



Throwing Program

The following 8 phase throwing program is used to prevent re-injury

<u>Phase 1</u>	Little League	Junior/Senior League
Throwing Distance:	20 feet	25 feet
Number of throws per set	3 sets total: 15, 15, 20	3 sets total: 15, 15, 20
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	50% of maximum	50% of maximum
Throwing mechanics	Light toss	Light toss

<u>Phase 2</u>	Little League	Junior/Senior League
Throwing Distance:	30 feet	40 feet
Number of throws per set	3 sets total: 15, 15, 20	3 sets total: 15, 15, 20
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	50% of maximum	50% of maximum
Throwing mechanics	Light toss	Light toss

<u>Phase 3</u>	Little League	Junior/Senior League
Throwing Distance:	40 feet	50 feet
Number of throws per set	3 sets total: 15, 20, 20	3 sets total: 15, 20, 20
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	70% of maximum	70% of maximum
Throwing mechanics	Light toss	Light toss

<u>Phase 4</u>	Little League	Junior/Senior League
Throwing Distance:	45 feet	60 feet
Number of throws per set	3 sets total: 20, 20, 25	3 sets total: 20, 20, 25
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	75% of maximum	75% of maximum
Throwing mechanics	Light toss	Light toss

<u>Phase 5</u>	Little League	Junior/Senior League
Throwing Distance:	90 feet or 80% of target distance*	90 feet or 80% of target distance*
Number of throws per set	3 sets: 15, 15, 15	3 sets: 15, 15, 15
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	50% of maximum	50% of maximum
Throwing mechanics	50% speed, overhead	50% speed, overhead

<u>Phase 6</u>	Little League	Junior/Senior League
Throwing Distance:	45 feet	60 feet
Number of throws per set	3 sets: 20, 20, 25	3 sets: 20, 20, 25
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	75% of maximum	75% of maximum
Throwing mechanics	75% speed overhead, from mound	75% speed overhead, from mound

<u>Phase 7</u>	Little League	Junior/Senior League
Throwing Distance:	120 feet or 100% of target distance*	120 feet or 100% of target distance*
Number of throws per set	3 sets: 20, 20, 20	3 sets: 20, 20, 20
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	Full as tolerated	Full as tolerated
Throwing mechanics	Overhead, from mound	Overhead, from mound

<u>Phase 8</u>	Little League	Junior/Senior League
Throwing Distance:	60 feet	60 feet
Number of throws per set	3 sets: 25, 30, 30	3 sets: 25, 30, 30
Rest between throws	12 seconds	12 seconds
Rest between sets	Six to eight minutes	Six to eight minutes
Intensity	Full as tolerated	Full as tolerated
Throwing mechanics	Overhead, from mound	Overhead, from mound

<u>Phase 9</u>	
Throwing mechanics	Pitch simulated game

Adapted from Axe, MJ et al. Development of a Distance-Based Interval Throwing Program for Little League-Aged Athletes AJSM 1996, 24(5): 594-602.

- *Target Distance = the maximum distance a player may accurately throw a ball before injury. An accurate throw is one that thrown to hit a specific target area 20-30 feet wide from a distance specified in the throwing program.
- Acceptable target ranges are as follows:
 - Child (<13 years of age): 80-120 feet
 - Adolescent (13 to 18 years of age): 120 feet
 - Young Adult (>18 years of age): 180 feet
- The player may only progress to a new level upon fully completing a given phase twice
- **At no time should a player throw with pain.** Individuals that experience pain should stop *immediately* and consult their coach, trainer, and/or physician for further evaluation