

## Interval Throwing Program for Quarterbacks

If you want to **throw with power and accuracy**, you must practice throwing both **intensely and consistently**. However, your shoulder and elbow need time to gradually adapt to the demands of repetitive throwing. Advancing too quickly through this program can **delay your recovery** and your **return to play**.

### **Focus on Proper Throwing Mechanics and Footwork**

Pay close attention to your throwing motion Now is the time to perfect your throwing form including your footwork:

- Begin each throw with a **balanced stance and proper drop** (three-step, five-step, or rollout, depending on the drill).
- Use **efficient footwork** to align your hips, shoulders, and feet toward the target.
- Keep your **elbow at or slightly above shoulder level** during your throwing motion.
- Maintain a **high release point** and finish **over the top** of the football.
- Generate power through your **legs, hips, and core**, and finish with a full **follow-through** toward your target.
- Focus on **throwing to the receiver's chest or hands**, not "through" the target.
- Throws should have a gentle arc on them unless specified to be "on a line"

During the early phases of this program, **emphasize your follow-through and footwork rhythm** to build consistent mechanics and proper sequencing.

Working with a **school trainer, qualified coach or quarterback trainer** can significantly improve your progress. Consider **recording your throwing sessions** once a week to review your mechanics, footwork, and progress over time.

### **Criteria to Advance to the Next Level**

Only move forward in the program when you meet all the following:

- No pain or stiffness during or after throwing (mild muscle soreness is acceptable).
- Controlled, efficient throwing motion with sound mechanics.
- Consistent accuracy at each level of distance and intensity.
- Passes remain on line and show good spiral control.
- Good overall shoulder and arm strength with minimal fatigue.

Continue your **trunk, scapular, and rotator cuff strengthening program** throughout the throwing program to maintain throwing endurance, strength, and flexibility.

## Progression and Recovery

This program is a **guide** that can be adjusted based on your individual progress. It is not uncommon to experience a set back at some point during the throwing program (a recurrence of discomfort, prolonged soreness, difficulty increasing repetition or intensity, etc.). When this happens, **stay at your current level or step back to the previous one** until symptoms resolve. Don't hesitate to take additional rest days as needed. If pain persists, contact your **athletic trainer, physical therapist, or physician**.

Perform your **rehab and shoulder exercises only on throwing days**. Recovery is essential to success—off days allow the arm to heal and adapt. You may use light resistance bands or cuff work for a warm-up each day but avoid heavy strengthening on non-throwing days. Use recovery days to train **balance, footwork, core stability, mobility, and lower-body strength**.

## Warm-Up and Stretching

- Begin each session with **light cardio** (such as jogging, jump rope, or dynamic movement drills) to increase blood flow.
- Once you've built a light sweat, complete a **full-body dynamic stretch** to maintain mobility, balance, and prevent muscle tightness or injury.
- Take as much time as you need with light warm up throws until you are ready to start at the shortest distance for that day's schedule



## Week 1

Day 1	<input type="checkbox"/> 10 throws at 10 yards <input type="checkbox"/> 10 throws at 15 yards <input type="checkbox"/> 10 throws at 10 yards
Day 2	No throwing
Day 3	<input type="checkbox"/> 15 throws at 10 yards <input type="checkbox"/> 15 throws at 15 yards <input type="checkbox"/> 15 throws at 10 yards
Day 4	No throwing
Day 5	<input type="checkbox"/> 15 throws at 10 yards <input type="checkbox"/> 20 throws at 15 yards <input type="checkbox"/> 10 throws at 10 yards
Day 6	No throwing
Day 7	No throwing

## Week 2

Day 1	<input type="checkbox"/> 15 throws at 10 yards <input type="checkbox"/> 20 throws at 15 yards <input type="checkbox"/> 10 throws at 10 yards
Day 2	No throwing
Day 3	<input type="checkbox"/> 15 throws at 10 yards <input type="checkbox"/> 25 throws at 15 yards <input type="checkbox"/> 10 throws at 10 yards
Day 4	No throwing
Day 5	<input type="checkbox"/> 15 throws at 10 yards <input type="checkbox"/> 25 throws at 15 yards <input type="checkbox"/> 15 throws at 10 yards
Day 6	No throwing
Day 7	No throwing



