



## 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.

<p><b>30' Phase</b></p> <p>Step 1: A) Warm-up Throwing                      B) 30' (25 Throws)                      C) Rest 15 min.                      D) Warm-up Throwing                      E) 30' (25 Throws)</p> <p>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)</p>	<p><b>45' Phase</b></p> <p>Step 3: A) Warm-up Throwing                      B) 45' (25 Throws)                      C) Rest 15 min.                      D) Warm-up Throwing                      E) 45' (25Throws)</p> <p>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)</p>
<p><b>60' Phase</b></p> <p>Step 5: A) Warm-up Throwing                      B) 60' (25 Throws)                      C) Rest 15 min.                      D) Warm-up Throwing                      E) 60' (25 Throws)</p> <p>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)</p>	<p><b>90' Phase</b></p> <p>Step 7: A) Warm-up Throwing                      B) 90' (25 Throws)                      C) Rest 15 min.                      D) Warm-up Throwing                      E) 90' (25 Throws)</p> <p>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)</p>

30 feet = 9.1 meters

45 feet = 13.7 meters

60 feet = 18.3 meters

90 feet = 27.4 meters