

Our recommended warm up and stretching exercises are found in another document.

Throwing Mechanics

A crow-hop technique should be used in all phases of the interval throwing program. This technique places the arm in a mechanically sound position for throwing.

Throwing

Warm-up throws should take place from 30-45 feet and progress to the distance indicated for the successive phases. Progress to the next step of the program once current step is accomplished completely free of pain. Allow at least 48 hours to pass between successive steps. Athletes progress at different rates. There is no optimal length of this program. Once the last step is completed successfully, the athlete is ready to return to unrestricted overhand throwing.

Little League Baseball Program

WEEK 1: 30-45' Phase

Day 1: 20 throws at 30 feet
Day 2: REST
Day 3: 30 throws at 30 feet
Day 4: REST
Day 5: 10 throws at 30 feet
10 throws at 45 feet
10 throws at 30 feet
Day 6: REST
Day 7: REST

WEEK 2: 45-60' Phase

Day 1: 10 throws at 30 feet
20 throws at 45 feet
10 throws at 30 feet
Day 2: REST
Day 3: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 45 feet
Day 4: REST
Day 5: 10 throws at 45 feet
20 throws at 60 feet
10 throws at 45 feet
Day 6: REST
Day 7: REST

WEEK 3: 75-90' Phase

Day 1: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
10 throws at 45 feet
Day 2: REST
Day 3: 10 throws at 45 feet
10 throws at 60 feet
20 throws at 75 feet
10 throws at 45 feet
Day 4: REST
Day 5: 10 throws at 45-60 feet
10 throws at 75 feet
10 throws at 90 feet
10 throws at 45-60 feet
Day 6: Light throwing up to 75 feet
Day 7: REST

WEEK 4: 90' Phase

Day 1: 10 throws at 45-60 feet
10 throws at 75 feet
15 throws at 90 feet
10 throws at 45-60 feet
Day 2: REST
Day 3: 10 throws at 45-60 feet
10 throws at 75 feet
20 throws at 90 feet
10 throws at 45-60 feet
Day 4: REST
Day 5: 10 throws at 45-60 feet
10 throws at 75 feet
25 throws at 90 feet
10 throws at 45-60 feet
Day 6: REST
Day 7: REST

Teenage Baseball Program

WEEK 1: 30-60' Phase

Day 1: 20 throws at 30 feet
20 throws at 45 feet
10 throws at 30 feet

Day 2: REST

Day 3: 20 throws at 30 feet
30 throws at 45 feet
10 throws at 30 feet

Day 4: REST

Day 5: 10 throws at 30 feet
10 throws at 45 feet
20 throws at 60 feet
10 throws at 30 feet

Day 6: REST

Day 7: REST

WEEK 2: 60-75' Phase

Day 1: 10 throws at 30 feet
10 throws at 45 feet
30 throws at 60 feet
10 throws at 30 feet

Day 2: REST

Day 3: 10 throws at 45 feet
10 throws at 60 feet
20 throws at 75 feet
10 throws at 45 feet

Day 4: REST

Day 5: 10 throws at 45 feet
10 throws at 60 feet
30 throws at 75 feet
10 throws at 45 feet

Day 6: REST

Day 7: REST

WEEK 3: 90-105' Phase

Day 1: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
15 throws at 90 feet
10 throws at 60 feet

Day 2: REST

Day 3: 10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
25 throws at 90 feet
10 throws at 60 feet

Day 4: REST

Day 5: 15 throws at 45-60 feet
15 throws at 75-90 feet
15 throws at 105 feet
10 throws at 60 feet

Day 6: Light throwing up to 75 feet

Day 7: REST

WEEK 4: 105- 120' Phase

Day 1: 15 throws at 45-60 feet
15 throws at 75-90 feet
25 throws at 105 feet
10 throws at 60 feet

Day 2: Light catch up to 75 ft or Rest Day

Day 3: 15 throws at 45-60 feet
10 throws at 75-90 feet
10 throws at 105 feet
15 throws at 120 feet
10 throws at 60 feet

Day 4: Light catch up to 75 ft or Rest Day

Day 5: 15 throws at 45-60 feet
10 throws at 75-90 feet
10 throws at 105 feet
25 throws at 120 feet
10 throws at 60 feet

Day 6: Light catch up to 75 feet

Day 7: REST