



Guidelines for the Young Pitcher

About 50% of all 9-14 year old baseball players will have shoulder or elbow pain. Most injuries are temporary and will heal fully, but some injuries can cause permanent damage.

Open growth plates in the skeletally immature child are biomechanically vulnerable (“weak link”) and the source of most long term injuries. These injuries are directly related to the number and type of pitches that are thrown.

No pain, no gain is not a reasonable principle when it comes to throwing. A parent or coach can ruin a kid’s elbow by forcing him to throw through the pain.

No curveballs or sliders until the pitcher is shaving!!!

Pitch Type	Age to throw
Fastball	8
Change Up	10
Curveball	14
Slider	16
Split finger	17

Age	Pitches / game	Pitches / week	Pitches / season
8-10	50	80-100	650
11-12	60	110-120	650
13-14	70	130-140	650
15-17	80	150-160	650

Pitchers must take at least 3 months per year off to let the body heal. During the 3 month off season they should do a rotator cuff strengthening program.

We prefer to limit each player to one team per season.