

## Interval Throwing Program for Little League

Always warm-up and stretch before throwing. Stretch and cool down after finishing throwing.

### 30-foot Stage

- Step 1: a. Warm-up throwing  
b. 30 ft. (25 throws)  
c. Rest 15 minutes  
d. Warm-up throwing  
e. 30 ft. (25 throws)

- Step 2: a. Warm-up throwing  
b. 30 ft. (25 throws)  
c. Rest 10 minutes  
d. 30 ft. (25 throws)  
e. Warm-up throwing  
f. Rest 10 minutes  
g. Warm-up throwing  
h. 30 ft. (25 throws)

### 45-foot Stage

- Step 1: a. Warm-up throwing  
b. 45 ft. (25 throws)  
c. Rest 15 minutes  
d. Warm-up throwing  
e. 45 ft. (25 throws)

- Step 2: a. Warm-up throwing  
b. 45 ft. (25 throws)  
c. Rest 10 minutes  
d. 45 ft. (25 throws)  
e. Warm-up throwing  
f. Rest 10 minutes  
g. Warm-up throwing  
h. 45 ft. (25 throws)

### 60-foot Stage

- Step 3: a. Warm-up throwing  
b. 60 ft. (25 throws)  
c. Rest 10 minutes  
d. Warm-up throwing  
e. 60 ft. (25 throws))  
f. Rest 10 minutes  
g. Warm-up throwing  
h. 60 ft. (25 throws)

### 90-foot Stage

- Step 5: a. Warm-up throwing  
b. 90 ft. (25 throws)  
c. Rest 15 minutes  
d. Warm-up throwing  
e. 90 ft. (25 throws)

- Step 6: a. Warm-up throwing  
b. 90 ft. (25 throws)  
c. Rest 10 minutes  
d. 90 ft. (25 throws)  
e. Warm-up throwing  
f. Rest 10 minutes  
g. Warm-up throwing  
h. 90 ft. (25 throws)