

BASEBALL



Key Concepts for Injury Prevention

What kind of injuries occur in baseball?

Traumatic injuries occur suddenly.

These are typically prevented with proper equipment, rules, regulations and fair play.

Overuse injuries occur over time.

These can be prevented by knowing early warning signs, general conditioning and following recommendations for rest.

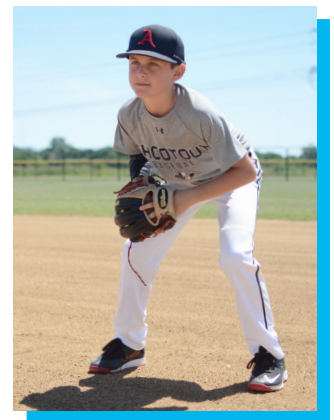
What is forced rest?

Body tissues can become worn out and painful when they get too much stress with certain activities.

Forced rest is taking a strategic break from motions or activities that cause damage, and sometimes pain.

What else can be done to reduce the risk of injury?

- Avoid playing on multiple teams in one season.
- Be smart about side session work. This is a part of pitch counts.
- Play multiple sports.
- Take 2-3 months off from pitching each year.
- Cross-train during the season and in the off-season.
- Ramp up slowly in pre-season.



What are some ideas for young baseball players?

- Flexibility exercises.
- Sprinting drills.
- Strength training with body resistance.
- Core stabilization and shoulder blade stabilization.

Who is more likely to get an overuse injury?

- Pitchers that also play in other heavy throwing positions when not pitching, i.e., catcher, shortstop.
- Pitchers who play year-round or on multiple teams.
- Players who continue throwing through fatigue and/or pain.



BASEBALL TRAINING TIPS

Balance baseball skills training with cross-training.

Focus on Proper Technique

- How is as important as how many.
- Too many pitches leads to fatigue and poor form.
- Limiting total pitch count allows proper technique during practice and games.

See Little League recommendations for pitch counts and rest periods.

Do Flexibility Exercises

Do dynamic stretching activities or static stretching of major muscle groups. Stretch your hamstrings, calves and shoulders, and rotate your trunk. Be aware of any differences between your right side and your left.

Do Body Resistance Strength Training

- Push-ups
- Pull-ups
- Wheelbarrow walking with a partner
- Squats
- Lunges

Do Speed and Power Drills

- Sprints and shuttle runs
 - 12 yrs & under—20-30 yards
 - 13 yrs & over—30-40 yards
- Jumping drills

Try Something New

- Swimming— multi-stroke distance swimming and deep water running
- Interval Training—jogging with short sprints
- Balance and coordination activities—yoga
- Soccer, cycling or another non-throwing sport

Age Recommended for Learning Various Pitches

Pitch	Age
Fastball	8
Change-up	10
Curveball	14
Knuckleball	15
Slider	16
Forkball	16
Splitter	16
Screwball	17

**Source: USA Baseball Medical and Safety Advisory Committee Pitching Guidelines*

Pitch Counts

Age	Pitches Per Day
17-18	105
13-16	95
11-12	85
9-10	75
7-8	50

Mandatory Rest

Ages 14 and Under	Ages 15-18	Mandatory Rest Requirement
66+	76+	4 days
51-65	61-75	3 days
36-50	46-60	2 days
21-35	31-45	1 day
1-20	1-30	No requirement

**Source: Little League™ Baseball*