

It's not unusual for kids as young as 10 or 11 to develop the technique and skill to throw a curveball.

But that doesn't mean they should.

Younger kids usually have hands and fingers that are smaller and shorter.

As a result, they have problems gripping, controlling and releasing the pitch properly.

This often causes the hand, wrist or elbow to be out of proper position during the acceleration and release phases, which can lead to injury.

Younger players also lack the the arm strength and durability to control the forces on the elbow joint during the pitch.

So what's the "magic age"?

Generally speaking, players should be **AT LEAST** 15 before they start using the pitch regularly in game situations.

At that point, most boys have gone through puberty, and the bones and connective tissues in their throwing arms are strong enough to handle the strain.

But, more importantly, it's **YOUR** responsibility as a coach to teach your kids the proper mechanics of the pitch, and provide them with exercises to condition the elbow and shoulder.