



ANDREWS

Sports Medicine & Orthopaedic Center

INTERVAL THROWING PROGRAM LITTLE LEAGUE PHASE II – OFF MOUND

Throwing program to be completed following successful completion
of Little League Interval Throwing Program Phase I.

- Step 1:** Warm-up at 90 ft phase
10 Throws off mound at 50%
- Step 2:** Warm-up at 90 ft phase
20 Throws off mound at 50%
- Step 3:** Warm-up at 90 ft phase
30 Throws off mound at 50%
- Step 4:** Warm-up at 90 ft phase
35-40 Throws off mound at 50%
- Step 5:** 20 Throws off mound at 50%
15 Throws off mound at 75%
- Step 6:** 15 Throws off mound at 50%
20 Throws off mound at 75%
- Step 7:** 30 Throws off mound at 50%
5 Throws off mound at 75%
- Step 8:** 25 Throws off mound at 75%
10 Throws in batting practice
- Step 9:** 20 Throws off mound at 75%
15 Throws in batting practice
- Step 10:** 20 Throws off mound at 75%
20 Throws in batting practice
- Step 11:** 10 Throws off mound at 75% Warm-up
10 Throws off mound at 50% Change-Up (optional)
30 Throws in batting practice- Fastball only