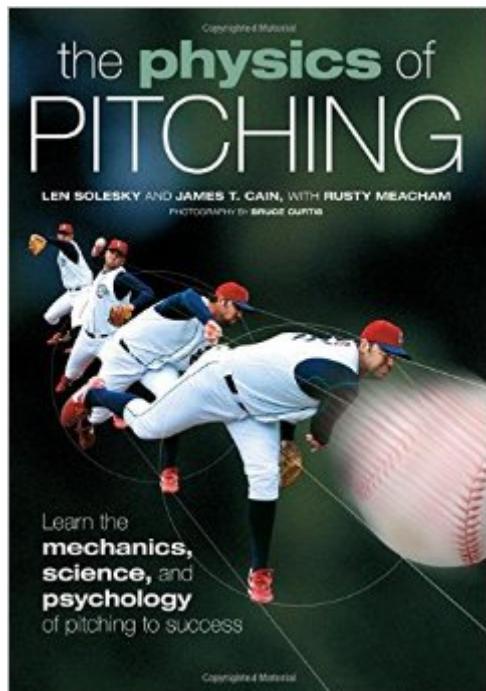


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# The Physics Of Pitching: Learn The Mechanics, Science, And Psychology Of Pitching To Success



## Synopsis

The Physics of Pitching is a well-rounded and comprehensive study that explores the formula for success in pitching and the secret to staying healthy and injury free. It brings together the expertise of a professional scout and pitching consultant, a former major league pitcher and current pitching coach, a sports orthopedic surgeon, and a strength and conditioning specialist. Step-by-step instruction is combined with a discussion of the fundamentals of pitching mechanics and kinetics, physiology and orthopedics, weight training, and the mental and strategic sides of baseball. The Physics of Pitching is illustrated throughout with step-by-step photography and detailed illustrations of the key mechanics.

## Book Information

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Average Customer Review: 4.0 out of 5 starsÂ  See all reviewsÂ  (7 customer reviews)

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## Customer Reviews

There is a definite need in 2011 for someone to write a book about pitching based on physics and biomechanics that summarizes and examines all the scientific studies, developments, and theories of the past decade or so - but, this book isn't it. Although very well produced with lots of high quality color pictures, there's nothing new here. In fact, much of what it presents is obsolete and out-of-fashion teaching. It's disappointing that the authors used the title "The Physics of Pitching". There is very little physics in the book other than material quoting the excellent American Sports Medicine Institute, which is well known to anyone who follows pitching and readily available in other sources. If anyone ever writes a book actually based on the physics of pitching, they'll have to call it something else. The title was wasted on this effort. There is a lot of fluff in this book as it tries to be a little of everything to everyone. The weakest part of the book is the chapter on pitching mechanics,

which takes up only eighteen of the book's 185 pages. The material on the delivery is very generic, conventional, and in my opinion outdated. The authors advocate a very mechanical pitch-by-the-numbers approach with heavy emphasis on the "balance point" and finishing "square" - concepts which have been challenged and discredited in recent years by everyone from internet gurus like Ron Wolforth, Paul Nyman, Dick Mills, and Paul Reddick to major leaguers like Brent Strom, to the ultimate mainstream pitching coach Tom House. It always amazes me that so many people in the world of baseball ignore or are unaware of all the new information being made available constantly. This book could have been written twenty years ago, and it has been many times.

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