
Interval Throwing Program – Windmill Softball Pitchers – Phase II

Throwing program to be completed by windmill softball pitchers following successful completion of Phase I interval throwing program. Perform throwing from mound every other day, three days per week. Continue all thrower's resistance exercises, stretching, hitting drills and other throwing drills in addition to this off the mound throwing program.

Step 1: Warm-up at 100 foot phase
20 windmill at 50% intensity

Step 2: Warm-up at 100 foot phase
30 windmill at 50% intensity

Step 3: Warm-up at 100 foot phase
40 windmill at 50% intensity
15 windmill at 75% intensity

Step 4: Warm-up at 100 foot phase
20 windmill at 50% intensity
35 windmill at 75% intensity

Step 5: Warm-up at 100 foot phase
50 windmill at 75% intensity
15 windmill at 50% intensity

Step 6: Warm-up at 100 foot phase
60 windmill at 75% intensity
15 batting practice throws

Step 7: Warm-up at 100 foot phase
40 windmill 75% intensity
10-15 windmill 90% intensity
20 breaking balls 50% intensity
30 batting practice throws

Step 8: Warm-up at 100 foot phase
30 windmill 75% intensity
10-15 windmill at 90-100 %
30 breaking balls 75% intensity
30 batting practice throws

Step 9: Simulated Game
Gradually increase # of breaking balls & total numbers of pitches

Step 10: Competition
Gradually return to competition.
May use pitch count if necessary