

The Moore Center for Orthopedics

104 Saluda Pointe Dr.

Lexington, SC 29072

(803) 227-8174 – Lexington Office

Little Leaguer Interval throwing Program Starting off the Mound

PHASE II

STAGE ONE: FASTBALL ONLY

- Step 1: Interval Throwing
15 throws off mound 50% (use interval throwing to 120' Phase as as warm-up)
- Step 2: Interval throwing
30 throws off mound 50%
- Step 3: Interval Throwing
45 throws off mound 50% All throwing off the mound should be done in the presence of your pitching coach to stress proper throwing mechanics.
- Step 4: Interval Throwing
60 throws off mound 50%
- Step 5: Interval Throwing
30 throws off mound 50% (use speed gun to aid in effort control)
- Step 6: 30 throws off mound 75%
45 throws off mound 50%
- Step 7: 45 throws off mound 75%
15 throws off mound 50%
- Step 8: 60 throws off mound 75%

STAGE TWO: FASTBALL ONLY

- Step 9: 45 throws off mound 75%
15 throws in batting practice
- Step 10: 45 throws off mound 75%
30 throws in batting practice
- Step 11: 45 throws off mound 75%
45 throws in batting practice

STAGE THREE

Step 12: 30 throws off mound 75% warm-up

15 throws off mound 50% BREAKING BALLS

45-60 throws in batting practice (fastball only)

Step 13: 30 throws off mound 75%

30 breaking balls 75%

30 throws in batting practice

Step 14: 30 throws off mound 75%

60 – 90 throws in batting practice 25% breaking balls

Step 15: Simulated game : progressing 15 throws per work-out.