



Interval Quarterback Throwing Program

Warm-up: Jogging, jumping rope, etc. to increase blood flow to the muscles; once a light sweat is developed, move to stretching.

Stretching: Full body stretching is important for reducing the chance of injury and for increasing mobility of all parts of the body (which allows the whole body to be used to throw, rather than just the arm).

Throwing mechanics: Don't throw flat footed; this leads to improper body mechanics and increased stress on the throwing arm.

Throwing: Warm-up throws should take place from 30-45 feet and progress to the distance indicated for the successive phases. Progress to the next step of the program once current step is accomplished completely free of pain. Allow at least 24 hours to pass between successive steps. Athletes progress at different rates. There is no optimal length of this program. Once the last step is completed successfully, the athlete is ready to return to unrestricted overhand throwing.

PHASE 1

Step 1:

- A. Warm-up throws
- B. 10 yards (10 throws) @ 50% effort
- C. Rest 5 minutes
- D. Warm-up throws
- E. 10 yards (10 throws) @ 50% effort

Step 2:

- A. Warm-up throws
- B. 10 yards (10 throws: 5 straight, 5 Right 45°)
- C. Rest 5 minutes
- D. Warm-up throws
- E. 10 yards (10 throws: 5 straight, 5 Left 45°)
- F. Rest 5 minutes
- G. Warm-up throws
- H. 10 yards (10 throws: 5 Right 45°, 5 Left 45°)

PHASE 2

Step 3:

- A. Warm-up throws
- B. 20 yards (10 throws) @ 75% effort
- C. Rest 5 minutes
- D. Warm-up throws
- E. 20 yards (10 throws) @ 100% effort

Step 4:

- A. Warm-up throws
- B. 20 yards (10 throws: 5 straight, 5 Right 45°)
- C. Rest 5 minutes
- D. Warm-up throws
- E. 20 yards (10 throws: 5 straight, 5 Left 45°)
- F. Rest 5 minutes
- G. Warm-up throws
- H. 20 yards (10 throws: 5 Right 45°, 5 Left 45°)

PHASE 3

Step 5:

- A. Warm-up throws
- B. 30 yards (10 throws) @ 75% effort
- C. Rest 5 minutes
- D. Warm-up throws
- E. 30 yards (10 throws) @ 100% effort

Step 6:

- A. Warm-up throws
- B. 30 yards (10 throws: 5 straight, 5 Right 45°)
- C. Rest 5 minutes
- D. Warm-up throws
- E. 30 yards (10 throws: 5 straight, 5 Left 45°)
- F. Rest 5 minutes
- G. Warm-up throws
- H. 30 yards (10 throws: 5 Right 45°, 5 Left 45°)
- I. Rest 5 minutes
- J. 20 yards (9 throws: 3 straight, 3 Right 45°, 3 Left 45°)

PHASE 4

Step 7:

- A. Warm-up throws
- B. 40 yards (10 throws) @ 75% effort
- C. Rest 5 minutes
- D. Warm-up throws
- E. 40 yards (10 throws) @ 100% effort

Step 8:

- A. Warm-up throws
- B. 40 yards (10 throws: 5 straight, 5 Right 45°)
- C. Rest 5 minutes
- D. Warm-up throws
- E. 40 yards (10 throws: 5 straight, 5 Left 45°)
- F. Rest 5 minutes
- G. 30 yards (9 throws: 3 straight, 3 Right 45°, 3 Left 45°)
- H. 20 yards (9 throws: 3 straight, 3 Right 45°, 3 Left 45°)
- I. 10 yards (9 throws: 3 straight, 3 Right 45°, 3 Left 45°)

PHASE 5 (under center, drop back and throw; 100% throws)
(THESE CAN BE PASS ROUTES)

Step 9:

- A. Warm-up Throwing
- B. 10 yard throws (10 throws)
- C. 20 yard throws (10 throws)
- D. 30 yard throws (10 throws)
- E. 40 yard throws (8 throws)

Step 10:

- A. Warm-up throws
- B. 10 yard throws (10 throws)
- C. 20 yard throws (10 throws)
- D. 30 yard throws (10 throws)
- E. 40 yard throws (10 throws)
- F. 50 yard throws (10 throws)

Step 11: Specific throws

- A. Three Step Drops
- B. Five Step Drops
- C. Seven Step Drops
- D. Roll Right
- E. Roll Left