

Download Pitching Essentials How To Become A Better Pitcher Or Pitching Coach

Pitching Essentials: How to Become a Better Pitcher or Pitching Coach [James Wardell] on Amazon.com.

FREE shipping on qualifying offers. I have wanted to share my knowledge of pitching since I retired from pitching, and that is what prompted me to write this book. Looking at some of the pitching books on the market 9 Things You Can Do To Be a Better Pitcher. Have a pickoff move that gets to first base in 1 second or less- Get a stop watch and have someone time you. A solid move will get the ball to the first basemen around one second. Focus on one pitch at a time- A good pitcher doesn't get caught up with things he can't control. When the pitcher takes the more linear approach as define in my latest article, Studies Show Rotational Transverse Pitching Reduces Velocity, then the final move going into arm acceleration is in the sagittal plane which means the pitcher is launching his body towards the target instead of being more transverse rotational and moving across the zone into pitch release. Another key reason 3X Pitching is precision and accuracy focused is because it believes in loading the shoulder as early as ...THE ROLE OF THE PITCHING COACH. He should see every pitch his pitchers throw; games and bullpens. Make his pitchers feel comfortable around him and show openness and a willingness to communicate. Demand conformity and 100% effort in all routines, drills and duties. Always keep the health of a pitcher foremost in mind.