

Palmetto Health USC

ORTHOPEDIC CENTER

Little Leaguer Interval throwing Program

The little league interval throwing program parallels the interval throwing program in returning the little leaguer to a graduated progression of throwing distances. Warm-up and stretching should be performed prior to throwing.

30 feet Phase

- Step 1: A) Warm-up throwing
B) 30 feet (25 throws)
C) Rest 15 minutes
D) Warm-up throwing
E) 30 feet (25 throws)

- Step 2: A) Warm-up throwing
B) 30 feet (25 throws)
C) Rest 15 minutes
D) Warm-up throwing
E) 30 feet (25 throws)
F) Rest 10 minutes
G) Warm - up throwing
H) 30 feet (25 throws)

45 feet Phase

- Step 3: A) Warm-up throwing
B) 45 feet (25 throws)
C) Rest 15 minutes
D) Warm-up throwing
E) 45 feet (25 throws)

- Step 4: A) Warm-up throwing
B) 45 feet (25 throws)
C) Rest 15 minutes
D) Warm-up throwing
E) 45 feet (25 throws)
F) Rest 10 minutes
G) Warm - up throwing
H) 45 feet (25 throws)

60 feet Phase

- Step 5: A) Warm-up throwing
B) 60 feet (25 throws)
C) Rest 15 minutes
D) Warm – up throwing
E) 60 feet (25 throws)

- Step 6: A) Warm-up throwing
B) 60 feet (25 throws)
C) Rest 15 minutes
D) Warm – up throwing
E) 60 feet (25 throws)
F) Rest 10 minutes
G) Warm – up throwing
H) 60 feet (25 throws)

90 feet Phase

- Step 7: A) Warm-up throwing
B) 90 feet (25 throws)
C) Rest 15 minutes
D) Warm – up throwing
E) 90 feet (25 throws)

- Step 8: A) Warm-up throwing
B) 45 feet (25 throws)
C) Rest 15 minutes
D) Warm – up throwing
E) 90 feet (25 throws)
F) Rest 10 minutes
G) Warm – up throwing
H) 90 feet (25 throws)