

Building a Better Fastball This Winter

September 29, 2017

As we head into October and the offseason begins, it's EXTREMELY important to have a plan for recovery from the rigors of 9 months of baseball and to get bigger/stronger/faster for next year.

Do you have a plan?

[A NY Times article from September 14th:](#)

Velocity School: Where Pitchers Pay to Throw Harder

By TYLER KEPNER SEPT. 14, 2017

discusses what aspiring and current MLBers are doing in the offseason to increase their velocity, from using weighted baseballs:

Weighted Balls, Fancy Cameras

Boddy has several units at his complex, including one to store Driveline's inventory of brightly colored PlyoCare balls, weighing from 3.5 ounces to 4.4 pounds. (Standard baseballs are 5 to 5.25 ounces.) In another unit, while one pitcher

to focusing on active recovery ([did you read my last newsletter?](#)):

"The most important stuff is the boring recovery work," Boddy said. "They do tons of stuff that you would do in rehab if you get injured."

focusing on proper body movement/position to minimize arm strain:

Bauer has never had an arm injury, and believes **hard throwers can stay healthy if they move properly.** Though he has trained with Boddy since reaching the majors

to training your shoulder to slow down after ball release:

When pitchers suddenly throw harder, Wolforth said, they must also learn the right way to decelerate in their follow-through; using Volkswagen Beetle brakes on a Maserati, he said, invites disaster. Wolforth believes that with a comprehensive, individualized program, all pitchers can find their maximum velocity. But that is only part of what they need.

In addition, [an August 16th article highlighted Noah Syndergaard's recovery from surgery:](#)

Noah Syndergaard changes workout routine, aims to return to Mets

and mentioned his new approach to staying healthy:

"The past couple of years I really neglected working on my hip mobility. It's just something I've been working on that I can really feel a huge difference, Not only in my hips, but also affects my shoulder as well."

Are you planning on doing all of these things this winter?

Well, ALL of the activities mentioned above are what we do in our offseason conditioning program.

Go here to watch a video on the program.

In addition, we ALSO spend time talking about:

- Nutrition
- Mindset (learning how to deal with failure in baseball as a way to succeed)
- Establishing an at-home program for the players to do as a way to further minimize their injury risk (Active Recovery!!!)

Have a Question About This Newsletter?

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