

Craig Kimbrel, Sheetrock, and the 2-Knee Drill

June 23, 2017

The latest issue of Sports Illustrated [shines a light on Craig Kimbrel](#):

Special K: Red Sox closer Craig Kimbrel is compiling one of the greatest seasons ever

the record-setting season he is having:

In 30 appearances this year Kimbrel has allowed only 46 balls to be put in play. He gave up one hit in May. Righthanded batters began the year 0 for 47 against him. He has faced 111 batters and struck out 59, an all-time-record rate of 53.2%, while walking only five.

and how he's loving EVERY minute of it:

"I love it. God gave me the ability to throw a baseball, and I get to do it with conviction against the best in the world every night."

But hidden in this article is a unlikely accident that transformed his career

Kimbrel's foot was in a cast for three months. To keep his arm fresh, he would play long toss from his knees at a nearby soccer field. He would throw a yellow, dimpled, rubber-coated ball the length of the field over and over. Kimbrel believes this not only increased his arm strength but also allowed him to learn about generating power from his torso by being forced to isolate his upper body. (Limited from workouts by the cast, he also gained weight; he now weighs 200 pounds.)



Greg Arnold, DC, CSCS

PitchingDoc@msn.com
www.PitchingDoc.com

The foot injury forced him to do something unusual: to long toss from 2 knees that yielded a myriad number benefits:

Drawing from that regimen when he used to throw from his knees, Kimbrel generates exquisitely timed and power-fully fast rotations. As his belt buckle turns toward the hitter in the first rotation, the boston across his jersey remains facing third base in a closed position to the batter's box. When his torso finally does turn to deliver the arm and hand—with his chest leading toward the plate—a hitter perceives that his arm is coming around late.

I first saw the value of the 2-knee drill since I first learned it from Tom House at The National Pitching Association in 2004 (click here for the newsletter on the 2-knee drill) and you can learn about this drill and other throwing drills in my video library ([click here to subscribe](#)).

The NPA's recommendation is to throw at max velocity at your pitching distance.

Have Questions About This Newsletter?

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