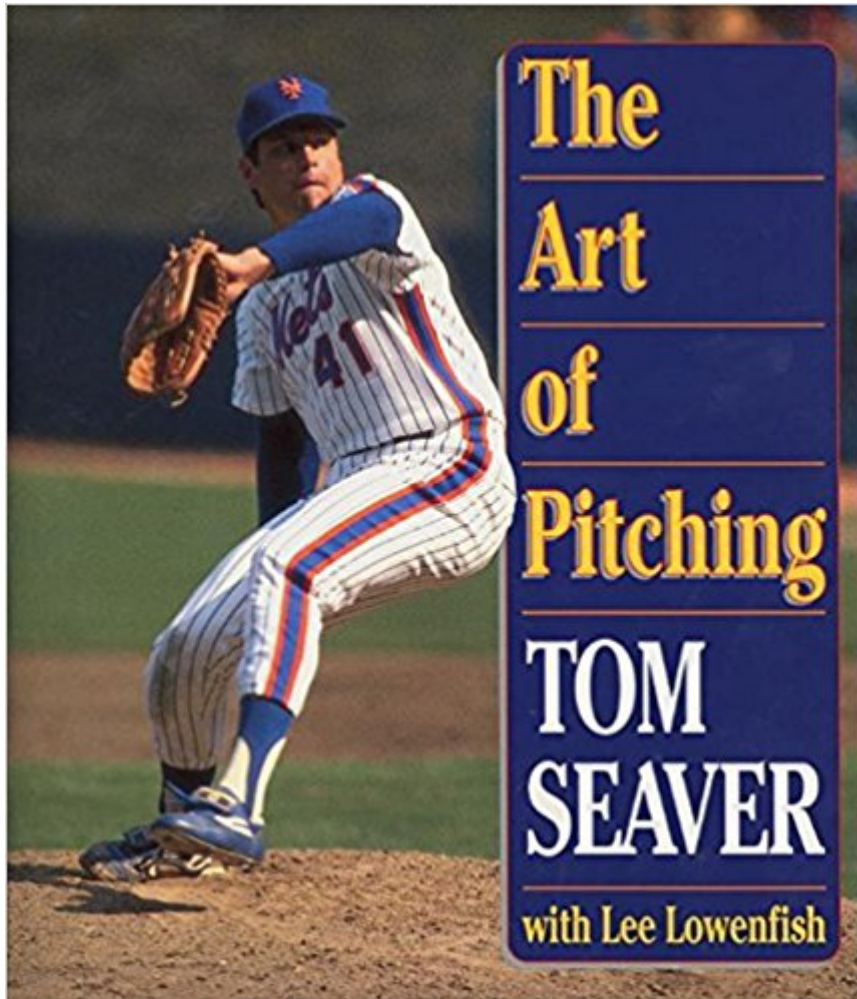




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# The Art Of Pitching



## 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

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## Customer Reviews

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.

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.

Tried and true stretching! You don't need science to upstage this man! Book is an EXCELLENT read and a MUST HAVE for any player!

Great book.

At 70, I have read all the books on pitching. If you are also a pitching coach, you must have this book. I can hear Seaver's voice on every page. Simply the best book on the subject.

ok

excellent book, good condition and fast shipping

Excellent book. Breaks down pitching at a level even a 10 year old can understand. Training plans and workouts are a great routine to follow to prevent permanent injury. Every potential youth baseball pitcher and parent should look through this book

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