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FREE 4-WEEK TEMPLATE • PDF INCLUDED

Free 10U Velocity Building Program: Start with Throwing Skills

For a 10U pitcher, “building velocity” begins with becoming comfortable moving and throwing. This plan keeps structured work brief and leaves room for other sports and unstructured play. It is not a smaller version of a college lifting or weighted-ball program.

No email required · Healthy 9–10-year-olds, supervised by a qualified coach and parent · By Pitch AI · 2026–09–07

Who this template is for

Use only when the athlete already participates in pain-free baseball practice. A parent should coordinate all teams and lessons so this template does not become extra workload.

At this age, turn practice into a task the child understands: hit a large target, finish balanced, or move quietly. The coach chooses throwing distance and volume from the child’s current practice—not from an adult long-toss chart.

Read before starting

This is general education, not an individualized training or rehabilitation plan. Stop exercise or throwing if pain appears. Do not train through pain, numbness, unusual weakness, or worsening symptoms; seek professional assessment. Use qualified supervision, especially for minors. Games and existing team training replace overlapping work—they do not stack on top.

For age-specific pitching limits and rest requirements, consult the [current MLB Pitch Smart guidance](#) and your league’s rules. Limits are ceilings, not training targets.

Your weekly framework

The days below are movable placeholders. A qualified coach should fit them around current throwing, other teams, and recovery. This template does not prescribe additional pitching counts or maximum-intent throwing.

Day / window	Plan
Monday	15–20 minute movement session A.
Tuesday	Existing catch practice; select a large, reachable target.
Wednesday	Rest or another enjoyable activity.
Thursday	15–20 minute movement session B.
Friday	Rest from structured training.
Weekend	Existing team practice or game; remove overlapping catch and leave a full rest day.

Session details

Before each session: 5–8 minutes of comfortable walking or jogging, marching, bodyweight squats, and easy rehearsal of the first exercise. Use a clear surface and equipment that fits the athlete.

Strength sets should finish with about 3 good repetitions still possible. Rest 60–120 seconds between ordinary sets and 2–3 minutes between explosive efforts. Stop earlier if speed, balance, or technique deteriorates. No lifting to failure or maximum-effort testing is required.

A • Control first

Exercise / task	Dose / question	How to use it
Squat to a chair	1–2 × 6	Lightly touch the chair, then stand.
Wall push-up	1–2 × 6	Straight body; smooth motion.
Band row	1–2 × 8	Adult checks the band anchor.
Single-leg balance	2 × 10 seconds/side	Stand near a support; no unstable equipment.

B • Playful athleticism

Exercise / task	Dose / question	How to use it
Low step-up	1–2 × 5/side	Finish balanced without pushing off the trailing foot.
Glute bridge	1–2 × 6	Comfortable range only.
Small two-foot jump and stick	2 × 3	Low height, quiet landing; reset every rep.
Short chase game	4 × 5 seconds	Walk and rest fully between efforts.

Practice focus

For target practice, replace a short portion of normal catch with a wide target. Count comfortable, accurate throws rather than asking for a harder throw after every miss. End practice if the child becomes tired or changes their motion to continue.

Week-by-week progression

Week	Decision
1	Use one set; coach teaches every movement. Throw only in existing sessions.
2	Repeat. Ask the child which target game felt most enjoyable.
3	If comfortable, use two sets for two exercises; keep jump count unchanged.
4	Repeat, not test. Record attendance and one skill the child can now explain.

The weeks are decision points, not deadlines. Repeat or reduce a week when recovery is poor. Exact doses here are original coaching examples, not a research-proven route to a certain velocity.

Keep a simple log

Date	Work completed	Response / next-day notes
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do not enter private medical details in shared team copies. Keep your personal log securely.

Common questions

How far should a 10U pitcher long toss?

This template does not prescribe maximum distance. The coach chooses a comfortable distance without straining or chasing distance records.

Can my child use this during a tournament?

Skip the extra sessions when games already fill the week. The tournament and recovery schedule take priority.

Evidence & source notes

These sources inform the principles, not a guarantee that this exact template produces an outcome. Coaching manuals are labeled separately from research. No proprietary program tables or illustrations have been reproduced.

1. [NSCA: Youth Resistance Training position statement \(2009\)](#)

Supports supervised, developmentally appropriate resistance training; does not validate these specific schedules.

2. [NSCA: Youth training and long-term athletic development](#)

Development and training experience matter alongside chronological age.

3. [ASMI: Position Statement for Adolescent Baseball Pitchers](#)

Fatigue and throwing workload require active management.

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