



Interval Throwing Program

Little Leaguers (12 and under)

45' PHASE

Step 1:
 A) Warm-up Throwing
 B) 45' (25 Throws)
 C) Rest 5-10 min.
 D) Warm-up Throwing
 E) 45' (25 Throws)

Step 2:
 A) Warm-up Throwing
 B) 45' (25 Throws)
 C) Rest 5-10 min.
 D) Warm-up Throwing
 E) 45' (25 Throws)
 F) Rest 5-10 min
 G) Warm-up Throwing
 H) 45' (25 Throws)

60' PHASE

Step 3:
 A) Warm-up Throwing
 B) 60' (25 Throws)
 C) Rest 5-10 min.
 D) Warm-up Throwing
 E) 60' (25 Throws)

Step 4:
 A) Warm-up Throwing
 B) 60' (25 Throws)
 C) Rest 5-10 min.
 D) Warm-up Throwing
 E) 60' (25 Throws)
 F) Rest 5-10 min
 G) Warm-up Throwing
 H) 60' (25 Throws)

90' PHASE

Step 5:
 A) Warm-up Throwing
 B) 90' (25 Throws)
 C) Rest 5-10 min.
 D) Warm-up Throwing
 E) 90' (25 Throws)

Step 6:
 A) Warm-up Throwing
 B) 90' (25 Throws)
 C) Rest 5-10 min.
 D) Warm-up Throwing
 E) 90' (25 Throws)
 F) Rest 5-10 min
 G) Warm-up Throwing
 H) 90' (25 Throws)

AGE	Daily max (pitches in a game)	0 days rest	1 days rest	2 days rest	3 days rest	4 days rest
7-8	50 pitches	1-20	21-35	36-50	N/A	N/A
9-10	75 pitches	1-20	21-35	36-50	51-65	66+
11-12	85 pitches	1-20	21-35	36-50	51-65	66+

All throws should be on an arc.

Warm-up with 10-20 throws, approximately 30 feet.

Perform this Throwing Program 3 times a week with at least one day between each session unless otherwise specified by your physician or physical therapist.

Perform each step ___ times before progressing to next step.

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.