

Balazs Galdi, M.D.

140 Bergen Street, ACC D1610 Newark, NJ 07103 Tel: (973) 972-8240 Fax: (973) 972-9367

NON-OP 6 WEEK FOOTBALL THROWING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Warm up		Warm up		Warm up	
Week		Tossing		Tossing		Tossing	
		Throws		Throws 15yds		Throws	
1		10yds X25		X25		20yds X25	
		Warm up		Warm up		Warm up	
Week		Tossing		Tossing		Tossing	
2		Throws		Throws 30yds		Throws	
		20yds X25		X25		30yds X25	
		REST 5-10				REST 5-10	
		minutes				minutes	
		Throws				Throws	
		20yds X25				30yds X25	
Week		Warm up		Warm up		Warm up	
		Tossing		Tossing		Tossing	
		Throw		Throw 40yds X		Throw	
3		40yds X 10		20		50yds X 20	
		Throw		Throw 30yds X		Throw	
		30yds X 15		20		30yds X 20	
		REST 5-10		REST 5-10		REST 5-10	
		minutes		minutes		minutes	
		Throw		Throw 20yds X		Throw	
		20yds X 15		20		20yds X 20	
		Warm up		Warm up		Warm up	
		Tossing		Tossing		Tossing	
Week 4		Throw 25-		Throw 20-		Throw 20-	
		35yds X 20		25yds X 20		25yds X 15	
		Throw 40-		Throw 45-		Throw 40-	
		50yds X 20		55yds X 20		50yds X 25	
		Throw		Throw 30-		Throw 30-	
		20yds X 20		35yds X 20		40yds X 20	
		Throw 10-		Throw 10-		Throw 10-	
		15yds X10		15yds X20		20yds X20	
						Throw 20-	



	Sunday	Monday	Tuesday	Wednesday	Thursday	30yds X10 Friday	Saturday
Week 5		Warm up Tossing Throw 20- 30yds X 15 Throw 40- 50yds X 20 Throw 30- 40yds X 20 Throw 10- 20yds X20 Throw 20- 30yds X20		Warm up Tossing Throw 25- 35yds X 15 Throw 45- 55yds X 20 Throw 35- 45yds X 20 Throw 10- 20yds X20 Throw 20- 30yds X20		Warm up Tossing Throw 20- 30yds X 15 Throw 40- 50yds X 20 Throw 30- 40yds X 20 Throw 10- 20yds X20 Throw 20- 30yds X20 15 Throws (Roll out to throwing side) 15 Throws (Roll out to non- throwing side)	
Week 6		Progress to Practices					