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FREE 6-WEEK TEMPLATE • PDF INCLUDED

Free 14U Velocity Building Program: 6 Weeks of Foundations

At 14U, more demanding competition does not make every pitcher ready for an advanced velocity block. This six-week framework develops a repeatable routine around two basic strength sessions while the team coach continues to control throwing.

No email required • Healthy 13–14-year-old pitchers already tolerating supervised practice • By Pitch AI • 2026-09-07

Who this template is for

Athletes with pain, recent injury, or a long throwing layoff need an individualized assessment before using a training framework. This is not a rehabilitation progression.

The key progression is doing ordinary work more consistently. You do not need to increase throwing intensity, lifting load, and sprint volume together. Pick one change, then observe the next practice and next-day response.

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	Strength A plus brief landing practice.
Tuesday	Coach-planned throwing session.
Wednesday	Recovery day; no additional structured throwing from this plan.
Thursday	Strength B.
Friday	Coach-planned throwing session or rest.
Weekend	Competition or practice replaces a throwing day; protect one 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 • Bilateral strength

Exercise / task	Dose / question	How to use it
Low countermovement jump and stick	2 × 3	Reset and rest between jumps.
Goblet squat	2 × 6–8	Light enough for repeatable depth.
Incline push-up	2 × 6–8	Stable trunk.
Chest-supported dumbbell row	2 × 8	Use a secure bench and light load.

B • Unilateral strength

Exercise / task	Dose / question	How to use it
Reverse lunge	2 × 6/side	Use support if needed.
Dumbbell Romanian deadlift	2 × 8	Comfortable hip hinge, coached technique.
Dead bug	2 × 5/side	Slow breathing and control.
Short acceleration	4 × 10 yards	Only on a clear surface; 60–90 seconds rest.

Practice focus

Discuss the weekly plan with every coach involved. If a tournament adds games, remove supplementary work rather than squeezing it into rest days. Keep strength and throwing records together so fatigue is not attributed to only one activity.

Week-by-week progression

Week	Decision
1	Learn the movements; use the lower end of each range.
2	Repeat until the repetitions look consistent.
3	Add one repetition per set to one or two strength exercises if recovered.
4	Consolidate: return to the initial dose during a busy game week.
5	Return to the best-tolerated dose, not the hardest possible dose.
6	Repeat and review video under similar conditions; no required velocity test.

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

Do six weeks guarantee a velocity increase?

No. This is a generic organizational template; individual responses and throwing opportunities differ.

Should every pitcher copy the same mechanics?

No. Use clear, repeatable observations and one coaching task at a time. Aesthetic similarity is not the goal.

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 training and long-term athletic development](#)

Development and training experience matter alongside chronological age.

2. Haff & Triplett, Essentials of Strength Training and Conditioning, 4th ed. (2016)

Chapters 7, 17 and 18: youth training, resistance-program design, and plyometric-program design. Consulted from the supplied book; no program tables reproduced.

3. Driveline Baseball, Hacking the Kinetic Chain: Advanced Pitching

Supplied edition, mechanics and training-economy discussion within PDF pages 2–58. Coaching context, not proof that a particular drill prevents injury.

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For coaches & teams

Free template • Individualized features require the applicable plan. No promised velocity gain or injury prevention.



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