

## What Does The Glove Do During The Pitch?

December 10, 2008

Many coaches teach young pitchers to 'Tuck the Glove'. But a study in the Journal of Biomechanics:

### Shoulder joint movement of the non-throwing arm during baseball pitch—comparison between skilled and unskilled pitchers

Showed skilled pitchers to have LESS glove movement:

pitchers (Table 3). It was verified that the movement of the shoulder joint on the non-throwing arm was less for the skilled pitchers than for the unskilled pitchers. These

Allowing their throwing arm to "whip" around the body:

of the non-throwing arm was in a roughly constant position while the shoulder of the throwing arm moved in a nearly circular path around it (Feltner, 1989). The

And INCREASE velocity:

less shoulder movement of the non-throwing arm could attain higher ball velocities and that the SJM of the non-

### DO NOT "Tuck" The Glove!

Keeping the glove chest-high during the pitch keeps the glove IN FRONT of the body at Release:



LESS GLOVE MOVEMENT = increased velocity = more consistent Release Point.

## Have A Question About This Newsletter?

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

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