



Town Center

ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

PHONE: 703-435-6604

Interval Throwing Program for Little League

30-foot Stage

- Step 1: a. Warm-up throwing
b. 30 ft. (25 throws)
c. Rest 15 minutes
d. Warm-up throwing
e. 30 ft. (25 throws)

- Step 2: a. Warm-up throwing
b. 30 ft. (25 throws)
c. Rest 10 minutes
d. 30 ft. (25 throws)
e. Warm-up throwing
f. Rest 10 minutes
g. Warm-up throwing
h. 30 ft. (25 throws)

45-foot Stage

- Step 1: a. Warm-up throwing
b. 45 ft. (25 throws)
c. Rest 15 minutes
d. Warm-up throwing
e. 45 ft. (25 throws)

- Step 2: a. Warm-up throwing
b. 45 ft. (25 throws)
c. Rest 10 minutes
d. 45 ft. (25 throws)
e. Warm-up throwing
f. Rest 10 minutes
g. Warm-up throwing
h. 45 ft. (25 throws)

60-foot Stage

- Step 1: a. Warm-up throwing
b. 60 ft. (25 throws)
c. Rest 10 minutes
d. Warm-up throwing
e. 60 ft. (25 throws))
f. Rest 10 minutes
g. Warm-up throwing
h. 60 ft. (25 throws)

90-foot Stage

- Step 1: a. Warm-up Throwing
b. 90 Ft. (25 Throws)
c. Rest 15 minutes
d. Warm-up Throwing
e. 90 ft. (25 throws)

- Step 2: a. Warm-up Throwing
b. 90 Ft. (25 Throws)
c. Rest 10 minutes
d. 90 ft. (25 throws)
e. Warm-up Throwing
f. Rest 10 minutes
g. warm-up Throwing
h. 90 ft. (25 throws)

Simulated Game (follow throwing rules)

- a. Warm-up Throwing
b. Simulated game
c. Cool down

Additional Rules

- 1.** Always warm-up before throwing. Stretch and cool-down after finished throwing.
- 2.** At each level progress from lesser number of pitches to greater number of pitches before advancing to the next level.
- 3.** Begin with no mound pitching and advance to off the mound pitching.
- 4.** There is no set timetable to advance to the next level.
- 5.** Advance to the next level when present level is pain-free.
- 6.** If pain or difficulty at present level go back to pain-free level.
- 7.** These are guidelines. The program may need to be individualized.