



Mid-America Orthopedics

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PART II: STARTING OFF THE MOUND

All throwing off the mound should be done in the presence of the pitching coach to stress proper throwing mechanics. A speed gun can be used to aid in effort control.

Stage One: Fastball Only

Step 1: (A) Interval throwing

(B) 15 throws off mound, 50%

Step 2: (A) Interval throwing

(B) 30 throws off mound, 50%

Step 3: (A) Interval throwing

(B) 45 throws off mound, 50%

Step 4: (A) Interval throwing

(B) 60 throws off mound, 50%

Step 5: (A) Interval throwing

(B) 30 throws off mound, 50%

Step 6: (A) 30 throws off mound, 75"

(B) 45 throws off mound, 50%

Step 7: (A) 45 throws off mound, 75%

(B) 15 throws off mound, 50%

Step 8: 60 throws off mound, 75%

Stage Two: Fastball Only

Step 9: (A) 45 throws off mound, 75%

(B) 15 throws in batting practice

Step 10: (A) 45 throws off mound, 75%

(B) 30 throws in batting practice

Step 11: (A) 45 throws off mound, 75%

(B) 45 throws in batting practice

Stage Three

Step 12: (A) 30 throws off mound,

75% warm up

(B) 15 throws off mound, 50%

breaking balls

(C) 45 to 60 throws in batting practice

(fast ball only)

Step 13: (A) 30 throws off mound, 75%

(B) 30 breaking balls, 75%

(C) 30 throws in batting practice

Step 14: (A) 30 throws off mound, 75%

(B) 60 to 90 throws in batting practice,

25% breaking balls

Step 15: (A) Simulated game — progressing by

15 throws per workout