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Revisiting 3 Pitching Mechanics Myths

Part 1: The Myth of the Balance Point

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In part 1 of this 3-part series, I'm addressing one of the most commonly taught INCORRECT pitching concepts: to have a balance point during the leg kick. <u>I first covered this in a 2009 newsletter</u> but will go into greater depth here.

I taught this concept for years to my pitching students...BUT IT'S WRONG.

<u>A 2004 study</u> compared pitchers who used a balance point with those who did not:

THE RELATIONSHIP BETWEEN BALANCE AND PITCHING ERROR IN COLLEGE BASEBALL PITCHERS

They found that pitchers using a balance point had MORE HEAD MOVEMENT which resulted in LOWER VELOCITY and DECREASED ACCURACY.

This led the researchers to conclude:

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-

This is seen very well with video analysis. You can view a pitching video analysis here.

In summary, having a balance point during the leg kick:

Creates an un-athletic posture

-Decreases quickness to the plate = decreased momentum = slower velocity ('Be Quick but Don't Hurry'!)

-Slows delivery tempo = poor timing = decreased accuracy

Coming up next month, Part 2: The myth of 'tucking the glove.'

Have A Question About This Newsletter?

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

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