



Move better. Live better.

David R. Guelich, MD
Little League Throwers Interval Throwing Program
Drguelich.com

Interval Throwing Program for Little League Throwers who are returning to throwing after injury to the shoulder should follow the interval-throwing program, exactly, on an every-other-day basis. Always warm-up and stretch before throwing. Stretch and cool down after finishing throwing. The criteria to progress from step to step are that the throwing session was pain free and there is no residual soreness the next day.

For throwers who are free of injury, but returning to throwing after a lay-off period, follow the interval-throwing program, on an every-other-day basis, without the rest periods. You should use the 'crow-hop' method for each throw when performing the interval throwing session. The 'crow-hop' method consists of first a hop, then a skip, followed by the throw. This method helps simulate the throwing act, allowing emphasis on total body mechanics involved in the act of throwing. The path of the ball should be an arcing trajectory, not on a flat line trajectory. You should avoid throwing flat-footed to avoid placing excess stress on the throwing shoulder in your training program.

30-foot Stage (9 – 12 Start)

Step 1	1. Warm-up throwing 15' 2. 20 ft. (25 throws) 3. 15 minutes rest 4. Warm-up throwing 15' 5. 20 ft. (25 throws)
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Step 2	1. Warm-up throwing 15' 2. 30 ft. (25 throws) 3. Rest (10 minutes) 4. 30 ft. (25 throws) 5. Warm-up throwing 20' 6. Rest 7. Warm-up throwing 30' 8. 30 ft. (25 throws)
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45-foot Stage (13 – 15 Start)

Step 1	1. Warm-up throwing 20' 2. 45 ft. (25 throws) 3. 15 minutes rest 4. Warm-up throwing 30' 5. 45 ft. (25 throws)
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Step 2	1. Warm-up throwing 20' 2. 45 ft. (25 throws) 3. Rest (10 minutes) 4. 45 ft. (25 throws) 5. Warm-up throwing 20' 6. Rest 7. Warm-up throwing 20' 8. 45 ft. (25 throws)
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60-Foot Stage (Return to Play 9 – 12)

Step 3

1. Warm-up throwing 30'
2. 60 ft. (25 throws)
3. 10 minutes rest
4. Warm-up throwing 30'
5. 60 ft. (25 throws)
6. Rest
7. Warm-up throwing 30'
8. 60 ft. (25 throws)

90-Foot Stage (Return to Play 13 – 15)

Step 4

1. Warm-up throwing 30'
2. 90 ft. (25 throws)
3. 10 minutes rest
4. Warm-up throwing 30'
5. 90 ft. (25 throws)

Step 5

1. Warm-up throwing 30'
2. 90 ft. (25 throws)
3. Rest 10 minutes
4. 90 ft. (25 throws)
5. Warm-up throwing 30'
6. Rest
7. Warm-up throwing
8. 90 ft. (25 throws)