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Interval Throwing Program for Little League

1. Always warm-up and stretch before throwing. Stretch and cool down after finished throwing.
2. At each level progress from lesser number of pitches to great 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.

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)
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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)
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60-foot Stage

Step 1:

- a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm-up throwing
- e. 60 ft. (25 throws)

Step 2:

- 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)
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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)
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Simulated Game (following throwing rules)

- a. Warm-Up Throwing
 - b. Simulated game
 - c. Cool Down
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