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 COOLDOWN

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.

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Special thanks to Piedmont Babe Ruth
## Little Leaguer Interval Throwing Program - 100'

### PHASE I
- **Interval/day (1)**
- **Short Toss** feet
- **Rest time** throws
- Rest between short & long (15 min)
- (20')
- (12 sec/throws & 6-8 min/sets)
- **Set**
- **Throws** 5 5 0

### PHASE II
- **Interval/day (1)**
- **Long Toss** feet
- **Rest time** throws
- Rest between short & long (15 min)
- (25')
- (12 sec/throws & 6-8 min/sets)
- **Set**
- **Throws** 5 5 0

### PHASE III
- **Interval/day (1)**
- **Long Toss** feet
- **Rest time** throws
- Rest between short & long (15 min)
- (30')
- (12 sec/throws & 6-8 min/sets)
- **Set**
- **Throws** 5 5 0

### PHASE IV
- **Interval/day (1)**
- **Long Toss** feet
- **Rest time** throws
- Rest between short & long (15 min)
- (40')
- (12 sec/throws & 6-8 min/sets)
- **Set**
- **Throws** 5 0 0

### PHASE V
- **Interval/day (1)**
- **Long Toss** feet
- **Rest time** throws
- Rest between short & long (15 min)
- (46')
- (12 sec/throws & 6-8 min/sets)
- **Set**
- **Throws** 5 0 0

### PHASE VI
- **Interval/day (1)**
- **Long Toss** feet
- **Rest time** throws
- Rest between short & long (15 min)
- (46')
- (12 sec/throws & 6-8 min/sets)
- **Set**
- **Throws** 0 0 0

### Intensity
- (work to tolerance)
- (work to tolerance)
- (up to 1/2 speed)
- (up to 2/3 speed)
- (mound, 3/4 speed)
PHASE VII  Interval/day (1)
Short Toss feet
rest time throws
rest time (between short & long (15 min)
(46')
(12 sec/throws & 6-8 min/sets)
Throws Set O O S

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

PHASE IX  Simulated Game

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

intensity (to tolerance)

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

intensity (to tolerance)

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