

Football Quarterback Interval Throwing Program

| Phase | Step | Criteria for Progression |
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| Phase 1: Initiation | Step 1 | 10 handoffs to the left 10 handoffs to the right 15 underhand pitches to the left 15 underhand pitches to the right |
| | Step 2 | 10 handoffs to the left 10 handoffs to the right 15 underhand pitches to the left 15 underhand pitches to the right 10 overhand pitches to the left 10 overhand pitches to the right |
| | Step 3 | 10 handoff to the left 15 underhand pitches to the left 15 overhand pitches to the left 10 handoffs to the right 15 underhand pitches to the right 15 overhand pitches to the right |
| | Step 4 | 5 handoffs to the left 10 underhand pitches to the left 10 overhand pitches to the left 5 handoffs to the right 10 underhand pitches to the right 10 overhand pitches to the right Rest 5 min Repeat Step 4 |

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| Phase 2 : Throwing | Step 1 | Perform Step 3, Phase 1 10 straight throws at 10 yd Rest 5 min 10 straight throws at 10 yd |
| | Step 2 | Perform Step 3, Phase 1 10 straight throws at 10 yd 10 straight throws at 20 yd Rest 5 min 10 straight throws at 10 yd 10 straight throws at 20 yd |
| | Step 3 | Perform Step 3, Phase 1 10 straight throws at 10 yd 10 straight throws at 20 yd 10 straight throws at 30 yd Rest 10 min 10 straight throws at 10 yd 10 straight throws at 20 yd 10 straight throws at 30 yd |
| | Step 4 | Perform Step 3, Phase 1 10 straight throws at 10 yd 15 straight throws at 20 yd 10 straight throws at 30 yd 5 straight throws at 35 yd Rest 10 min Repeat Step 4, Phase 2 |
| | Step 5 | Perform Step 3, Phase 1 10 straight throws at 10 yd 15 straight throws at 20 yd 15 straight throws at 30 yd 5 straight throws at 35 yd |

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| | | 5 straight throws at 40 yd Repeat Step 5, Phase 2 |
| Phase 3: Developmental Throwing | Step 1 | Perform Step 3, Phase 1 Perform Step 3, Phase 2 10 cross throws at 20 yd, 60° 10 cross throws at 20 yd, 45° Rest 10 min 10 cross throws at 20 yd, 60° 10 cross throws at 20 yd, 45° |
| | Step 2 | Perform Step 3, Phase 1 Perform Step 3, Phase 2 10 cross throws at 20 yd, 45° 10 cross throws at 20 yd, 30° 10 cross throws at 30 yd, 60° Rest 10 min 10 cross throws at 20 yd, 45° 10 cross throws at 30 yd, 60° |
| | Step 3 | Perform Step 3, Phase 1 Perform Step 3, Phase 2 10 cross throws at 20 yd, 45° 10 cross throws at 30 yd, 45° 10 cross throws at 35 yd, 60° Rest 10 min 10 cross throws at 20 yd, 30° 10 cross throws at 30 yd, 30° 10 cross throws at 35 yd, 45° |

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| | Step 4 | Perform Step 3, Phase 1 Perform Step 3, Phase 2 10 cross throws at 20 yd, 45° 10 cross throws at 30 yd, 45° 10 cross throws at 20 yd, 15° Rest 10 min 10 cross throws at 20 yd, 30° 10 cross throws at 30 yd, 30° 10 cross throws at 30 yd, 15° |
| Phase 4: Simulated game | Step 1 | Perform Step 3, Phase 1 5 straight throws at 20 yd 5 straight throws at 30 yd 5 cross throws at 20 yd, 45° 5 cross throws at 30 yd, 45° 5 roll involved throws at 10 yd 5 roll uninvolved throws at 10 yd |
| | Step 2 | Perform Step 3, Phase 1 5 straight throws at 20 yd 5 straight throws at 30 yd 5 cross throws at 20 yd, 45° 5 cross throws at 30 yd, 45° 5 roll involved throws at 10 yd 5 roll uninvolved throws at 10 yd 5 roll involved throws at 20 yd 5 roll uninvolved throws at 20 yd |
| | Step 3 | Simulated game Following appropriate pregame warm-up routine Take 12 snaps, to be broken down into <ul style="list-style-type: none"> - 3 handoffs - 1 underhand pitch - 2 overhand pitches - 2 straight throws - 2 cross throws |

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| | | <ul style="list-style-type: none">- 1 roll involved throw- 1 roll uninvolved throw <p>Rest 5 min</p> <p>Repeat 12 snaps as above</p> <p>Rest 5 min</p> <p>Repeat 12 snaps as above</p> |
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Konin J, Axe M, Courson R. Interval throwing program for football quarterbacks. J Sport Rehab. 2: 211-216. 1993.