### Week 3

Day 1	<input type="checkbox"/> 20 throws at 15 yards <input type="checkbox"/> 25 throws at 20 yards <input type="checkbox"/> 10 throws at 15 yards
Day 2	No throwing
Day 3	<input type="checkbox"/> 20 throws at 15 yards <input type="checkbox"/> 25 throws at 20 yards <input type="checkbox"/> 15 throws at 15 yards
Day 4	No throwing
Day 5	<input type="checkbox"/> 20 throws at 15 yards <input type="checkbox"/> 25 throws at 20 yards <input type="checkbox"/> 20 throws at 15 yards
Day 6	No throwing
Day 7	No throwing

### Week 4

Day 1	<input type="checkbox"/> 20 throws at 20 yards <input type="checkbox"/> 25 throws at 25 yards <input type="checkbox"/> 10 throws at 20 yards
Day 2	No throwing
Day 3	<input type="checkbox"/> 20 throws at 20 yards <input type="checkbox"/> 25 throws at 25 yards <input type="checkbox"/> 15 throws at 20 yards
Day 4	No throwing
Day 5	<input type="checkbox"/> 20 throws at 20 yards <input type="checkbox"/> 25 throws at 25 yards <input type="checkbox"/> 20 throws at 20 yards
Day 6	No throwing
Day 7	No throwing

## Week 5

Day 1	<input type="checkbox"/> 20 throws at 25 yards <input type="checkbox"/> 25 throws at 30 yards <input type="checkbox"/> 10 throws at 25 yards
Day 2	No throwing
Day 3	<input type="checkbox"/> 20 throws at 25 yards <input type="checkbox"/> 25 throws at 30 yards <input type="checkbox"/> 15 throws at 25 yards
Day 4	No throwing
Day 5	<input type="checkbox"/> 20 throws at 25 yards <input type="checkbox"/> 25 throws at 30 yards <input type="checkbox"/> 20 throws at 25 yards
Day 6	No throwing
Day 7	No throwing

## Week 6 - Introduction of Daily Throwing

Day 1	<input type="checkbox"/> 20 throws at 25yards <input type="checkbox"/> 25 throws at 30 yards <input type="checkbox"/> 10 throws at 25 yards
Day 2	<input type="checkbox"/> Light catch up to 25 yards
Day 3	<input type="checkbox"/> 20 throws at 25 yards <input type="checkbox"/> 25 throws at 30 yards <input type="checkbox"/> 15 throws at 25 yards
Day 4	<input type="checkbox"/> Light catch up to 25 yards
Day 5	<input type="checkbox"/> 20 throws at 25 yards <input type="checkbox"/> 25 throws at 30 yards <input type="checkbox"/> 20 throws at 25 yards
Day 6	<input type="checkbox"/> Light catch up to 25 yards
Day 7	No throwing



## Week 7

Day 1	<input type="checkbox"/> 20 throws at 30 yards <input type="checkbox"/> 25 throws at 35 yards <input type="checkbox"/> 10 throws at 25 yards
Day 2	<input type="checkbox"/> Light catch up to 25 yards
Day 3	<input type="checkbox"/> 20 throws at 30 yards <input type="checkbox"/> 25 throws at 35 yards <input type="checkbox"/> 15 throws at 25 yards
Day 4	<input type="checkbox"/> Light catch up to 25 yards
Day 5	<input type="checkbox"/> 20 throws at 30 yards <input type="checkbox"/> 25 throws at 35 yards <input type="checkbox"/> 20 throws at 25 yards
Day 6	<input type="checkbox"/> Light catch up to 25 yards
Day 7	No throwing

## Week 8

Day 1	<input type="checkbox"/> 20 throws at 30 yards <input type="checkbox"/> 25 throws at 40 yards <input type="checkbox"/> 10 throws at 25 yards
Day 2	<input type="checkbox"/> Light catch up to 30 yards
Day 3	<input type="checkbox"/> 20 throws at 30 yards <input type="checkbox"/> 25 throws at 40 yards <input type="checkbox"/> 15 throws at 25 yards
Day 4	<input type="checkbox"/> Light catch up to 30 yards
Day 5	<input type="checkbox"/> 20 throws at 30 yards <input type="checkbox"/> 25 throws at 40 yards <input type="checkbox"/> 20 throws at 25 yards
Day 6	<input type="checkbox"/> Light catch up to 30 yards
Day 7	No throwing



