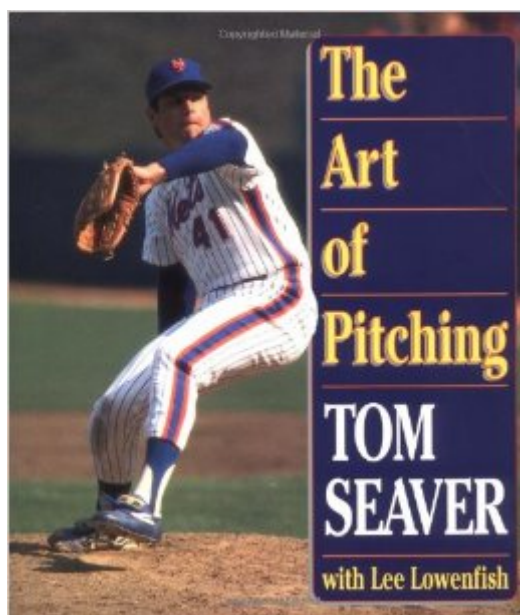


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# The Art Of Pitching



## Synopsis

Hall of Fame pitcher Tom Seaver is the acknowledged master of both the psychology and the technique of making a living at the corners of the plate. *The Art of Pitching*, a product of Seaver's twenty-one years of expertise on the mound, details what it takes to get to the top -- and stay there -- in terms of conditioning, mechanics, and concentration. Beginning with the absolutes of pitching preparation, Seaver describes how to get your body in shape to pitch with an exercise regimen specifically designed to prevent rotator cuff injury and to establish the full range of motion critical to pitching success. He explains the basic principles of pitching mechanics, and then analyzes specific pitches and their effectiveness in different game situations with the help of Nolan Ryan on the fastball, Steve Carlton on the slider, Steve Rogers on the sinker, and Mario Soto on the change-up. A firm believer in the pitcher's role as fifth infielder, Seaver devotes a chapter to defense that includes developing good pickoff moves. Finally, he offers a unique pitch-by-pitch analysis of a game against the St. Louis Cardinals.

## Book Information

Paperback: 224 pages

Publisher: Harper Paperbacks (March 31, 1994)

Language: English

ISBN-10: 068813226X

ISBN-13: 978-0688132262

Product Dimensions: 8 x 0.4 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #608,380 in Books (See Top 100 in Books) #112 in [Books > Sports & Outdoors > Coaching > Baseball](#) #1260 in [Books > Sports & Outdoors > Baseball](#)

## Customer Reviews

It was my first book on pitching many years ago. Here is my conclusion as compared to other books. 3 points : 1) A balanced physical preparation is emphasized. The small weight training is explained and shown even if it is now commonplace in every pitcher program. 2) The description of fastball, curve and grip biomechanic... is far superior to and more complete than anything I have seen since then. More important, experiment is emphasized with great method. 3) Tom Seaver approaches the mechanic of pitching on a two-fold way : first it breaks classically the motion, giving a lot of tips and second it fills it with pitching absolutes that give a frame for players and coaches.

This principle of a limited number of biomechanical absolutes that rules the motion is now emphasized for instance by Tom House. However, this book remains insufficient on practice examples in term of quantification over a season, on tools to evaluate a pitcher and its improvement. A lot of live examples are given on pitching strategy but a summary table depending on the count and/or the hitter weaknesses would have been more useful. I think the same for pitching preparation (amount of aerobic exercises, abdominal training....?) where criterias on age and weight, on pitching volume, would have helped establish a program. A book to read as well as a pitcher or as a manager, not a practical tool for a pitching coach program.

Tom Seaver completely breaks down the technical aspects of pitching. I've used the techniques explained in the book to improve little league players I have coached resulting in success.

Who better than to guide coaches to help youngsters learn how much pitching is done from the legs than the amazingly conditioned and wise, Tom Seaver? When Seaver first broke into the big leagues, it was said of him, "He has a 22 year old arm on a 30 year old head; usually we get them the other way around!" Seaver was known for conditioning, in particular, wind sprints to strengthen his legs. Nolan Ryan, besides being blessed with incredible genetics, was slavishly devoted to conditioning. Mechanics go a long way for young players and the picture-perfect imagery of Tom Seaver's compact, yet explosive motion is a portrait of which learning is readily accessible. A must for youngsters, pitching coaches right up to teens who are still adjusting and learning to pitch. \*\*\*\*\* Book.

