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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%

(B) 60 to 90 throws in batting practice,
25% breaking balls

Step 15: (A) Simulated game — progressing by
15 throws per workout

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%