

Homework Assignments

What is the Best Arm Slot for Pitchers?

1. The worst advice a coach can give a player is to "Throw _____ the _____."
2. The best advice a coach can give a player is to "Throw with your _____
_____ at _____"

Why Throwing "Over the Top" May Hurt Your Arm

How many degrees of shoulder tilt is "the best"?

- 1) 5
- 2) 10
- 3) 20
- 4) 30

How many degrees of shoulder tilt **DOUBLED** elbow stress?

- 1) 10
- 2) 20
- 3) 30
- 4) 40

The Harm of Throwing Over the Top, Part 2

Fill in the blanks:

In the study, the average shoulder tilt for each pitcher was _____ degrees. And while velocity increased by 1.5% (_____ mph) for every 10 degrees of shoulder tilt over 24 degrees, shoulder stress increased by _____ % and elbow stress increased by _____ %.

Circle the correct answer "was" OR "was not"

"For the researchers, this increase in arm stress was/was not worth the price of the extra 1.1 miles per hour."