



Mound Throwing Program

Athlete: _____

Begin: ____/____/____

Basic Guidelines:

1. **Throwing is performed every other day.**
2. Pre-Throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching.
3. **Throw at prescribed level of maximum effort noted for each step.**
4. Emphasize proper throwing mechanics
5. **Each STEP should be repeated TWO times before advancing.**
6. Ice for 20 minutes after throwing.
7. If pain occurs during any step shut down for 3-5 days. Use ibuprofen or Aleve. Resume throwing by backing up to previous step.

Stage 1: Fastball / Change-up Only

- Step 1: a. Interval Throwing
b. 15 throws from mound 50%
- Step 2: a. Interval Throwing
b. 30 throws from mound 50%
- Step 3: a. Interval Throwing
b. 45 throws from mound 50%
- Step 4: a. Interval Throwing
b. 60 throws from mound 50%
- Step 5: a. Interval Throwing
b. 30 throws from mound 75%
- Step 6: a. 30 throws from mound 75%
b. 15 throws from mound 50%
- Step 7: a. 45 throws from mound 75%
b. 15 throws from mound 75%
- Step 8: a. 60 throws from mound 75%

Stage 2: Fastball / Change-up / BP

- Step 9: a. 45 throws from mound 75%
b. 15 throws in batting practice
- Step 10: a. 30 throws from mound 75%
b. 30 throws in batting practice
- Step 11: a. 15 throws from mound 75%
b. 45 throws in batting practice

***Begin Flat ground work at this time
for Curverballs and Sliders***

Stage 3: Breaking Balls

- Step 12: a. 30 throws from mound 75% warm-up
b. 15 throws from mound 50% breaking balls
- Step 13: a. 15 throws from mound 75%
b. 15 breaking balls 75%
c. 15 throws in batting practice
- Step 14: a. 30 throws from mound
b. 30 throws in batting practice 25% breaking balls

Step 15: Simulated game progressing by 15 throws per work-out. Use interval throwing to 120 ft. phase as warm-up. All throwing from the mound should be done in the presence of the pitching coach to stress proper throwing mechanics. A speed gun should be used to aid effort control.
