

## STOP Ignoring This Body Part During Pitching

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Another installment in my 'STOP' series. [Click here to read other 'STOP' newsletters](#)

Proper throwing/pitching instruction should focus on body movement, NOT the throwing arm. I give complete credit for this approach to Tom House at the National Pitching Association ([click here to learn more about the NPA](#)).

A poor arm slot and poor release point are symptoms, NOT the causes, of poor mechanics. Correct how the body moves and the throwing arm will take care of itself.

I have 4 body parts of I focus on to fix mechanics. Here are the first 3:

- The **front elbow** to correct glove control ([Click here to learn more](#))
- The **back** to assume proper posture at ball release ([Click here to learn more](#))
- The **eyes** to help find a pitcher's proper arm slot ([Click here to learn more](#))

While the front elbow/glove control is the most incorrectly taught throwing/pitching mechanic, the MOST IGNORED mechanic is the 4th body part: The front leg.

In every other rotational sport (golf, hockey, tennis), the front side is strong and stable to provide a base with which the hips rotate to transfer energy to the upper body.



In baseball we see this with hitting as coaches emphasize a strong front leg to help create bat speed:



Why do coaches ignore the front leg  
when teaching throwing/pitching mechanics?

A study in 2012:

**LOWER-EXTREMITY GROUND REACTION FORCES IN COLLEGIATE BASEBALL PITCHERS**

Showed not only that a pitcher's front leg absorbs TWICE THEIR BODYWEIGHT on their front leg as they pitch:

averaged  $66 \pm 5\%$  of body height (HGT). Peak GRFs of  $245 \pm 20\%$  BW were generated in an anterior or braking direction to control descent. These forces increased rapidly after SFC.

But that those who with the highest velocity had the best "braking":

associated with a higher ball velocity. In other words, the pitchers with the highest ball velocity also demonstrated higher breaking GRF. Although there was a strong correlation

What does that mean?  
The stronger your front leg, the harder you throw.

Let's see some video...

So STOP ignoring the front leg if you want to throw harder!

Have Questions About This Newsletter?

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