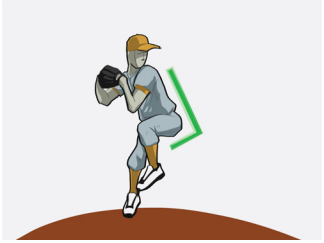


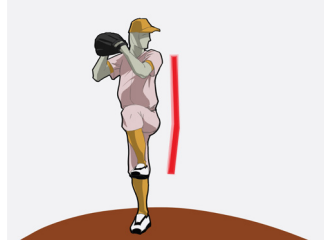
MAKE YOUR MOVE

YOUTH BASEBALL INJURY PREVENTION WORKSHOP

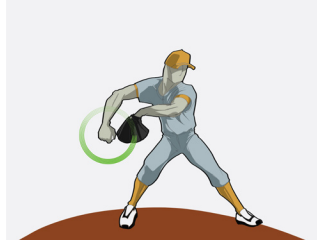
PITCHING MECHANICS



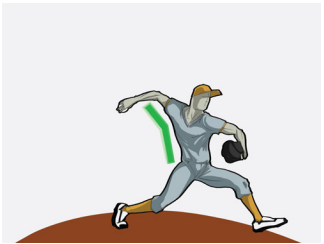
1. During early cocking, does the pitcher lead with the pelvis?



2. During early cocking, is the hand in the “top of the ball” position?



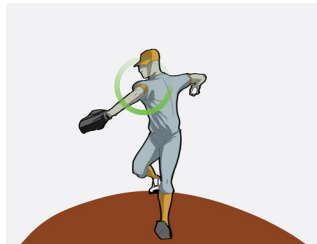
4. At stride-foot contact, does the lead shoulder remain closed?



3. At stride-foot contact, has the elbow reached its highest point?



4. At stride-foot contact, does the lead shoulder remain closed?



5. Does the stride-foot point towards home plate?



PITCH COUNT LIMITS AND REQUIRED REST RECOMMENDATIONS

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+
19-22	120	1-30	31-45	46-60	61-75	76+