

## STOP Thinking 'Following Through' Will Increase Velocity

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Another installment in my 'Stop' Series - <http://www.pitchingdoc.com/index.php?p=488260>

Today we address the error of teaching pitchers to 'Follow Through' by using phrases such as 'Finish your pitch' and 'grab some dirt'.

This is done with the belief this increases velocity AND corrects a high pitch. Neither is correct.

### First, we'll address velocity...

When coaches tell pitchers to 'Follow Through', with that comes instruction to bend their back at ball release. The worst example I've seen on this this was a coach who taught his pitchers to have their chest facing the ground at ball release.

There is a phase of the throwing motion called the 'Follow Through':

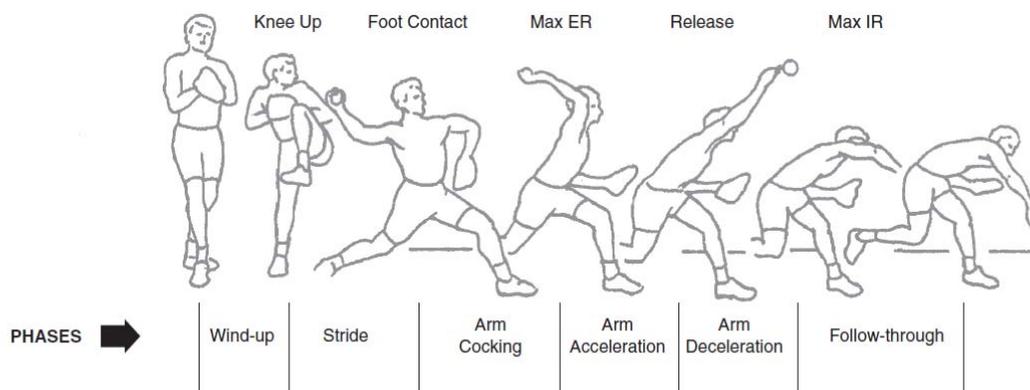


Figure 2. Pitching phases and key events. ER, external rotation; IR, internal rotation. Modified from Fleisig et al<sup>5</sup> (with permission).

BUT...

'Following Through' is about allowing the throwing arm to slow down after ball release, NOT bend the back to throw harder.

At ball release, the back is actually straight while the hips are bent:



Making a pitcher bend their back at ball release changes their body position and creates an inconsistent release point.  
A pitcher will naturally bend after release if THEY want to. Don't force them.

Let's look at some video...[Bumgarner](#), [Kershaw](#), [Sherzer](#), and...[Bryce Harper](#)?

A simple question...

If 'Following Through' to bend the back at ball release helps pitchers throw harder, why don't we teach all the other positions to do the same?

Now, for accuracy...

When a pitcher throws high, the most common phrase I hear is again, "Finish your pitch" due to the belief that the pitcher is not 'Following Through' properly.

Now that you know the back is straight at ball release, you will understand that the problem is NOT their back but rather a tilting of the shoulders, usually because coaches are teaching kids to throw 'Over the Top' ([click here for that newsletter](#)):



The quick fix for this is a phrase I credit to [Tom House at the National Pitching Association](#):

**Keep your eyes level at Release Point**



Have Questions About This Newsletter?  
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