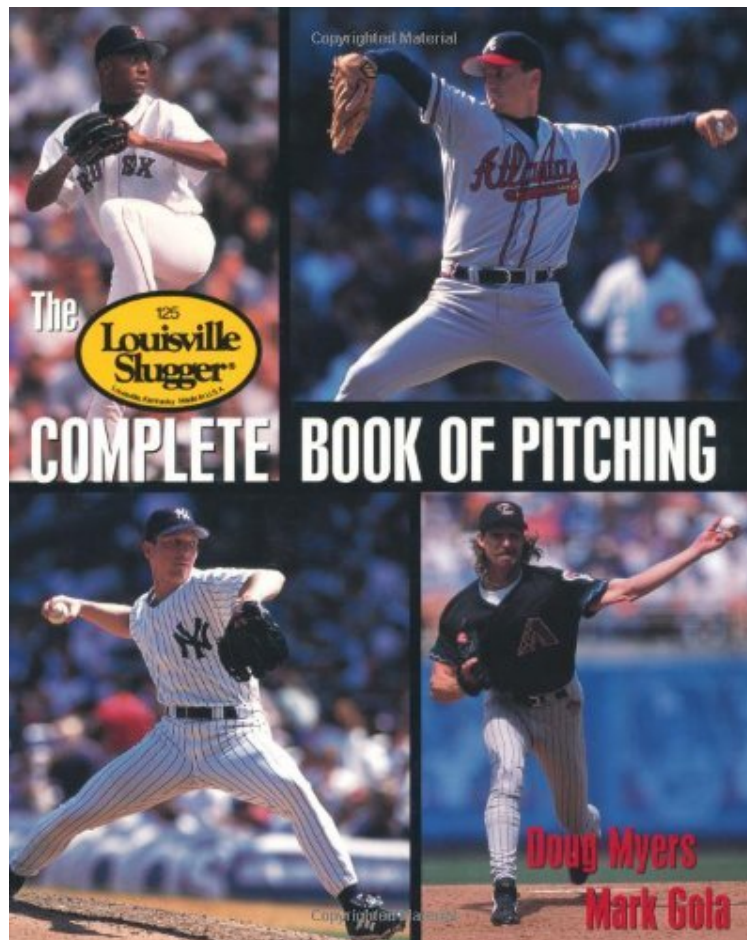


[FREE] The Louisville Slugger Complete Book of Pitching

# The Louisville Slugger Complete Book of Pitching

Von Doug Myers, Mark Gola

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**Von Doug Myers, Mark Gola : The Louisville Slugger Complete Book of Pitching** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Louisville Slugger Complete Book of Pitching:

Kundenrezensionen Hilfreichste Kundenrezensionen 4 von 4 Kunden fanden die folgende Rezension hilfreich. Thorough and easy-to-understand Von Randall C. Voorhees This book is the best I've read on the subject of pitching. Forget about Tom House--this book includes everything you need to know to become more successful on the mound: pitching mechanics, how to throw particular pitches, the mental aspects of pitching, conditioning, and more in language that is accessible for any reader. Authors Myers and Gola are thorough in their presentation of pitching as both art and science. I highly recommend the book for pitchers, parents and coaches at any level from little league to professional.

Kurzbeschreibung There is no one way to throw a baseball; for this simple reason the pitcher has one of the most intriguing positions in baseball. Short or tall, gawky or athletic, lefty or righty, hard thrower or crafty nibbler, anyone who can find a way to get batters out can be a good pitcher. The Louisville Slugger Complete Book of Pitching analyzes the methods of stars such as Nolan Ryan, Greg Maddux, and Tom Seaver. In addition, this book reveals what all prospective pitchers--regardless of style or stuff--need to do in order to be successful. Among the topics covered are: Building proper mechanics, from stride and delivery to release point and follow-through Throwing fastballs with varying velocity and movement around the plate Moving hitters in and out and forward and back in the box with an effective change-up Responding to key game situations and defensive responsibilities Building strength and flexibility in the arm as well as the legs and torso through customized conditioning plans Scouting opposition before game day, analyzing field conditions, and being your own coach on the mound when your stuff isn't working Developing the mental game necessary to control emotions and deal with adversity The Louisville Slugger Complete Book of Pitching is more than just instruction. Its unique treatment includes historical sidebars and anecdotes from players that will delight baseball fans, making it the ultimate reference for pitchers, pitching coaches, and others who enjoy the thrill and magic of fooling the hitter. Doug Myers is the author of Essential Cubs and the forthcoming Louisville Slugger Presents Batting Around. Mark Gola is a sportswriter who also works as the assistant coach for the Rider University baseball team.

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