

Throwing Progression For Baseball

Throwing Rules

1. Surgical and non-surgical injuries will advance stages at the recommendation of their Athletic Trainer or Physical Therapist.
2. If used as a pre-season throwing program, advance 1 stage every throwing day if you demonstrate good accuracy and have no soreness.
3. High School and College position players should progress through stage 1-12 before starting position drills
4. High School and College pitchers should progress through stage 8 then they can continue to stage 9-12 or advance to the pitching phase.
5. Jog 5-10 minutes to warm up.
6. Stretch both upper and lower extremity.
7. All throws in the interval throwing program should be on an arc with a crow hop.
8. Throw 3x per week with a rest day in between throwing.

Progression Rules

1. If you are not maintaining accurate throws due to fatigue, drop down one stage
2. If sore during warm-up, but soreness is gone by the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Drop down one stage when you return to throwing.
3. If sore more than 1 hour after throwing or the next day, take 1 day off and repeat the most recent throwing stage.
4. If sore during warm-up, and soreness continues the first 15 throws, take 2 days off. Drop down one stage when you return to throwing.

Baseball Interval Throwing Program – Long Toss

<i>45' phase</i>	<i>60' phase</i>	<i>90' phase</i>	<i>120' phase</i>	<i>150' phase</i>	<i>180' phase</i>	<i>Notes</i>
stage 1	stage 3	stage 5	stage 7	stage 9	stage 11	
warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	
25 throws at 45'	25 throws at 60'	25 throws at 90'	25 throws at 120'	25 throws at 150'	25 throws at 180'	
Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	
warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	
25 throws at 45'	25 throws at 60'	25 throws at 90'	25 throws at 120'	25 throws at 150'	25 throws at 180'	
stage 2	stage 4	stage 6	stage 8	stage 10	stage 12	
warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	
25 throws at 45'	25 throws at 60'	25 throws at 90'	25 throws at 120'	25 throws at 150'	25 throws at 180'	
Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	
warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	
25 throws at 45'	25 throws at 60'	25 throws at 90'	25 throws at 120'	25 throws at 150'	25 throws at 180'	
Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	Rest 5-10 minutes	
warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	warm up throw	
25 throws at 45'	25 throws at 60'	25 throws at 90'	25 throws at 120'	25 throws at 150'	25 throws at 180'	

*warm up throws: 10 - 20 throws at 30"

Baseball Interval Throwing Program – Pitchers Program

flat ground phase	mound phase 1		mound phase 2	mound phase 3		<i>Notes</i>
stage 1	stage 3	stage 7	stage 11	stage 14	stage 16	
warm up throw	interval throw	interval throw	60 pitches at 75%	30 pitches at 75%	30 pitches at 75%	
10 throws at 60'	15 pitches at 50%	70 pitches at 50%	15 pitches BP	15 pitches at 50%	60 pitches BP	
10 throws at 90'	stage 4	stage 8	stage 12	(breaking balls)	(breaking balls)	
10 throws at 120'	interval throw	45 pitches at 50%	50 pitches at 75%	40 pitches BP		
20 pitches at 25%	30 pitches at 50%	30 pitches at 75%	30 pitches BP	(fastballs)		
stage 2	stage 5	stage 9	stage 13	stage 15	stage 17	
10 throws at 60'	interval throw	30 pitches at 50%	45 pitches at 75%	30 pitches at 75%	simulated game	
10 throws at 90'	45 pitches at 50%	45 pitches at 75%	45 pitches BP	30 pitches at 75%	(add 15 throws per	
10 throws at 120'	stage 6	stage 10		(breaking balls)	workout)	
20 pitches at 25%	interval throw	10 pitches at 50%		30 pitches BP		
10 throws at 60-90'	60 pitches at 50%	65 pitches at 75%		(fastballs)		
20 pitches at 25%						

* Use interval throwing stage 90' to 120' as a warm up

* When you start pitching, rest 8 to 10 minutes between every 10 to 15 throws to simulate rest time between innings