Interval Throwing Program
Little League-aged Players

Phase 1
Distance: 20 feet
Number of throws per set: 15, 15, 20
Rest between throws/sets: 12 seconds/six to eight minutes
Intensity: 50% maximum, light tosses

Phase 2
Distance: 30 feet
Number of throws per set: 15, 15, 20
Rest between throws/sets: 12 seconds/six to eight minutes
Intensity: 50% maximum, light tosses

Phase 3
Distance: 40 feet
Number of throws per set: 15, 20, 20
Rest between throws/sets: 12 seconds/six to eight minutes
Intensity: 75% maximum, light tosses

Phase 4
Distance: 46 feet
Number of throws per set: 20, 20, 25
Rest between throws/sets: 12 seconds/six to eight minutes
Intensity: 75% maximum, light tosses

Phase 5 Long
Distance: 90 feet (80% of target distance)
Number of throws per set: 15, 15, 15
Intensity: 50% maximum

Phase 6
Distance: 46 feet
Number of throws per set: 20, 20, 25
Rest between throws/sets: 12 seconds/six to eight minutes
Intensity: 3/4 speed

Phase 7 Long
Distance: 120 feet (100% of target distance)
Number of throws per set: 20, 20, 20
Intensity: Full as tolerated

Phase 8
Distance: 60 feet, 6 inches
Number of throws per set: 25, 30, 30
Rest between throws/sets: 12 seconds/six to eight minutes
Intensity: Full speed


• “Target Distance” refers to a percentage of the maximum distance that the player may accurately throw a ball. Percentages of the maximum distance thrown when healthy are used for rehab and conditioning purposes to avoid excessive strain. The ball must also be thrown within a specified target area of 20 to 30 feet wide; the distance is set according to the phase of the program. We believe that a target distance of 120 feet for adolescents and 180 feet for adults is an appropriate target distance to begin with.

• Phases should be completed and repeated before moving forward at each level.

• Note: At no time should pain occur during the throwing program. Athletes that experience pain should stop immediately and begin the program again at the previous pain or consult their coach, trainer, or physician for evaluation.