

2 Major League Lessons In Finding Your Correct Arm Slot

March 4, 2014

Back in 2010, [I wrote about Barry Zito's resurgence](#):

How Did Barry Zito Get Good Again?
May 27, 2010

that came in large part due to his lowered arm slot:

He reestablished his long-toss program after the 2008 season, leading to an uptick in fastball velocity from 84 to 87 mph. He lowered his arm angle, making him feel freer while allowing him to throw inside to right-handed hitters. And he

Now [a new spotlight on Chris Sale](#) of the Chicago White Sox:

BASEBALL
White Sox Lean on Sale, the Skinny Guy Throwing Strikes
White Sox' Sale Stands Tall and Thin and Throws Strikes

highlights how changing his arm slot was a key to his success:

He found his deceptive delivery in the summer of 2008, after his freshman season, with the La Crosse (Wis.) Loggers in the Northwoods League. Sale was slumping and noticed a teammate pitching well with a lower arm angle. He does not remember the teammate's name, but he has never forgotten the feeling.
"My changeup immediately was better, and my fastball immediately had more tail on it," Sale said. "The hardest thing for me to learn was my breaking ball."

The takeaway lesson here?

You don't have to throw 'Over the Top'.

[Click here to learn the easiest way to find your correct arm slot.](#)

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