

What is the Best Arm Slot for Pitchers?

Follow 1 Simple Rule to Find Out

January 29, 2013

The often-taught coaching concept to throw 'Over the Top' produces throwing motions like this:



But [this significantly increases arm stress](#):

Why Throwing "Over the Top" May Hurt Your Arm

May 16, 2012

So a simple rule to follow to find the correct arm slot for a pitcher is:

Make sure their eyes are level at Release Point



Have A Question About This Newsletter?

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

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