

Number of pitches recommended for each age after 1, 2, 3, or 4 days rest

	<u>8-10</u>	<u>11-12</u>	<u>13-14</u>	<u>15-16</u>	<u>17-18</u>
1 Day	20-40	25-45	30-50	25-45	25-45
2 Days	35-50	35-55	35-55	40-60	40-60
3 Days	45-60	55-75	55-75	60-85	60-85
4 Days	50-75	55-75	55-75	75-100	75-100

<u>Type of Pitch</u>	<u>Age to Start</u>
Fastball	Any age
Change Up	10
Curveball	14
Knuckleball	15
Slider	16
Forkball	16
Screwball	17

9-10 year old pitchers

50 pitches per game or 75 per week

1000 pitches per season

2000 pitches per year

11-12 year old pitchers

75 pitches per game or 100 per week

1000 pitches per season

2000 pitches per year

13-14 year old pitchers

75 pitches per game or 125 per week

1000 pitches per season

3000 pitches per year

15-18 year old pitchers

100 pitches per game or 150 per week

1500 pitches per season

3500 pitches per year