# 4 Mechanics That Link Throwing and Hitting
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**Mechanic #1: Keep Your Head Steady**

Just like hitting, a steady head is crucial to throwing as demonstrated in this 2004 study:

## THE RELATIONSHIP BETWEEN BALANCE AND PITCHING ERROR IN COLLEGE BASEBALL PITCHERS

pitchers with the LEAST head movement had the highest velocities and most accuracy. And because pitchers with a balance point had the most head movement, the researchers concluded:

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-

**Mechanic #2: Keep Your Hands Up**

Just like hitters must not "drop" their hands, pitchers must keep their glove CHEST-HIGH at 3 points of the throw:



(1) Starting Position     (2) Foot Strike     (3) Ball Release

**Mechanic #3: Focus on Back Extension**

Just like hitters are encouraged to "finish high" by extending their hips and back:

Throwers/Pitchers need to use more Extension when throwing, what I call
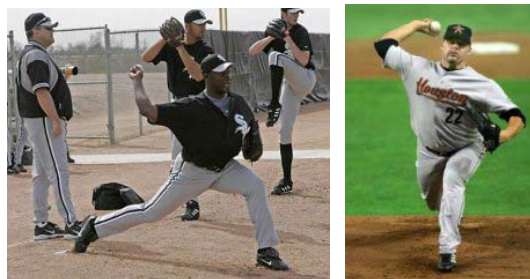
*"Throwing with a Big Chest"*



### Mechanic #4: Have a Strong Front Leg

Just as hitters needs a strong front leg during the swing:



Pitchers MUST have a strong front leg when throwing to control momentum and get a consistent Release Point:



# Have A Question About This Newsletter?
Email (PitchingDoc@msn.com) or Call (631-352-7654) Dr. Arnold!