

BASEBALL SOLUTIONS

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Throwing Dynamics - "Velocity Boot Camp"

Postural Efficiency

- Postural inefficiency is the most common mechanical throwing flaw
- Postural change late causes inconsistency in location and affects endurance and recovery
- #1 cause of arm injury is sudden change of direction or "disconnect" late in delivery



**You must maintain dynamic, productive, and optimum posture throughout the throwing process
Feet in a straight line - chest to the glove - chest out over a bent front knee**

Arm Action Efficiency

- Throwing arm should never stop or pause during the throwing process
- BOTH arms work in unison ("opposite" but equal), fluid, dynamic, athletic
- Throwing arm acts like a "whip"; Avoid LONG, SLOW arm action



Arms work in tandem: Scapular load-Opposite "L's"-Chest to glove-Elbows get closer

Tempo

- A pitcher's tempo is unique to each individual and generally is too slow
- There must be a "rhythm" & tempo throughout the throwing process in order to create optimal synchronization (a tight linkage between parts)

THE BEST THROWERS ARE ATHLETES FIRST