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FREE 4-WEEK TEMPLATE • PDF INCLUDED

Free Velocity Building Program for Youth Pitchers

A youth velocity program should build the skills and physical foundations that support throwing—not promise a radar-gun number. This four-week framework helps a family organize practice without turning every day into a test. Choose the 10U, 13U, or 14U guide below for a more specific starting point.

No email required • Healthy youth pitchers with parent and qualified-coach supervision • By Pitch AI • 2026-09-07

Who this template is for

Not for an injured pitcher, an athlete returning after surgery, or a child who has not yet established pain-free catch with a coach. Children younger than the 10U group should use age-appropriate play and professional guidance instead of this template.

Two players on the same team may have very different coordination, growth, and practice histories. Start with what the athlete already tolerates. The useful outcome is repeatable participation and better movement quality, not winning a conditioning contest.

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	Supervised movement circuit A; already-planned easy catch only.
Tuesday	Other sport, outdoor play, or rest.
Wednesday	Existing coach-led throwing practice; record all throwing and any fatigue.
Thursday	Rest from structured training.
Friday	Movement circuit B; no extra throws added just to complete this sheet.
Weekend	Game or existing practice replaces a throwing session; leave 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 • Learn the patterns

Exercise / task	Dose / question	How to use it
Bodyweight squat	1–2 × 6	Sit between the feet; use a chair target if helpful.
Incline push-up	1–2 × 6	Use a stable surface high enough for a controlled rep.
Light band row	1–2 × 8	Pull smoothly without leaning backward.
Dead bug	1–2 × 4/side	Move slowly while keeping the trunk quiet.

B • Balance and move

Exercise / task	Dose / question	How to use it
Low step-up	1–2 × 6/side	Use a low stable step and finish balanced.
Glute bridge	1–2 × 8	Lift comfortably without arching the back.
Side plank from knees	2 × 10–15 seconds/side	Breathe normally.
Run-and-stop game	4 × 5 seconds	Easy acceleration into a controlled stop; walk back.

Practice focus

In catch, use an external target such as the partner's chest rather than several body-part instructions at once. Film only with consent and compare similar views. A different-looking arm action is not automatically a defect.

Week-by-week progression

Week	Decision
1	Learn one set of each movement; observe how the athlete feels the next day.
2	Repeat week 1. Add a second set only to movements that look easy and controlled.
3	Keep the same exercise dose; use one simple target in existing catch practice.
4	Repeat the better-tolerated week. Review consistency, enjoyment, and recovery with the coach.

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

Will this add 5 mph?

No gain is guaranteed. Four weeks is an introductory practice block, not a proven velocity intervention.

Should we add weighted balls?

They are not included. A generic youth download cannot establish readiness for weighted-ball throwing.

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

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

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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