

Interval Throwing Program Starting off the Mound Phase II

STAGE ONE: FASTBALL ONLY

(Use interval throwing to 120' Phase as warm-up).

Step 1: Interval Throwing
15 Throws off mound 50%

Step 2: Interval Throwing
30 Throws off mound 50%

Step 3: Interval Throwing
45 Throws off mound 50 %

Step 4: Interval Throwing
60 Throws off mound 50%

Step 5: Interval Throwing
30 Throws off mound 75%

Step 6: 30 Throws of mound 75%
45 Throws off mound 50%

Step 7: 45 Throws off mound 75%
15 Throws off mound 50%

Step 8: 60 Throws off mound 75%

ALL THROWING OFF THE MOUND SHOULD BE DONE IN THE PRESENCE OF YOUR PITCHING COACH TO STRESS PROPER THROWING MECHANICS.

(Use speed gun to aid in effort control.)

STAGE TWO: FASTBALL ONLY

Step 9: 45 Throws off mound 75%
15 Throws in Batting Practice

Step 10: 45 Throws off mound 75%
30 Throws in Batting Practice

Step 11: 45 Throws off mound 75%
45 Throws in Batting Practice

STAGE THREE

Step 12: 30 Throws off mound 75% warm-up
15 Throws off mound 50% BREAKING BALLS
45-60 Throws in Batting Practice (fastball only)

Step 13: 30 Throws off mound 75%
30 Breaking balls 75%
30 Throws in Batting Practice

Step 14: 30 Throws off mound 75%
60-90 Throws in Batting Practice 25% Breaking balls

Step 15: SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORK-OUT.