

Sample 4-Week Throwing Progression for 12-Year-Old Little League Player



Throw Descriptions and Tips:

- **On Knees:** Make sure to stay long with throwing arm - Focus on stretching arm out.
- **No Step:** Center feet towards target - Focus on upper body turning and throwing.
- **Step Throw:** Traditional step into throw - Focus on transferring weight and using legs.
- **Stride Throw:** Take a stride, then turn body toward target - Focus on involving the entire body.
- **Long Toss:** Introduce crow hop at further distances - Focus on gathering momentum to throw.

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<ul style="list-style-type: none"> • Warm-up • 10 throws at 30 ft (On Knees) • 5 throws at 30 ft (No Step) • 5 throws at 45 ft (Step Throw) • 10 throws at 45 ft (Stride Throw) • ~30 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 10 throws at 30 ft (On Knees) • 10 throws at 30 ft (No Step) • 10 throws at 45 ft (Step Throw) • 10 throws at 45 ft (Stride Throw) • ~40 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 10 throws at 30 ft (On Knees) • 5 throws at 45 ft (Step Throw) • 15 throws at 50 ft (Stride Throw) • 10 throws at 75 ft (Long Toss) • ~40 Throws Total 	REST	REST
WEEK 2	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 5 throws at 45 ft (Step Throw) • 15 throws at 60 ft (Stride Throw) • 10 throws at 90 ft (Long Toss) • ~30 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 5 throws at 45 ft (Step Throw) • 15 throws at 60 ft (Stride Throw) • 10 throws at 90 ft (Long Toss) • 5 Flat Ground Throws (46 ft) • ~40 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 5 throws at 45 ft (Step Throw) • 10 throws at 60 ft (Stride Throw) • 10 throws at 90 ft (Long Toss) • 10 Flat Ground Throws (46 ft) • ~40 Throws Total 	REST	REST
WEEK 3	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 10 throws at 55 ft (Step Throw) • 10 throws at 70 ft (Stride Throw) • 10 throws at 100 ft (Long Toss) • 5 Flat Ground Throws (46 ft) • ~40 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 10 throws at 55 ft (Step Throw) • 10 throws at 70 ft (Stride Throw) • 5 throws at 100 ft (Long Toss) • 15 Flat Ground Throws (46 ft) • ~45 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 10 throws at 55 ft (Step Throw) • 10 throws at 70 ft (Stride Throw) • 5 throws at 90 ft (Long Toss) • 15 Mound (FB/Changeup)* • ~45 Throws Total 	REST	REST
WEEK 4	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 15 throws at 60 ft (Step Throw) • 10 throws at 90 ft (Long Toss) • 20-25 Mound (FB/Changeup)* • ~50-55 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 15 throws at 60 ft (Step Throw) • 15 throws at 100 ft (Long Toss) • 15 Flat Ground Throws (46 ft) • ~50 Throws Total 	REST	<ul style="list-style-type: none"> • Warm-up • 5 throws at 30 ft (On Knees) • 10 throws at 60 ft (Step Throw) • 15 throws at 90 ft (Long Toss) • 20-25 Mound (FB/Changeup)* • ~ 50-55 Throws Total 	REST	REST

*Throwing progression is modeled by a 46/60 Little League Field

**Please note that these distances and throw counts should be used as guidance. It is important that you listen to your body and avoid throwing with arm fatigue or injuries to other body regions. If you feel as if you might be straining your arm you should stop throwing for the day and notify your coach and/or parents.