

## **INTERVAL THROWING PROGRAM LITTLE LEAGUE PHASE II – OFF MOUND**

Throwing program to be completed following successful completion  
of Little League Interval Throwing Program Phase I.

- Step 1:** Warm-up at 90 ft phase  
10 Throws off mound at 50%
  
- Step 2:** Warm-up at 90 ft phase  
20 Throws off mound at 50%
  
- Step 3:** Warm-up at 90 ft phase  
30 Throws off mound at 50%
  
- Step 4:** Warm-up at 90 ft phase  
35-40 Throws off mound at 50%
  
- Step 5:** 20 Throws off mound at 50%  
15 Throws off mound at 75%
  
- Step 6:** 15 Throws off mound at 50%  
20 Throws off mound at 75%
  
- Step 7:** 30 Throws off mound at 50%  
5 Throws off mound at 75%
  
- Step 8:** 25 Throws off mound at 75%  
10 Throws in batting practice
  
- Step 9:** 20 Throws off mound at 75%  
15 Throws in batting practice
  
- Step 10:** 20 Throws off mound at 75%  
20 Throws in batting practice
  
- Step 11:** 10 Throws off mound at 75% Warm-up  
10 Throws off mound at 50% Change-Up (optional)  
30 Throws in batting practice- Fastball only