



BRANDON
PLANT CITY
TAMPA
APOLLO BEACH

LITTLE LEAGUE INTERVAL THROWING PROGRAM

All throws should be on an arc with a crow-hop

Warm-up throws consist of 10-20 throws at approximately 15 feet

Throwing Program should be performed every other day, 3 times per week unless otherwise specified by your physician or rehabilitation specialist.

Perform each step 2-3 times before progressing to next step.

30' Phase Step 1: A) Warm-up Throwing B) 30' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 30' (25 Throws) Step 2: A) Warm-up Throwing B) 30' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 30' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 30' (25 Throws)	45' Phase Step 3: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 45' (25Throws) Step 4: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 45' (25 Throws)
60' Phase Step 5: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 60' (25 Throws) Step 6: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 10 min. G) Warm-up Throwing H) 60' (25 Throws)	90' Phase Step 7: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 15 min. D) Warm-up Throwing E) 90' (25 Throws) Step 8: A) Warm-up Throwing B) 90' (20 Throws) C) Rest 10 min. D) Warm-up Throwing E) 60' (20 Throws) F) Rest 10 min. G) Warm-up Throwing H) 45' (20 Throws) I) Rest 10 min. J) Warm-up Throwing K) 45' (15 Throws)

30 feet = 9.1 meters

45 feet = 13.7 meters

60 feet = 18.3 meters

90 feet = 27.4 meters