

## Lateral Movement Explosion: A New Way to Increase Velocity

May 7, 2013

Previous research has shown a number of ways to increase velocity:

1) [Increasing Hip Flexibility](#):

### Hip Flexibility and Velocity

December 6, 2010

2) [Elastic Tubing Exercises](#):

### 4-Week Program Increases Velocity in Youth Baseball Players

January 6, 2011

3) [Medicine Ball Exercises](#):

### Off-season Conditioning, Part 2: The Exercises

September 22, 2011

#### Exercise #3: Plyometric 3-Lb Med Ball Exercises

Now [a new study](#):

### **CORRELATION OF THROWING VELOCITY TO THE RESULTS OF LOWER-BODY FIELD TESTS IN MALE COLLEGE BASEBALL PLAYERS**

suggests that improving lateral movement explosion may lead to increased velocity as it mimics the stride:

There was a consistent appearance of the lateral to medial jumps as a factor correlating to high throwing velocity in each of the throwing techniques for both left-handed and right-handed throwers. This was the first published study to correlate throwing velocity to a unilateral jump in the frontal plane, which mimics the action of the stride.

You can [click here to view a demonstration of the Lateral Bound Jump](#), gratefully provided by Core Performance:

## LATERAL BOUND

**UNIT:**

Elasticity (long response).

**OBJECTIVE:**

To build explosive lateral power in your legs.

**STARTING POSITION:**

Stand balanced on your right leg, with your left foot off the ground.

**PROCEDURE:**

Squat slightly with your right leg, then use your leg and glutes to jump laterally. Extend your ankle, knee, and hip and land on the opposite leg only, maintaining your balance. Repeat to the other side. Hold for a three count on each side.

**COACHING KEY(S):**

Explode out of your hips for maximum height. You're trying to jump as far laterally as possible for maximum height and distance. Land balanced; you should "stick it," as they say in gymnastics.

**YOU SHOULD FEEL IT:**

In your hips and legs.

**PROGRESSION:**

Move quickly on one side, holding on the other for 3 seconds.

**SECOND PROGRESSION:**

Move as fast as possible on both sides.



## Have A Question About This Newsletter?

Email ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)) or Call (631-352-7654) Dr. Arnold!