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FREE 4-WEEK TEMPLATE • PDF INCLUDED

Free Middle School Pitching Program: A 4-Week Beginner Routine

Middle school is a school stage, not a single training age. A beginner who plays several sports needs a different plan from an experienced club pitcher. This version is for the beginner: simple sessions, clear instructions, and a schedule that can coexist with school.

No email required · Healthy middle school beginners with adult supervision · By Pitch AI · 2026-09-07

Who this template is for

Choose the actual-age pitching guidance with a parent. If the athlete is already lifting and pitching heavily, use the coach's existing plan instead of adding this beginner block.

A useful first month teaches the athlete how to prepare, record a session, and recognize when to stop. More equipment is not a substitute for those skills. Build a routine before adding specialized drills.

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	20-minute circuit A after school.
Tuesday	Existing skill practice; no added mound session.
Wednesday	School sport or rest; count PE and club activities in the week.
Thursday	20-minute circuit B.
Friday	Rest or easy recreational activity.
Weekend	Existing practice or game, plus 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 • No gym required

Exercise / task	Dose / question	How to use it
Chair squat	2 × 6	Stand under control.
Wall or incline push-up	2 × 6	Choose an easy height.
Glute bridge	2 × 8	Comfortable motion.
Bird dog	2 × 4/side	Reach slowly without twisting.

B • Coordination

Exercise / task	Dose / question	How to use it
Supported reverse lunge	2 × 5/side	Short comfortable step.
Band row	2 × 8	Adult checks the anchor.
Side plank from knees	2 × 10 seconds/side	Stop before form changes.
Skip and controlled stop	4 × 10 yards	Walk back; this is skill practice, not conditioning to exhaustion.

Practice focus

Give each session a start and finish time. When homework, another sport, or poor sleep makes the week crowded, keep the shorter successful routine. Parents can ask "How did it feel?" rather than requesting a velocity number.

Week-by-week progression

Week	Decision
1	Complete one set if two feels unfamiliar; learn setup and rest.
2	Use two sets only if normal activity feels comfortable afterward.
3	Repeat; let the athlete lead the warm-up with supervision.
4	Review the log: missed sessions are information, not work owed.

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

Is middle school the same as 13U?

No. Grade levels contain a range of ages and development stages. Age rules and exercise readiness must be checked separately.

What should a beginner track?

Date, activities, approximate throwing exposure, energy, and symptoms. Do not diagnose an injury from the log.

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.

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