KAISER PERMANENTE thrive

Interval Throwing Program for Little League Athletes

Name: ____________________ Age: __ __

MPH: __ __ Target Distance: __ __ feet

From an athlete’s 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. These values were established from data collected from more than 1000 athletes across multiple age ranges. The Interval Throwing Program (ITP) is functional, practical, progressive and based on published research studies.

• Functional in that a throwing athlete must throw.
• Practical in that only a baseball, glove and field are needed.
• Progressive in that it increases from lower intensity to higher intensity.
• Evidence based in that it applies the best available evidence gained from published studies to the medical decision making process.

THROWING PROGRAM

Warm Up
1) Break a sweat (jog & throw)
   - Warm up with Soft toss throws &/or Football throws.
   - Begin with 3-5 throws at 10 feet, increase 10-15 feet every 3-5 throws until target long toss distance is reached.
2) Shoulder stretches

ITP
3) Structured Interval Throwing Program
   - In the ITP the target distances recommended are rounded to the nearest 10 feet.
   - To each Step there is a SHORT TOSS and LONG TOSS component to be performed at each workout.
   - The SHORT TOSS has 6-8 minute rest breaks between each set.
   - Between the SHORT TOSS and LONG TOSS components there is a 10 minute rest break.
   - Only 1 stage is done per day.
4) Shoulder strengthening exercises (Thrower’s 10 Program)

Cool Down
5) Shoulder stretches
6) Ice for 20 minutes (optional)
**PROGRAM SCHEDULES**

**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 Maintenance (Not rehabilitating an injury)**
- Day 0: Game day
- 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 & pain rules allow.

**SORENESS & PAIN RULES**
- If no soreness or pain, advance one phase every throwing day.
- If you experience **any pain** in the shoulder or elbow you must stop throwing and take 3 days off. Upon return to throwing, drop down one phase in the program.
- If sore during warm-up 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 warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one phase.
- If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.
- **Do not advance more than two phases per week.**
# KAISER PERMANENTE®, thrive

**LITTLE LEAGUE INTERVAL THROWING PROGRAM**

**TARGET DISTANCE**

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**KEY**

mph = miles per hour  
y.o. = years old  
TD = Target Distance  
OR = Out of Range  
\* = median
LITTLE LEAGUE INTERVAL THROWING PROGRAM

PHASE I - RETURN TO THROWING
* Intensity: work to tolerance
* Throws are from level ground
* 6-8 minute rest between Short Toss sets; 10 minute rest between Short & Long Toss

STEP 1
Short Toss
Distance: 20'
Set 1 2 3
# of Throws: 15 15 20

Long Toss
Distance: 65% target distance
Set 1
# of Throws: 25

STEP 2
Short Toss
Distance: 30'
Set 1 2 3
# of Throws: 15 15 20

Long Toss
Distance: 70% target distance
Set 1
# of Throws: 25

STEP 3
Short Toss
Distance: 40'
Set 1 2 3
# of Throws: 15 20 20

Long Toss
Distance: 75% target distance
Set 1
# of Throws: 25

PHASE II - RETURN TO PITCHING
* Intensity: as listed at each step
* Throws are from level ground following a crow hop
* 6-8 minute rest between Short Toss sets; 10 minute rest between Short & Long Toss

STEP 4
Short Toss
Distance: 46'
Set 1 2 3
# of Throws: 15 20 20
Intensity: up to 1/2 speed

Long Toss
Distance: 80% target distance
Set 1
# of Throws: 25
Intensity: to tolerance

STEP 5
Short Toss
Distance: 46'
Set 1 2 3
# of Throws: 15 20 20
Intensity: up to 3/4 speed

Long Toss
Distance: 85% target distance
Set 1
# of Throws: 25
Intensity: to tolerance
**PHASE III - INTENSIFIED PITCHING**

* Intensity: as listed at each step
* Pitches are from mound with normal stride
* 6-8 minute rest between Short Toss sets; 10 minute rest between Short & Long Toss

**STEP 6**

**Short Toss**
- Distance: 46'
- Set: 1 2 3
- # of Throws: 20 20 20
- Intensity: up to full speed, fast balls only

**Long Toss**
- Distance: 90% target distance
- Set: 1
- # of Throws: 25
- Intensity: to tolerance

**STEP 7**

**Short Toss**
- Distance: 46'
- Set: 1 2 3
- # of Throws: 20 20 25
- Intensity: up to full speed, fast ball:breaking ball 3:1

**Long Toss**
- Distance: 95% target distance
- Set: 1
- # of Throws: 25
- Intensity: to tolerance

**STEP 8**

**Short Toss**
- Distance: 46'
- Set: 1 2 3
- # of Throws: 20 25 25
- Intensity: up to full speed, fast ball:breaking ball 3:1

**Long Toss**
- Distance: 100% target distance
- Set: 1
- # of Throws: 25
- Intensity: to tolerance

**STEP 9**

**SIMULATED GAME**

1) 10 minute Warm-up of 20 - 40 throws/pitches with gradually increasing velocity.
2) 3 innings
3) 15 - 30 pitches per inning depending on age of player. All fastballs or change ups.
4) Maximum Pitches per game:
   - 7-8 year olds = 50 pitches*
   - 9-10 year olds = 75 pitches*
   - 11-12 year olds = 85 pitches*
5) 8 minute rest between innings.