

Pitcher's Throwing Progression

STEP 1	Toss the Ball (no wind up) against a wall on alternate days Start with 25-30 throws, build up to 70 throws and gradually increase distance
# of throws	Distance (feet)
20	20 (warm-up)
25-40	30-40
10	20 (cool down)

STEP 2	Toss the ball(playing catch with easy wind up) on alternate days
# of throws	Distance (feet)
10	20 (warm-up)
10	30-40
30-40	50
10	20-30 (cool down)

STEP 3	Continue to increase throwing distance while still tossing the ball with and easy wind up
# of throws	Distance (feet)
10	20 (warm-up)
10	30-40
30-40	50-60
10	30 (cool down)

STEP 4	Increase throwing distance to maximum of 60 ft Continue tossing the ball with and occasional throw at no more then half speed
# of throws	Distance (feet)
10	30 (warm-up)
10	40-45
30-40	60-70
10	30 (cool down)

STEP 5	Gradually increase distance to a maximum of 150 feet
---------------	--

PHASE 5-1	
# of throws	Distance (feet)
10	40 (warm-up)
10	50-60
15-20	70-80
10	50-60
10	40 (cool down)

PHASE 5-2	
# of throws	Distance (feet)
10	40 (warm-up)
10	50-60
20-30	80-90
20	50-60
10	40 (cool down)

PHASE 5-3	
# of throws	Distance (feet)
10	40 (warm-up)
10	60
15-20	100-110
20	60
10	40 (cool down)

PHASE 5-4	
# of throws	Distance (feet)
10	40 (warm-up)
10	60
15-20	120-150
20	60
10	40 (cool down)

STEP 6	Progress to throwing off the mound
	• Try to use proper body mechanics, especially when throwing off the mound Use the legs to push. • Stay on top of the ball. • Keep elbow up. • Throw over the top. • Follow through with the arm and trunk.

PHASE 6-1	
# of throws	Distance (feet)
10	60 (warm-up)
10	120-150 (lobbing)
30	45 (off the mound)
10	60 (off the mound)
10	40 (cool down)

PHASE 6-2	
# of throws	Distance (feet)
10	50 (warm-up)
10	120-150 (lobbing)
20	45 (off the mound)
20	60 (off the mound)
10	40 (cool down)

PHASE 6-3	
# of throws	Distance (feet)
10	50 (warm-up)
10	60
10	120-150 (lobbing)
10	45 (off the mound)
30	60 (off the mound)
10	40 (cool down)

PHASE 6-4	
# of throws	Distance (feet)
10	50 (warm-up)
10	120-150 (lobbing)
10	45 (off the mound)
40-50	60 (off the mound)
10	40 (cool down)

STEP 7	Up/Down Bullpens (1/2-3/40 speed)
---------------	-----------------------------------

DAY 3	
# of throws	Distance (feet)
10 Warm-up throws	120-150 (lobbing)
10 Warm-up throws	60 (off the mound)
40 Pitches	60 (off the mound)
10' rest	
20 pitches	60 (off the mound)

DAY 2	
off	

DAY 3	
# of throws	Distance (feet)
10 Warm-up throws	120-150 (lobbing)
10 Warm-up throws	60 (off the mound)
30 pitches	60 (off the mound)
10' rest	
10 Warm-up throws	60 (off the mound)
20 pitches	60 (off the mound)
10' rest	
10 Warm-up throws	60 (off the mound)
20 pitches	60 (off the mound)

DAY 4	
off	

DAY 5	
# of throws	Distance (feet)
10 Warm-up throws	120-150 (lobbing)
10 Warm-up throws	60 (off the mound)
30 pitches	60 (off the mound)
8' rest	
20 pitches	60 (off the mound)
8' rest	
20 pitches	60 (off the mound)
8' rest	
20 pitches	60 (off the mound)

The pitcher should now be ready to begin a normal routine, from throwing batting practice to pitching in the bullpen. The Athletic trainer can and should adjust this program as needed. Each step may take more or less time than listed,