

## My Top 5 Pitching Newsletters of 2015

December 23, 2015

I'm very proud of the newsletters I put together in 2015. I hope you enjoyed reading them as much as I enjoyed creating them. Here are my top 5:

### [#5 - The Mind of A Champion](#)

A great article on the tennis champion Novak Djokovic and how his mindset has been the biggest contributor to his success. Any athlete can learn to be better by reading this article.

### [#4 - Fall Ball Fallacy: Why Throwing Less INCREASES Your Risk of Injury](#)

Many young pitchers who play fall think only throwing once or twice per week is good for their arms and will decrease injury risk. Learn why the opposite is true.

### [#3 - How to Properly Strengthen Your Throwing Arm In The Weight Room](#)

Many pitchers go into the weight room and train their throwing shoulder like any other athletic shoulder. This can be disastrous. Learn what muscle in the arm to train and what muscle to leave alone.

### [#2 - The Best Thing Coaches Can Do For Their Pitchers](#)

In my experience, a significant barrier to a pitcher's success is very frequently poor coaching in one aspect. Learn this simple coaching error that, if fixed, can go a long way to a pitcher's success.

### [#1 - The Scars of Tommy John Surgery](#)

A stunning report in the NY Times profiling baseball players who have undergone Tommy John Surgery. 2 very important lessons are learned from Jacob DeGrom and John Smoltz.

Next week: My 6-week throwing program to help you prepare for March tryouts

## Have A Question About This Newsletter?

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