

## Homework Material

### Week 3 – How to Fix Your Mechanics

To answer these questions you have to access the 'How to Fix Your Mechanics' handout in the 'Pitching Handouts' section of the baseball video library:

<http://www.pitchingdoc.com/index.php?p=397950>

You will need your username and password.

### 4 Mechanics That Link Throwing and Hitting

To answer these questions by looking at the '4 Mechanics that link throwing and hitting newsletter' from June 16, 2011 that is available here:

<http://pitchingdoc.com/index.php?p=251522>

You do NOT need your username and password.