## Week 9

Day 1	<input type="checkbox"/> 20 throws at 40 yards
	<input type="checkbox"/> 25 throws at 45 yards
	<input type="checkbox"/> 10 throws at 30 yards
Day 2	<input type="checkbox"/> Light catch up to 30 yards
Day 3	<input type="checkbox"/> 20 throws at 40 yards
	<input type="checkbox"/> 30 throws at 45 yards
	<input type="checkbox"/> 10 throws at 30 yards
Day 4	<input type="checkbox"/> Light catch up to 30 yards
Day 5	<input type="checkbox"/> 20 throws at 40 yards
	<input type="checkbox"/> 35 throws at 45 yards
	<input type="checkbox"/> 10 throws at 30 yards
Day 6	<input type="checkbox"/> Light catch up to 30 yards
Day 7	No throwing

## Week 10

Day 1	<input type="checkbox"/> 20 throws at 40 yards
	<input type="checkbox"/> 10 throws at 15 yards – on a line
	<input type="checkbox"/> 10 throws at 30 yards
Day 2	<input type="checkbox"/> Light catch up to 30 yards
Day 3	<input type="checkbox"/> 20 throws at 40 yards
	<input type="checkbox"/> 10 throws at 15 yards – on a line
	<input type="checkbox"/> 10 throws at 25 yards – on a line
	<input type="checkbox"/> 10 throws at 30 yards
Day 4	<input type="checkbox"/> Light catch up to 30 yards
Day 5	<input type="checkbox"/> 20 throws at 40 yards
	<input type="checkbox"/> 15 throws at 15 yards – on a line
	<input type="checkbox"/> 15 throws at 25 yards – on a line
	<input type="checkbox"/> 10 throws at 30 yards
Day 6	<input type="checkbox"/> Light catch up to 30 yards
Day 7	No throwing



## Week 11

Day 1	<input type="checkbox"/> 15 throws at 40 yards <input type="checkbox"/> 10 throws at 50 yards <input type="checkbox"/> 10 throws at 25 yards – on a line <input type="checkbox"/> 10 throws at 35 yards – on a line <input type="checkbox"/> 10 throws at 45 yards -on a line <input type="checkbox"/> 10 throws at 30 yards
Day 2	<input type="checkbox"/> Light catch up to 30 yards
Day 3	<input type="checkbox"/> 15 throws at 40 yards <input type="checkbox"/> 10 throws at 50 yards <input type="checkbox"/> 15 throws at 25 yards – on a line <input type="checkbox"/> 15 throws at 35 yards – on a line <input type="checkbox"/> 15 throws at 45 yards -on a line <input type="checkbox"/> 10 throws at 30 yards
Day 4	<input type="checkbox"/> Light catch up to 30 yards
Day 5	<input type="checkbox"/> 20 throws at 40 yards <input type="checkbox"/> 15 throws at 25 yards – on a line <input type="checkbox"/> 15 throws at 35 yards – on a line <input type="checkbox"/> 15 throws at 15 yards – rolling to throwing side <input type="checkbox"/> 15 throws at 15 yards – rolling to non-throwing side <input type="checkbox"/> 10 throws at 30 yards
Day 6	<input type="checkbox"/> Light catch up to 30 yards
Day 7	No throwing



## Week 12

Day 1	<input type="checkbox"/> 20 throws at 40 yards <input type="checkbox"/> 15 throws at 25 yards – on a line <input type="checkbox"/> 15 throws at 35 yards – on a line <input type="checkbox"/> 15 throws at 20 yards – rolling to throwing side <input type="checkbox"/> 15 throws at 20 yards – rolling to non-throwing side <input type="checkbox"/> 10 throws at 30 yards
Day 2	<input type="checkbox"/> Light catch up to 30 yards
Day 3	<input type="checkbox"/> 20 throws at 40 yards <input type="checkbox"/> 15 throws at 25 yards – on a line <input type="checkbox"/> 15 throws at 35 yards – on a line <input type="checkbox"/> 15 throws at 25 yards – rolling to throwing side <input type="checkbox"/> 15 throws at 25 yards – rolling to non-throwing side <input type="checkbox"/> 10 throws at 30 yards
Day 4	<input type="checkbox"/> Light catch up to 30 yards
Day 5	<input type="checkbox"/> 20 throws at 40 yards <input type="checkbox"/> 15 throws at 25 yards – on a line <input type="checkbox"/> 15 throws at 35 yards – on a line <input type="checkbox"/> 15 throws at 30 yards – rolling to throwing side <input type="checkbox"/> 15 throws at 30 yards – rolling to non-throwing side <input type="checkbox"/> 10 throws at 30 yards
Day 6	<input type="checkbox"/> Light catch up to 30 yards
Day 7	No throwing