



Returning to Throw Off the Pitchers Mound

If you are a thrower who has been injured, or if you have had a long layoff from throwing, you should first complete the interval-throwing program before returning to the higher stress of pitching off the pitchers mound. If you have followed the off-season throwing program, or if you have successfully completed the interval-throwing program, you can now safely begin the 'Interval Throwing Program Off the Pitchers Mound' (Wilk and Associates, 1991).

For position players, you can usually safely return to position practice at this time. Warm up throwing before each workout should consist of 25 tosses at 45, 60, 90, and 120 feet (after general warm-up and stretch).

Interval Throwing Program: Phase II

Starting Throwing Off the Pitcher's Mound

Stage 1: Fastball Only

Step 1: a. Interval throwing

- b. 15 throws off mound 50%

Step 2: a. Interval throwing

- b. 30 throws off mound 50%

Step 3: a. Interval throwing

- b. 45 throws off mound 50%

Step 4: a. Interval throwing

- b. 60 throws off mound 50%

Step 5: a. Interval throwing

- b. 30 throws off mound 75%

Step 6: a. 30 throws off mound 75%

- b. 45 throws off mound 50%

Step 7: a. 45 throws off mound 75%

- b. 15 throws off mound 50%

Step 8: a. 60 throws off mound 75%

Stage 2: Fastball Only

Step 9: a. 45 throws off mound 75 %

- b. 15 throws in Batting Practice

c.

Step 10: a. 45 throws off mound 75%

- b. 30 throws in Batting Practice

Step 11: a. 45 throw off mound 75%

- b. 45 throws in Batting Practice

Stage 3:

Step 12: a. 30 throws off mound 75% warm-up

- b. 15 throws off mound breaking balls

- c. 45-60 throws in batting practice

fastball only

Step 13: a. 30 throws off mound 75%

- b. 30 breaking balls 75%

- c. 30 throws in Batting Practice

Step 14: a. 30 throws off mound 75%

- b. 60-90 throws in Batting Practice
25% breaking balls.

Step 15: Simulated Game progressing by 15 throws per workout. Use interval to 120 ft. phase as warm-up. All throwing off the mound should be done in the presence of the pitching coach to stress proper throwing mechanics.

Always do a full body warm up and stretch all muscle groups before throwing. Do 10 throws at each distance of 45, 60, 90 and 120 as the Interval throwing component in steps 1-5 and to warm-up before steps 6-15. Cool-down by stretching all muscle groups when finished throwing.