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Progressive Throwing Program: Ages 14-18

This throwing program is designed as a progressive increase in throwing endurance, distance, and strength after a physical ailment that required rest to help in the healing process.

The athlete should warm up with some type of jogging, exercise, and stretching to increase blood flow and pliability of the tissue. Throwing should start at 30 ft and be moved back progressively to the scheduled distance as you feel your arm loosen up. Start counting the prescribed number of throws when you get to the programmed distance. Take a 5 minute break in-between sets. After the throwing is completed, cool down should consist of light stretching and jogging. Ice is optional.

The athlete may continue to progress to the next step of the throwing program when they complete the current throwing day without any pain. Make sure that you report any pain during this program. Aching in the muscles is ok, but if the athlete experiences any pain while throwing, they need to quit for that day. During the next throwing day, the athlete should return to the last step that they threw without pain. If pain occurs at this step, contact your physician.

* Throwing should be done Monday, Wednesday, and Friday. There needs to be a day of rest in between.

Week 1

Monday

45 feet: 2 sets of 20 throws

Wednesday

45 feet: 2 sets of 20 throws

Friday

45 feet: 1 set of 10 throws
60 feet: 1 set of 10 throws
5 minute break
45 feet: 1 set of 10 throws
60 feet: 1 set of 10 throws

Week 2

Monday

60 feet: 2 sets of 20 throws

Wednesday

60 feet: 1 set of 10 throws
75 feet: 1 set of 10 throws
5 minute break
60 feet: 1 set of 10 throws
75 feet: 1 set of 10 throws

Friday

75 feet: 2 sets of 20 throws

Week 3

Monday

75 feet: 1 set of 10 throws

Wednesday

90 feet: 2 sets of 20 throws

Friday

90 feet: 1 set of 10 throws

Week 4

Monday

105 feet: 2 sets of 20 throws

Wednesday

105 feet: 1 set of 10 throws

120 feet: 1 set of 10 throws

5 minute break

105 feet: 1 set of 10 throws

120 feet: 1 set of 10 throws

Friday

120 feet: 2 sets of 20 throws

WEEK 5: INITIATE MOUND THROWING

The athlete will spend 1-2 sessions at a given Level before progressing. Mound throwing Levels should be done every other day with at least a day of rest in between. Extra recovery days may be needed once the intensity and pitch count increases.

Level 1:

50% - 10 pitches/3-5 minute rest/10 pitches

Level 2:

60-75% - 15 pitches/3-5 minute rest/15 pitches

Level 3:

75-85% - 15 pitches/3-5 minute rest/10 pitches/3-5 minute rest/10 pitches

Level 4:

85-100% - 15 pitches/3-5 minute rest/10 pitches/3-5 minutes rest/10 pitches

Once you have completed Level 1 through Level 4, you are ready to gradually increase your pitching volume in competition. Remember that any soreness should be gone within 48 hours of pitching.