

STOP Making Your Pitchers "Stand Tall"

April 7, 2016

This is the third in my "STOP" series of newsletters. The first 2 (click on them to go to the newsletter):

[STOP doing this throwing drill](#)

[STOP focusing on the throwing arm](#)

Today I address the concept of "standing tall" when pitching, which is taught with the belief that this gets pitchers to "throw downhill."

The problem is that asking a pitcher to "stand tall" causes them to assume an un-athletic posture, with their feet together, knees straight:



In hitting and EVERY other sport, we teach athletes to assume athletic postures:



Why are coaches having their pitchers do the opposite, thereby making their pitchers LESS athletic?

Having pitchers "stand tall" is detrimental because it increases head movement. In [a 2004 study](#):

**THE RELATIONSHIP BETWEEN BALANCE AND
PITCHING ERROR IN COLLEGE BASEBALL PITCHERS**

Pitchers with balance points during their leg kick, which caused them "stand tall" (right picture) had more head movement, leading to decreased velocity AND accuracy:

ball pitchers (7). Therefore, individuals who are less effective at stabilizing their head during pitching delivery may experience imbalance leading to inaccuracy.



The results were so compelling, 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-

The goal should be for a pitcher to start in a posture where his head stays steady to the plate, with minimal up-and-down and side-to-side movement.

If you have a pitcher who starts tall and stays tall, then leave them alone. But if you see a lot of head movement, get them in a more athletic position to make them more consistent.

Let's take a look at video...

Have Questions About This Newsletter?

Contact (PitchingDoc@msn.com / 631-352-7654) Dr. Arnold!