

4 Mechanics That Link Throwing and Hitting June 16, 2011

Mechanic #1: Keep Your Head Steady

Just like hitting, a steady head is crucial to throwing as demonstrated in this 2004 study:

THE RELATIONSHIP BETWEEN BALANCE AND PITCHING ERROR IN COLLEGE BASEBALL PITCHERS

pitchers with the LEAST head movement had the highest velocities and most accuracy. And because pitchers with a balance point had the most head movement, the researchers concluded:

Based on the results of this study, we cannot recommend the indiscriminate practice of the balance-point position by college baseball pitchers to reduce pitching error. How-

Mechanic #2: Keep Your Hands Up

Just like hitters must not "drop" their hands, pitchers must keep their glove CHEST-HIGH at 3 points of the throw:







(1) Starting Position

(2) Foot Strike

(3) Ball Release

Mechanic #3: Focus on Back Extension

Just like hitters are encouraged to "finish high" by extending their hips and back:





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Throwers/Pitchers need to use more Extension when throwing, what I call

"Throwing with a Big Chest"







Mechanic #4: Have a Strong Front Leg

Just as hitters needs a strong front leg during the swing:





Pitchers MUST have a strong front leg when throwing to control momentum and get a consistent Release Point:





Have A Question About This Newsletter?

Email (PitchingDoc@msn.com) or Call (631-352-7654) Dr. Arnold!

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