

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' Phase

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

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

45' Phase

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

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

60' Phase

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

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

90' Phase

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

- Step 8:
- A) Warm-up throwing
 - B) 45' (25 throws)
 - C) Rest 10 minutes
 - D) Warm-up throwing
 - E) 90' (24 throws)
 - F) Rest 10 minutes
 - G) Warm-up throwing
 - H) 90' (25 throws)