

Softball Windmill Pitching Interval Throwing Program

- Allow at least 24 hours between sessions*
- Weekly videotaping of throwing is helpful to assess maintenance of delivery and form
- A warm-up period of jogging followed by full body stretching is expected prior to begin throwing

Progression to advance to next level stage of program requires no medial elbow/shoulder pain/stiffness and maintenance of strength/form during final set

75% Effort Phase (all pitches done at 75% of max effort)

- Level 1
 - 15 pitches x2
- Level 2
 - 20 pitches x2
- Level 3
 - 25 pitches x2
- Level 4
 - 30 pitches x2
- Level 5
 - 35 pitches x2
- Level 6
 - 40 pitches x2
- Level 7
 - 45 pitches x2
- Level 8
 - 50 pitches x2

100% Effort Phase

- Level 1
 - 25 pitches x2
- Level 2
 - 30 pitches x2
- Level 53
 - 35 pitches x2
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Game Simulation Phase

- Level 1
 - 50 Fastballs, 15 changeups
- Level 2
 - 50 fastballs, 25 changeups
- Level 3
 - 50 fastballs, 35 changeups
- Level 4
 - May begin incorporating other pitches (screwball, curveball, etc)