Weekly Official Pitch Count Review Chart

Week Beginning: / / **Team:_____** **Head Coach:_____**

Record total amount of pitches each player throws for each day.

Player Name	Player #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Grade Level	Pitches Allowed Per Day
11th and 12th	120
9th and 10th	100
7th and 8th	85

Pitches Thrown	Required Rest Days
76 or more	3 Days
51 to 75	2 Days
26 to 50	1 Day
Less than 26	No Rest Required

Head Coach's Signature

AHSAA
ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION