



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 WARM-UP 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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Phase I	<p><i>Short Toss*</i></p> <p>15 throws at 20'</p> <p>15 throws at 20'</p> <p>20 throws at 20'</p> <p>Intensity to tolerance</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>65% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase II	<p><i>Short Toss*</i></p> <p>15 throws at 30'</p> <p>15 throws at 30'</p> <p>20 throws at 30'</p> <p>Intensity to tolerance</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>70% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase III	<p><i>Short Toss*</i></p> <p>15 throws at 40'</p> <p>15 throws at 40'</p> <p>20 throws at 40'</p> <p>Intensity to tolerance</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>75% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase IV	<p><i>Short Toss*</i></p> <p>15 throws at 46'</p> <p>20 throws at 46'</p> <p>20 throws at 46'</p> <p>Intensity up to 1/2 speed</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>80% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase V	<p><i>Short Toss*</i></p> <p>15 throws at 46'</p> <p>20 throws at 46'</p> <p>20 throws at 46'</p> <p>Intensity up to 3/4 speed</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>85% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase VI	<p><i>Short Toss*</i></p> <p>20 throws at 46'</p> <p>20 throws at 46'</p> <p>20 throws at 46'</p> <p>Mound, full speed</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>90% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase VII	<p><i>Short Toss*</i></p> <p>20 throws at 46'</p> <p>20 throws at 46'</p> <p>25 throws at 46'</p> <p>Mound, full speed; breaking ball 3:1</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>95% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase VIII	<p><i>Short Toss*</i></p> <p>20 throws at 46'</p> <p>20 throws at 46'</p> <p>25 throws at 46'</p> <p>Mound, full speed; breaking ball 3:1</p>	<p><i>Long Toss*</i></p> <p>10 minute rest between short & long toss</p> <p>100% Target Distance</p> <p>25 throws</p> <p>Intensity to tolerance</p>
Phase IX	<p>Simulated Game</p>	

*12 second rest between throws & 6-8 minutes rest between sets.

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- Target distance is determined from age and velocity as follows:

Velocity (mph)	Age 9	Age 10	Age 11	Age 12
35	69.4	80.8	OR*	OR
36	72.3	83.2	83.0	OR
37	75.3	85.7	85.8	78.6
38	78.4	88.2	88.6	81.9
39	81.5	90.8	91.5	85.3
40	84.6	93.4	94.5	88.7
41	87.7	96.1	97.5	92.2
42	90.9	98.8	100.5	95.6
43	94.2	101.6	103.6	99.2
44	97.4	104.4	106.8	102.8
45	100.7	107.3	110.0	106.4
46	104.1	110.2	113.3	110.0
47	107.5	113.2	116.6	113.7
48	110.9	116.2	120.2	117.4
49	114.3	119.3	123.4	121.3
50	117.8	122.5	126.9	125.1
51	121.4	125.7	130.5	128.9
52	124.9	128.9	134.1	132.8
53	128.6	132.2	137.8	136.8
54	132.2	135.5	141.5	140.7
55	OR	138.9	145.3	144.7
56	OR	142.4	149.1	148.8
57	OR	145.9	153.0	152.9
58	OR	OR	156.9	157.0
59	OR	OR	160.9	161.2
60	OR	OR	164.9	165.4
61	OR	OR	OR	169.7
62	OR	OR	OR	174.0
63	OR	OR	OR	178.3
64	OR	OR	OR	182.7
65	OR	OR	OR	OR

*OR= Out of Range

- Recommended that target distances are rounded to the nearest 10 feet.

References

Axe M, Hurd W, Snyder-Mackler L. Data-based interval throwing programs for baseball players. *Sports Health*. 2009;1(2):145-153

Axe MJ, Snyder-Mackler L, Konin JG, Strube MJ. Development of a distance-based interval throwing program for little league-aged athletes. *Am J Sports Med*. 1996;24(5):594-602.