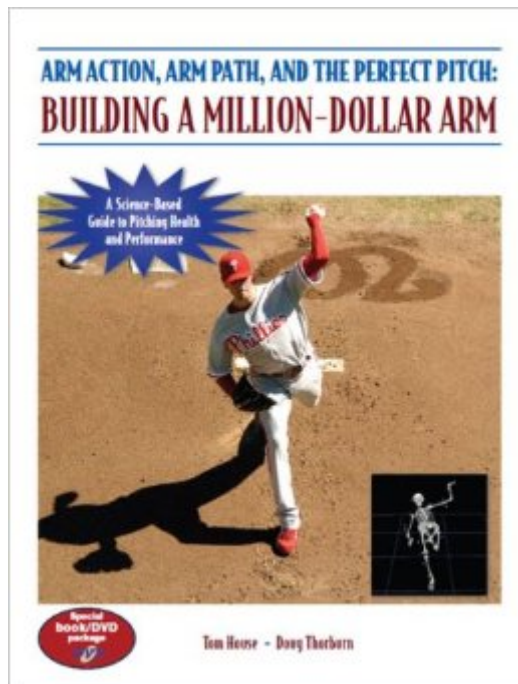


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# Arm Action, Arm Path, And The Perfect Pitch: Building A Million-Dollar Arm



## Synopsis

Legendary pitching expert Tom House and Doug Thorburn present this amazing book which clarifies conventional wisdom about pitching as it quantifies three-dimensional motion-analysis research on the mechanics of a pitcher's delivery. House and Thorburn wrote this book with the hope that it will become the science-based guide to pitching health and performance for baseball coaches, parents, and athletes at all competitive levels. Chapters cover the setup, lift-off, stride and momentum, release-point efficiency, and looking ahead. Includes a fantastic 42-minute DVD covering fitness on the field, lower-body exercises, upper-body exercises, and abdominal exercises.

## Book Information

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## Customer Reviews

As a self-taught/trained pitcher utilizing only Tom House's methods, I got myself a D-I scholarship on the soundness of his mechanical fundamentals and lifting and conditioning programs. I primarily worked off of The Pitching Edge (2nd ed.), Fit to Pitch, and some of his videos released around that time (early 2000's). After taking a few years off of pitching, I'm now getting back into training and decided to see what new materials were available from the National Pitching Association. Here are my thoughts on this book:CONS:1. The title is terrible. Why not The Pitching Edge (3rd ed.)? It's hard to recommend a book to others when the title is practically a sentence.2. The first 44 pages of the book are useless to anyone who knows Tom House and his work. Maybe new readers will find it interesting, but leave the history lesson on the website or in a paragraph in the back of the book. If we bought your book, we already trust your experience and methods.3. It is unclear how much of the book was actually written by Tom House. It appears as though he only contributed a short paragraph at the end of most chapters.4. I wish there was more material on strength training. Like

ten times more material. Honestly, Fit to Pitch was difficult to understand and use, with all of its formulas and technical jargon. And did anyone really understand the Kevin Brown charts in the "peaking" section of The Pitching Edge (2nd ed.)?? Give us some straightforward training programs that are organized and presented in a usable format like every other S&C book out there.<sup>5</sup> The organization of the book is very confusing. It's difficult to use the book as a reference via the chapter titles because someone thought it was clever to name them after "conventional wisdoms."

I bought this book to learn better how to help my ten-year-old son become a pitcher. The intended readership seems to be at a higher level, probably for professional coaches at the high-school level and above, as well as for pitchers at that level. A lot of space is devoted to explaining the measurement results of samples taken from thirty pitchers, using video motion analysis. The pitchers are at various levels, high school through professional, but I suspect that the sample size is too small to have good confidence in the inferences drawn from the studies. But certainly, the data does provide interesting information. Measuring the length of a pitcher's stride and calculating stride efficiency as a proportion of the pitcher's height seems a very useful analysis. A long stride apparently aids in velocity, as well as moving the release point closer to the batter, increasing effective velocity by a small amount. On the other hand, some professional pitchers apparently believe that too long a stride can hurt control. I read elsewhere that Greg Maddux shortened his stride a bit at some point during his career, deciding to emphasize control over velocity. The best sections of the book in my view, were the discussions of five pitching aces and the observations about the differing arm slots. The photos show Pedro Martinez with a horizontal arm slot, basically side-arm, with other pitchers at higher slots. These analyses seem to convincingly argue against the common advice to "get on top of the ball." The information that side-arm throwing appears not to have any correlation with arm injuries may be very helpful. In my own son's case, he seems most natural throwing a bit sidearm, though he is still at such an early level that his style may change.

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