

# ***RFYBO - Suggested Pitch Counts***

	<b>Max. Pitches</b>	<b>Max. Games</b>		
<b>AGE</b>	<b>Per Game</b>	<b>Per Week</b>		
<b>8-10 years old</b>	52	2		
<b>11-12 years old</b>	68	2		
<b>13-14 years old</b>	76	2		
<b>15-16 years old</b>	91	2		

## ***Suggested Recovery Days***

<b>AGE</b>	<b>1 day rest after</b>	<b>2 days rest after</b>	<b>3 days rest after</b>	<b>4 days rest after</b>
<b>8-10 years old</b>	21 pitches	34	43	51
<b>11-12 years old</b>	27 pitches	35	55	58
<b>13-14 years old</b>	30 pitches	36	56	70
<b>15-16 years old</b>	25 pitches	38	62	77