

Little League Interval Throwing Program

1. Only one stage is to be done per day, and you must rest one day between sessions.
2. After one stage is completed with no pain at all, repeat that stage once. Then, after the day of rest, you may proceed to the next stage.
3. Always warm up with non-throwing light exercise for at least 5 minutes before throwing.
4. Aching in the muscles is ok, but if you experience any pain in the shoulder or elbow joints, quit for the day.
5. Then at your next session you must return to the previous stage. So, if you had pain in stage 5, go back to stage 4 the next day.

Stage	Distance to Throw	Actual Distance (ft)	Throws
1	Home plate to halfway to pitcher's mound rest 5-10 min	23	30
	Back up 5 feet	28	30
2	Home plate to halfway to pitcher's mound rest 5-10 min	23	30
	Back up 5 feet rest 5-10 min	28	20
	Repeat	28	30
3	Home plate to last position (5 feet back from halfway to mound) rest 5-10 min	28	30
	Home plate to the pitching rubber	46	30
4	Home plate to 5 feet back from halfway to mound rest 5-10 min	28	30
	Home plate to the pitching rubber rest 5-10 min	46	20
	Repeat	46	30
5	Home plate to 5 feet back from halfway to mound rest 5-10 min	28	30
	Home plate to first base	60	30
6	Home plate to 5 feet back from halfway to mound rest 5-10 min	28	30
	Home plate to first base rest 5-10 min	60	20
	Repeat	60	30
7	Home plate to pitching rubber	46	5
	Home plate to first base	60	5
	Home plate to second base rest 5-10 min	75	20
	Repeat		
8	Home plate to pitching rubber	46	5
	Home plate to first base	60	5
	Home plate to second base rest 5-10 min	75	10
	Home plate to pitching rubber	46	5
	Home plate to first base	60	5
	Home plate to second base rest 5-10 min	75	20
	Repeat		