

MN BB Academy and Viverant Training Guidelines:

As Adopted from USA Baseball

Pitch Count Guidelines:

9-10 Yrs	11-12 Yrs	13-16 Yrs	17-18 Yrs
75 / Start	85 / Start	95 / Start	105 / Start
2000 Pitches/Year	3000 Pitches/Year	3000 Pitches/Year	3000/Season
NO BREAKING BALLS	Learn Change-Up	Curve 14.5 yrs	Slider

There has been a lot of research done recently on the effects of overuse and too much pitching in the young baseball player. We are finding that excessive overuse at a young age is having a profound effect in cumulative trauma of the throwing shoulder and elbow over the lifetime of a baseball pitcher in particular. Our goal here is to better educate players, coaches, and parents on the effects of overuse and to be more aware of some of the warning signs of injury before it becomes a problem that needs medical attention. I have included some recommendations on the next page of the Top Ten ways to avoid injuries as suggested by Sports and Orthopedic Specialists (The Minnesota Twins Orthopedic Choice for shoulder and elbow problems).

Jeff Lahti - Lead Physical Therapist 612-965-1125 jlauti@viverant.com



Top 10 Ways to Avoid Injuries

- 1) Avoid pitching with arm fatigue**

- 2) **Avoid pitching with arm pain**
- 3) **Limit the number of pitches you throw**
- 4) **Avoid throwing breaking balls at a young age**
- 5) **Warm-up appropriately before throwing**
- 6) **Limit your participation in Showcases**
- 7) **REST!!! Rest your arm in-between appearances and in the off-season. It is recommended that players DO NOT throw at all for three months in the off-season.**
- 8) **Perform Shoulder blade and rotator cuff exercises 3x week. (Low weights, high repetitions, and sleeper stretch!)**
- 9) **Develop and work on proper throwing mechanics**
- 10) **Avoid Performance Enhancing Drugs**

EFFECTIVE WARM-UP

- 1) **Stretch/Throw Properly**

a. 3-step into long toss at 90, 120, 180, 240 (10 throws) and back in

b. Short flat ground in outfield before game

2) Bullpen (15 minutes / or 1-2 innings worth)

a. Mechanics

b. Command your FB

c. Command your secondary pitches

d. Throw game situations (3-4 hitters)

3) Game Time

4) Post-Game

a. Ice (your preference) – 20 minutes

b. Run

5) Post-Day Routines

a. Day 1 – rest / light activity

b. Light Lift / light toss

c. Short bullpen / leg lift

d. Long toss / heavier lift (maintenance lift)