

Is "The Next Tim Lincecum" Already Here?

August 15, 2011

I have called Tim Lincecum "a once in a generation pitcher", the first since [this former phenom](#),

Now a new Sports Illustrated article discusses Trevor Bauer, "[the most intriguing pitching prospect since Tim Lincecum](#)", who is following in Lincecum's steps by doing 3 things:



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Trevor Bauer Will Not Be Babied

Young power arms are the game's most valued currency, so what to make of the Diamondbacks' phenom who wants to change the way we think about pitchers' development? Front offices aren't so sure
Lee Jenkins

1. Being An Athlete When Pitching

Perhaps the biggest fault with pitching instruction today is SLOWING down the delivery and not letting the kids be athletes:

ancients. "Back in the '40s and '50s, guys came up with their own motions, and they had more complete games with fewer injuries," says Wolforth, a former college baseball player and private pitching coach. "We interrupted the natural flow of Warren Spahns and Sandy Koufaxes and Bob Gibsons. We overinstructed the delivery."

2. Not Having A Balance Point

Trevor Bauer learned NOT to keep his weight back but to move forward as soon as possible:

UCLA. Bauer called up the footage on a website. It was the first time he had seen Lincecum—the narrow frame, tilted head, the furious hip turn, the massive stride. "I watched it at 30 frames a second," Bauer says. "Before he gets to the top of his leg lift, his pelvis has been in motion six to eight frames toward the plate."

3. Throw More Than Pitch to Perfect Timing and Help Prevent Injury

A Pitcher is Someone Who Has Perfected The Art of Throwing:

something happened, it was, How dare you? But maybe that thinking hurt us in the long run. Maybe it's why we have so many problems now. Guys don't go deep into games, and then when they do, they're not used to it. Thirty years ago, you threw and threw and threw. To me, that's healthy."

This allows the body to generate more force, sparing the arm and helping prevent injury

Lincecum do. "It started making sense why he did what he did," Bauer says, standing to demonstrate. "The more you delay your hip and shoulder from opening up, as long as you're moving toward home, you're shortening the distance to the plate and adding tension to the body, stretching the elastic band. If you fire your back hip and keep the front side of your body closed, you get more torque. The more torque you get, the more impulse you will get when you release."

Have Any Questions About This Newsletter?

Email (PitchingDoc@msn.com) or Call (631-352-7654) Dr. Arnold!

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