

A Simple Way to Improve Pitching Consistency During Games

May 10, 2014

Over the past month, a common issue with my pitching students has been

"I'm throwing hard but just missing my spots."

When I ask about their long toss and bullpen sessions, **the common ingredient missing is INTENSITY**. They are not throwing hard enough during their long toss and bullpen sessions.

To improve your accuracy when pitching in games:

1) Throw harder during your long toss sessions

- Long toss distance should be no more than 180 feet ([click here for my Long Toss newsletter](#))
- Keep your long toss sessions to 30 throws with correct mechanics, **with your last 10 throws being game-time intensity**. Focus on quality, not quantity, of your long toss.

2) Throw hard during your bullpen sessions

- As with long toss, keep your bullpen sessions to 30 pitches but **make sure your last 10 pitches are game-time intensity**.

2 interviews on risk factors for Tommy John Surgery

1) [Peter Gammons was interviewed on WFAN](#) with Beningo and Roberts - March 21, 2014

*"All these guys with the Tommy John surgery and coming off a year where 40% of starting pitchers in the Major Leagues ended up on the disabled list. I think it starts with these traveling teams when they're 15 years old, they're going to showcases and over-pitching and then college where their college coaches abuse them. **A lot of injuries you see in the Major Leagues come from what they did between the ages of 12 and 21.**"*

2) [Dr. James Andrews interviewed on CBS Radio](#) and the #1 risk factor for Tommy John surgery is year-round baseball.

Have a Question About This Newsletter?

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