

ARM CARE ROUTINE

EVERY PRACTICE & GAME

Kids: do this every practice and game. Parents: help them run it — same order, every time. Before = wake the arm up. After = cool it down. Band optional; slow bodyweight is fine.

1 BEFORE YOU THROW

3–4 min

Do this before catch play (and before any bullpen). Elbow glued to your side on the rotations. Shoulders down — not shrugged up by your ears. Slow beats fast.



Open the gate

Elbow tucked at your side, forearm forward (like a door hinge). Rotate the forearm *out* away from your belly, then back. Band or slow bodyweight.

x10



Close the gate

Same stance. Rotate the forearm *in* across your belly, then back. Don't let the elbow drift away from your side.

x10



Pull-aparts

Arms straight out at chest height, light band (or mime it). Pull hands apart, squeeze shoulder blades together, return slow.

x10



Y — T — W

Bend at the waist, back flat. Make each letter with your arms. Squeeze the blades on every rep — feel the burn between the shoulders.

5 each



Y = arms up like a Y (thumbs up) • T = arms straight out like a T • W = elbows bent, hands up like a W

Parents: if the shoulders creep up toward the ears, stop them and reset. Quality over speed.

2 AFTER YOU THROW

3–4 min

Do this when all throwing is done for the day — after catch play, practice, or the game. Hold each stretch; don't bounce. Stretching belongs here, not before you throw.



Across-the-chest

Bring the throwing arm across your chest. Hold just above the elbow with the other hand. Gentle pull — you should feel it in the back of the shoulder.

15s each



Reach-back stretch

Reach the throwing arm straight up, bend the elbow so the hand drops behind your head. Other hand gently pulls on the elbow.

15s each



Wrist stretch

Arm out, palm up — gently pull fingers back. Flip palm down — gently pull fingers back again. Forearms get tired from throwing too.

10s each



Water + check-in

Drink. Walk it out. Tell a coach or parent if anything feels sharp, pinchy, or “not right.” Soreness is normal; pain is not.

always

3 HOW MUCH CAN YOU PITCH?

Kids + parents

League games count pitches. GSA tournaments count outs. Different rules — use the right one for that day.

LEAGUE GAMES — PITCH COUNT

Ages 9–10

75

pitches max / day