

## Interval Windmill Pitching Program

A warm-up period, stretching and overhand throwing should precede all steps in the program.

### Warm-up:

Jogging, jumping rope, etc. to increase blood flow to the muscles; once a light sweat is developed, move to stretching.

### Stretching:

Full body stretching is important for reducing the chance of injury and for increasing mobility of all parts of the body (which allows the whole body to be used to throw, rather than just the arm).

### Throwing:

Overhand throwing is important to loosen the throwing arm before pitching. Throw from 30-60 feet until the throwing arm feels ready to pitch.

### Pitching:

Progress to the next step of the program once current step is accomplished completely free of pain. Allow at least 24 hours to pass between successive steps. Each athlete progresses at a different rate. There is no optimal length of this program. Once step 14 is completed successfully, the athlete is ready to return to unrestricted windmill pitching.

#### Phase I

|         |                              |         |                              |
|---------|------------------------------|---------|------------------------------|
| Step 1: | 2 x 15 pitches at 75% effort | Step 5: | 2 x 35 pitches at 75% effort |
| Step 2: | 2 x 20 pitches at 75% effort | Step 6: | 2 x 40 pitches at 75% effort |
| Step 3: | 2 x 25 pitches at 75% effort | Step 7: | 2 x 45 pitches at 75% effort |
| Step 4: | 2 x 30 pitches at 75% effort | Step 8: | 2 x 50 pitches at 75% effort |

#### Phase II

|          |                               |          |                               |
|----------|-------------------------------|----------|-------------------------------|
| Step 9:  | 2 x 25 pitches at 100% effort | Step 11: | 2 x 45 pitches at 100% effort |
| Step 10: | 2 x 35 pitches at 100% effort |          |                               |

#### Phase III

|          |   |
|----------|---|
| Step 12: | 50 fastballs at 100% effort; 15 change ups at 100% effort |
| Step 13: | 50 fastballs at 100% effort; 25 change ups at 100% effort |
| Step 14: | 50 fastballs at 100% effort; 35 change ups at 100% effort |

#### Phase IV

Begin other pitches (i.e. screwball, curveball, etc.) as tolerated under supervision of pitching coach



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