

## STOP Doing This Throwing Drill

March 3, 2016



There are many good throwing drills out there but also some awful ones. The drill I continue to see teams do is **the 1-knee throwing drill** (click here to watch the drill).

There are 3 reasons why this drill is terrible for throwing mechanics:

### Increasing glove movement

Just as increased hand movement disrupts hitting mechanics, **increased glove movement decreases throwing motion consistency.**

### Collapsing the back

Just as hitters learn 1 way to swing, baseball players should learn 1 way to throw and this includes pitching. The concept of "following through" should ONLY include the throwing arm, not the upper body.

**Making pitchers bend their back when they throw creates an inconsistent release point.** If bending the back supposedly increases velocity, why don't we teach position players to do it? As I teach my students, **"Don't throw down. Throw out."**

### Increasing head movement

Just as a hitter keeps their head centered during the swing, the pitcher's head should stay centered as they rotate to the release point. A 2004 study showed that increased head movement decreases throwing consistency:

#### **THE RELATIONSHIP BETWEEN BALANCE AND PITCHING ERROR IN COLLEGE BASEBALL PITCHERS**

**ball pitchers (7). Therefore, individuals who are less effective at stabilizing their head during pitching delivery may experience imbalance leading to inaccuracy.**

## START doing this drill...

I learned this drill from Tom House at the National Pitching Association ([click here to go to the NPA site](#)) and it's **THE BEST throwing drill I've ever seen. It's called the 2-knee drill** and it's available in my video library ([click here to learn more](#)).

The 2-knee drill fixes all 3 movement/posture problems at the same time by

Minimizing glove movement

Maintaining proper back posture

Minimizing head movement

The National Pitching Association recommends throwing in the 2-knee drill up to your pitching distance.

### Have Questions About This Newsletter?

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