Revisiting 3 Pitching Mechanics Myths

Part 1: The Myth of the Balance Point

February 6, 2015

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. I first covered this in a 2009 newsletter but will go into greater depth here.

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

A 2004 study compared pitchers who used a balance point with those who did not:

<table>
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<th>The Relationship Between Balance and Pitching Error in College Baseball Pitchers</th>
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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!**