

## 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:

<b>THE RELATIONSHIP BETWEEN BALANCE AND PITCHING ERROR IN COLLEGE BASEBALL PITCHERS</b>
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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?

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