

Pitch Count Suggestions & Rest for the Age Levels

Age	Pitch Count Limit per Game	Rest When Pitch Count Reached (days off between games pitched)				
		Zero	1 Day	2 Days	3 Days	4 Days
BASEBALLDUDES.COM						
7-8 Years Old	45	---	1 - 20	21-30	31-40	45
9-10 Years Old	65	---	1 - 25	26-40	41-55	65
11-12 Years Old	75	1 - 20*	20-35	36-50	51-65	70+
13-14 Years Old	85	1 - 20*	20-35	36-50	51-65	70+
15-16 Years Old	95	1 - 25	26-40	41-55	56-70	75+
17-18 Years Old	105	1 - 25	26-40	41-55	56-70	75+

Coaches, these are just suggestions but WE NEED TO KNOW OUR PITCHERS!! They are all different and it's our responsibility to take care of them, prepare them and help them develop.

Notes:

When a pitcher is nearing their pitch count, keep a close eye for signs of fatigue. Every pitcher is different and we need to learn their signs.

- Loss of focus
- Drop in velocity
- Elevated pitches
- Loss of command
- Inconsistent mechanics
- Visually we see less effort



Max pitch limit in one inning...

"30" for pitchers 12 years and younger

"35" for pitchers 13 years and older

Can they throw more than this? Sure, but should they? When pitchers reach numbers like this in one inning, they are either having command issues or their defense is struggling or both. Mentally they are most likely in a bad place. The long term mental struggles that can come from moments like this needs to be understood. If we keep them out there because we have run out of pitchers or we need the other arms for the next game, that is our issue as coaches for not developing enough arms.

If they reach this number while in the middle of a batter, let them finish that batter and if they don't get them out for the third out, their day pitching is over. Make sure we are prepared for a situation like this and know who our next pitcher is and have them getting loose, if possible, around pitch number 20-25.

Never use the same pitcher twice in the same day and if a pitcher throws more than 20-25 pitches in a day, give them at least one day off.

A pitcher should never be extended to the higher pitch count numbers if they aren't conditioned for it. They MUST be built up to that number over the course of weeks/games with proper rest in between. When they are is when arm issues occur.

ALL players should have an arm care routine they do before and after each practice and game.

You need to have feel for the situation and the pitcher. There is a big difference between efficient pitches and stressful pitches. Efficiency may lead to being able to extend their number where stressful pitches should result in limiting their number. HAVE FEEL.

*Pitching back to back days should only if completely necessary. If you have no other pitchers. Stay away from this as much as possible.


**Remember, these are just guidelines/suggestions. A players physical and mental maturity should all come into play when making our in game decisions. Pitchers with efficient deliveries usually can handle a higher workload where a pitcher with mechanical deficiencies most likely will wear down quicker. As coaches we need to know our players and treat them all accordingly. Ultimately, a players development, future and safety is far more important than what the scoreboard says. Make sure we have our priorities in order.

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- Loss of command
- Loss of delivery control




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 "30" for pitchers 13 years and older

Arm care routine before and after each practice and game.
 **Remember, a players development and safety is far more important than a team winning a game. Make sure we have our priorities in order.

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