

INTERVAL THROWING PROGRAM FOR LITTLE LEAGUE™ AGE ATHLETES

Name _____ Age _____ MPH _____

From age and velocity the target distance is defined and the appropriate Interval Throwing Program is selected. The target distance is 90% of the predicted maximum throwing distance established from data collected from more than 1000 Little League™ age athletes (9 - 12 years of age) with the assistance of several Delaware based organizations. The Interval Throwing Program (ITP) is functional, practical and progressive:

- Functional** in that a throwing athlete must throw
- Practical** in that only a baseball and field are needed
- Progressive** in that it increases from lower intensity to higher intensity

THROWING PROGRAM WARMUP AND COOL DOWN

- 1) BREAK A SWEAT
- 2) SHOULDER STRETCHES

THEN:

- 3) **THROWING PROGRAM**
- 4) SHOULDER STRENGTHENING EXERCISES
(DUMBBELLS, BANDS, ISOMETRICS)
- 5) SHOULDER STRETCHES
- 6) ICE FOR 20 MINUTES (Optional)

- In the ITP, the target distances recommended are rounded to the nearest 10 feet.
- To each Phase there is a **short toss**, a **15 minutes rest**, **and a long toss** component to be performed at each workout.

Soreness Rules

- If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
- If sore during warmup but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder/ elbow becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one phase.
- If sore during warmup and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one phase.
- If no soreness, advance one phase every throwing day.
- Do not advance more than two phases per week.

Off Season Maintenance Program:

Throw 2-3 times per week at Phase VII or VIII with at least 1 day of rest between workouts.

In Season:

Day 0 - Game
Day 1 - Throw Phase III
Day 2 - Throw Phase VII
Day 3 - Throw Phase IV

After an injury (When cleared by doctor):

Begin with Phase I. Take 2-3 days rest between sessions and advance as soreness rules allow.

Little Leaguer Interval Throwing Program - 100'

PHASE I _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (20')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	15	15	20

intensity _____ (work to tolerance)

PHASE II _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (25')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	15	15	20

intensity _____ (work to tolerance)

PHASE III _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (30')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	15	15	20

intensity _____ (work to tolerance)

PHASE IV _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (40')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	15	20	20

intensity _____ (up to 1/2 speed)

PHASE V _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (46')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	15	20	20

intensity _____ (up to 2/3 speed)

PHASE VI _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (46')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	20	20	20

intensity _____ (mound, 3/4 speed)

PHASE VII _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (46')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	20	20	25

intensity _____ (mound, 3/4 speed, breaking ball)

PHASE VIII _____ Interval/day (1)
 _____ Rest between short & long (15 min)
Short Toss _____
 feet _____ (46')
 rest time _____ (12 sec/throws & 6-8 min/sets)
 throws _____

Set	1	2	3
Throws	20	25	25

intensity _____ (mound up to full speed breaking ball)

PHASE IX _____ Simulated Game

PHASE I _____ Interval/day (1)
Long Toss _____
 feet _____ (65') - 65%
 rest time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)

PHASE II _____ Interval/day (1)
Long Toss _____
 feet _____ (70') - 70%
 rest time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)

PHASE III _____ Interval/day (1)
Long Toss _____
 feet _____ (75') - 75%
 rest time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)

PHASE IV _____ Interval/day (1)
Long Toss _____
 feet _____ (80') - 80%
 rest time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)

PHASE V _____ Interval/day (1)
Long Toss _____
 feet _____ (85') - 85%
 rest time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)

PHASE VI _____ Interval/day (1)
Long Toss _____
 feet _____ (90') - 90%
 rest time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)

PHASE VII _____ Interval/day (1)
Long Toss _____
 feet _____ (95') - 95%
 rest time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)

PHASE VIII _____ Interval/day (1)
Long Toss _____
 feet _____ (100') - 100%
 time _____ (12 sec/throws)
 throws _____ (25)
 intensity _____ (to tolerance)