

The MOST Important Thing to Do Between Pitching Starts

July 4, 2014

After the school baseball season ended, several of my pitching students started reporting arm soreness after pitching for their weekend tournament teams that they did NOT have during the school year.

Why the pain all of a sudden?

Because they stopped throwing on a daily basis during the week.

The danger of pitching for tournament teams is the lack of team practice during the week, turning the pitchers into 'Weekend Warriors'.

Not throwing enough between starts leads to a loss of timing,
increasing arm stress/soreness and risk of injury.

If you have a choice between a bullpen session and long toss, I STRONGLY prefer long toss.

Throw more. Pitch less.

You can learn more about what to do between pitching starts by
[subscribing to my video library.](#)

Have a Question About This Newsletter?

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