

# Teaching Youth Pitching

Presenters: The HIT Squad

# Our Desired Outcomes

- To properly introduce pitching to our youth players
- Proper throwing mechanics is our foundation and should be emphasized
- Proper kinetic chain of body movements for pitchers
- Pitchers need a singular voice from coaching staff
- USA Baseball Pitch Smart - Pitch Counter Chart
- Basic arm care for youth pitchers

# Our Foundation is Key

- Proper throwing mechanics is our key to success and should be emphasized at every practice
  - Eyes on catcher/partner at all times
  - Use of our big muscles
  - Lead shoulder remains closed until it shouldn't
  - Front hip leads the rest of the body
  - Release point and extension
  - Follow through - chest over front leg

# Pitching Kinetic Chain for Beginners

- Starting stance for beginning pitchers - why the stretch position?
  - Less movement = better balance and mechanics
- Leg lift and BALANCE - how should the toe point?
- Hand break
- Leg Drive - what body part leads?
  - We do not want to “open the barn gate”
- Stride
  - Back leg drive through catcher
  - Plant foot should be in a direct line to the catcher

# Pitching Kinetic Chain for Beginners

- Glove hand elbow drives into hip
- Throwing arm needs proper extension with release out in front of nose
- Follow through
  - Superman position
  - Catcher should not be able to read a pitcher's front of jersey or logo

# Singular Voice

- It is critical for all players new to pitching to have a single voice instructing them at practice and in games
- Each coach has different verbiage and pitchers need a clear mind when performing
- If there are multiple people telling the pitcher what to do, they will be thinking a million thoughts instead of what they need to do...throw strikes!
- Keep it simple!

# USA Baseball Pitch Counter



AGE	REQUIRED REST (PITCHES)			
	0 Days	1 Days	2 Days	3 Days
7-8	1-20	21-35	36-50	N/A
9-10	1-20	21-35	36-50	51-65
11-12	1-20	21-35	36-50	51-65
13-14	1-20	21-35	36-50	51-65
15-16	1-30	31-45	46-60	61-75

- Understand that every player is different in their recovery
- General rule of thumb:

**Rest 1 hour for each pitch thrown**

# Basic Arm Care

- Implement a pre-activity (practice or game) stretching and throwing routine for all players
- Post-game for pitchers or anyone that has thrown a lot and/or is sore
  - Ice - how long and what to ice?
  - Stretches
    - Door way stretch - two variations
    - Sleeper stretch
    - Scapula I's, T's and V's



Wrap up

Any questions ?