

3 Pitching Mechanics Myths Revisited Part 2: The Myth of the Balance Point

March 8, 2015

Following up on [Part 1 which dispelled the myth of having a balance point](#), I now dispel the concept of 'tucking the glove' when throwing/pitching.

As with the balance point, I was taught to 'tuck' my glove growing up. But this was proven to be an incorrect concept in [this 2001 study](#):

Shoulder joint movement of the non-throwing arm during baseball pitch—comparison between skilled and unskilled pitchers

where researchers found that **less glove movement increased accuracy**:

pitchers (Table 3). It was verified that the movement of the shoulder joint on the non-throwing arm was less for the skilled pitchers than for the unskilled pitchers. These

It's very useful to relate glove movement to hand movement when hitting. During the swing, we see that steady hands produce a steady swing.

SO...when throwing/pitching, a steady glove produces a steady throw

When we teach to 'Tuck the Glove', we are introducing MORE movement into the throwing motion, producing an inconsistent throw.

Let's take a look at video...

Questions About This Newsletter?

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