

5 throws rolling out to non-dominant side 10 yards (80% effort)

5 throws rolling out to dominant side 20 yards (80% effort)

5 throws rolling out to non-dominant side 20 yards (80% effort)

- Step 17
- 20 yards for 10 straight throws (70 - 80% effort)
 - 30 yards for 10 straight throws (80% effort)
 - 40 yards for 10 straight throws (80% effort)
 - 50 yards for 10 straight throws (80% effort)
 - 10 yards for 10 straight throws flat (90 – 100% effort)
 - 15 yards for 10 straight throws flat (90 – 100% effort)
 - 20 yards for 10 straight throws flat (90 – 100% effort)
 - 30 yards for 10 straight throws flat (90 – 100% effort)
 - 5 throws rolling out to dominant side 10 yards (90 – 100% effort)
 - 5 throws rolling out to non-dominant side 10 yards (90 - 100% effort)
 - 5 throws rolling out to dominant side 20 yards (90 – 100% effort)
 - 5 throws rolling out to non-dominant side 20 yards (90 - 100% effort)

For cross throws – straight ahead is 0 degrees, to one side is 90 degrees