Here's a terrific book for young hurlers from high-school age on up. Seaver covers it all, from how to grip and throw five different kinds of sinker balls to proper communication with your catcher and how to field your position. Especially welcome are his tips on reading individual hitters and outthinking them, and on the importance and mechanics of pre- and post-game physical conditioning. Play ball!

Seaver gives a training program for an aspiring or experienced pitcher from A to Z. The best parts of this book are the beginning and the end: He describes workouts at the beginning of the book, some of which I have used, but even better is his "join me" chapter at the end of the book. In this chapter, he takes the reader with him in a game against the Cards, shows how he pitched, complete with a chart, and shares with us his thought processes during the game. This last chapter was worth a star by itself. However, there is one critical fatal flaw in the book: He did not describe what makes a pitch

move (ball rotation and rotational direction). I am a softball pitcher, and these chapters helped me as well.

It's entirely a perfect, classic reference for a pitcher. Because my poor English, I can't express it well that how wonderful this book is. But after read this book, I got the most significant improvement not only technique but also mental enhancement, even more than what I learned in seven years of playing baseball before. Compare with what I learned from this book now, I feel I have wasted seven years before but learned nothing--or even much wrong. No matter you have been an All Star or just a beginner of pitching, you should read this book. I can say, this book will be the best pitching coach of you.

TOM EXPLAINS THE MOTION OF THE PITCHER EXCELENTLY. TOM SEAVER WITHOUT QUESTION HAD THE GREATEST WINDUP, PITCHING MOTION FOLLOW THROUGH IN THE HISTORY OF THE GAME. HE SPECIFACLLY GOES OVER EACH PART TO ALLOW YOU TO UNDERSTAND WHAT THE FOUNDATION IS AND TO ALLOW YOU TO DEVELOP THE IDEAL PITCHING MOTION TO ACHIEVE MAXIMUM POTENTIAL ON ALL YOUR PITCHES. HE COVERS ALL THE PITCHES AND THE ARM ANGLES AND CONDITIONING. IT IS WHAT ALLOWED HIM TO LAST 21 SEASONS AND FINISH HIS CAREER WITH A 2.86 ERA 3,600 K'S 311 WINS A HIGH WINNING PERCENTAGE AND VERY FEW WALKS. THE DROP AND DRIVE STYLE OF PITCHING IS THE BEST OR I SHOULD SAY THE ONLY PITCHING MOTION THAT SHOULD BE USED. IT ALLOWS THE WHOLE BODY TO BE USED FOR MAXIMUM VELOCITY AND EFFECTICENESS. SEAVER'S KNEE TOUCHED THE GROUND AND THE FRONT LEG MUST BEND TO ALLOW ALL YOUR VELOCITY TO GO TOWARD THE PLATE, RYAN'S ALMOST TOUCHED THE GROUND. DISCIPLES ARE CLEMENS, RYAN, KOUFAX, CONE. IF YOU FOLLOW ANY OTHER STYLE YOU WILL NOT LAST AS LONG. MY FRIEND TOSHI IS WRONG THIS MOTION ALLOWS YOU TO PITCH WITHOUT, INJURY RYAN, CLEMENS, CARLTON. HE INSINUTATION THAT THIS WILL CAUSE INJURY IS RIDICULOUS BECASUE ALL THE PITHCERS THAT HAVE USED IT HAVE LASTED THE LONGEST AND PITCHED THE MOST. CLEMENS (281 INNINGS 1987 MOST SINCE CARLTON) RYAN CARLTON (LAST PITCHER TO THROUGH 300 INNINGS 1980) BOTH PITCHED OVER FIFTEEN STRAIGHT YEARS OR LONGER WITHOUT EVER GOING ON THE DISABLED LIST. HE QUOTES TOM HOUSE BUT WHAT HAS HOUSE EVER DONE IN THE BIG LEAGUES, HIS BIG THING IS THAT HE WORKED WITH NOLAN; WELL NOLAN IS A DROP AND DRIVE PITCHER DUH!!! TOSHI ALSO TALKS

ABOUT WHERE THE GLOVE HAND SHOULD BE AND SEAVER HAS IT CORRECT RIGHT ON THE LEFT KNEE. SEAVER CREDENTIALS ARE IMPECABLE AND HE USED THESE MOTIONS HIMSELF SUCCED NUFF SAID

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