

# Pitch Counts

## *Practical Information for Injury Prevention*



### Pitch Count per Game

Age	Max Pitches/game	Max Appearances/Week	Max Pitches/Week
9-10	50	2	100
11-12	50	2	140
13-14	75	2	150
15-16	90	2	180
17-18	105	2	210

- ◆ If your pitcher has thrown his maximum number of pitches, he should have 3 days rest
- ◆ Relief pitchers/closers, pitching less than ½ the recommended maximum, should have 24-48 hours recovery

### Maximum Pitches with Limited Recovery Time

Age	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest
9-10	21	34	43	50
11-12	27	35	55	70
13-14	30	40	56	75
15-16	30	40	60	90
17-18	30	50	70	106

- ◆ In addition to icing the shoulder and/or elbow after throwing, the American Sports Medicine Institute recommends 10-15 minutes of low grade aerobic activity

# Pitching Guidelines

Pitchers at all ages should throw every day. This can include warm-ups working up to long toss, or just playing catch. Every throw should be done with correct mechanics. Poor mechanics is the #1 cause of throwing injury. If you are not sure what proper mechanics are, contact your local pitching coach/instructor, or call Thom Krupar (330) 493-4210, for information on learning proper pitching mechanics.

- ◆ Bullpen sessions should be done on the 2<sup>nd</sup> day after pitching in a game
- ◆ Bullpen sessions should be performed at 75-80% effort. Bullpen is a time to work on form/mechanics, pitches/grips, location and strategy.
- ◆ Bullpen is a great time to talk with your pitcher about pitch-by-pitch strategy for different types of hitters (when to throw off-speed, when to challenge etc).

Recommended Ages for Various Pitches	
Pitch	Age to Begin
Fastball (4-seam, 2-seam)	9-10
Change-up (circle, fork)	10-11
Knuckleball	13-16
Curveball	14-16
Slider	16-18
Splitter	17-18
Screwball	17-19

Remember, successful pitching is about location, location, location and changing speeds. Until a pitcher can locate his fastball where he wants, consistently there is no need to change speeds. Until a pitcher can locate his change-up where he wants, there is no need to throw a movement pitch.

- ◆ When a pitcher can locate his fastball and change-up, he will be a dominant pitcher.
- ◆ When a pitcher can locate his pitches and change speed at the right time, he will be a great pitcher.
- ◆ When a pitcher can locate all of his pitches, throw the correct pitch at the correct time and control his emotions on the mound, he is ready for the next level!!