



## Interval Throwing

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**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

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**Goal: Prepare arm for pitching by going through a proper warm up routine**

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### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

- Players throw the ball back and forth using good throwing mechanics
  - Players each make 8 throws, then move back to next progression
- Players 120 feet apart
  - Players throw the ball back and forth using good throwing mechanics
  - A crow hop should be used to reduce strain on the arm
  - Players each make 5 throws, then move back to next progression
- Players 130-140 feet apart
  - Players throw the ball back and forth using good throwing mechanics
  - A crow hop should be used to reduce strain on the arm
  - Players each make 5 throws, then move back to next progression
- Cool Down
  - Players should slowly start working their way back to the 45 foot distance, making throws on their way back in
- Key points to remember throughout the long toss progression are to:
  - Keep good throwing form with elbow closed on release without flying open
  - Keep throws on as much of a line as possible, do not put high arc on throws to increase distance. It is okay if the ball bounces before getting to the partner
  - Cool down by slowly moving back in after making 5 throws at the furthest distance so that the long toss progression ends back at 45 feet