



Interval Throwing Program for Little League

Always warm-up and stretch before throwing.
Stretch and cool down after finishing throwing.

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)

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)

60-foot Stage

- Step 3: 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)

90-foot Stage

- Step 5: a. Warm-up throwing
b. 90 ft. (25 throws)
c. Rest 15 minutes
d. Warm-up throwing
e. 90 ft. (25 throws)

- Step 6: 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)