

Homework Material

Week 4 – What is the best arm slot for pitchers?

To answer these questions you have to access the 'What is the best arm slot for pitchers' 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.

Why throwing 'Over the Top' may hurt your arm

You can answer these questions by looking at the 'Why Throwing Over the Top May Hurt Your Arm' newsletter that is available here:

<http://pitchingdoc.com/index.php?p=268135>

You do NOT need your username and password.

The Harm of throwing 'Over the Top', Part 2

You can answer these questions by looking at the 'Harm of throwing Over the Top, Part 2' newsletter that is available here:

<http://pitchingdoc.com/index.php?p=453677>

You do NOT need your username and password.