

# The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

## Little League Throwing Program (Phase I)

### 30-ft Phase (Weeks 1-2)

Step 1: Warm Up Throwing  
30 ft (25 throws)  
Rest 15 min  
Warm Up Throwing  
30 ft (25 throws)

Step 2: Warm Up Throwing  
30 ft (25 throws)  
Rest 10 min  
Warm Up Throwing  
30 ft (25 throws)  
Rest 10 min  
Warm Up Throwing  
30 ft (25 throws)

### 45-ft Phase (Weeks 3-4)

Step 3: Warm Up Throwing  
45 ft (25 throws)  
Rest 15 min  
Warm Up Throwing  
45 ft (25 throws)

Step 4: Warm Up Throwing  
45 ft (25 throws)  
Rest 10 min  
Warm Up Throwing  
45 ft (25 throws)  
Rest 10 min  
Warm Up Throwing  
45 ft (25 throws)

### 60-ft Phase (Weeks 5-6)

Step 5: Warm Up Throwing  
60 ft (25 throws)  
Rest 15 min  
Warm Up Throwing  
60 ft (25 throws)

Step 6: Warm Up Throwing  
60 ft. (25 throws)  
Rest 10 min  
Warm Up Throwing  
60 ft (25 throws)  
Rest 10 min  
Warm Up Throwing  
60 ft (25 throws)

### 90-ft Phase (Weeks 7-8)

Step 7: Warm Up Throwing  
90 ft (25 throws)  
Rest 15 min  
Warm Up Throwing  
90 ft (25 throws)

Step 8: Warm Up Throwing  
90 ft (20 throws)  
Rest 10 min  
Warm Up Throwing  
60 ft (20 throws)  
Rest 10 min  
Warm Up Throwing  
45 ft (20 throws)  
Rest 10 min  
Warm Up Throwing  
45 ft (15 throws)

### USA Baseball Recommendations:

Fast Ball (8 ± 2 years)  
Change Up (10 ± 3 years)  
Curve Ball (14 ± 2 years)  
Slider (16 ± 2 years)

### Pitch Count:

**Per Season (Not per league played in)**  
75 pitches per game (or 15 batters)  
600 pitches per season (120 batters)