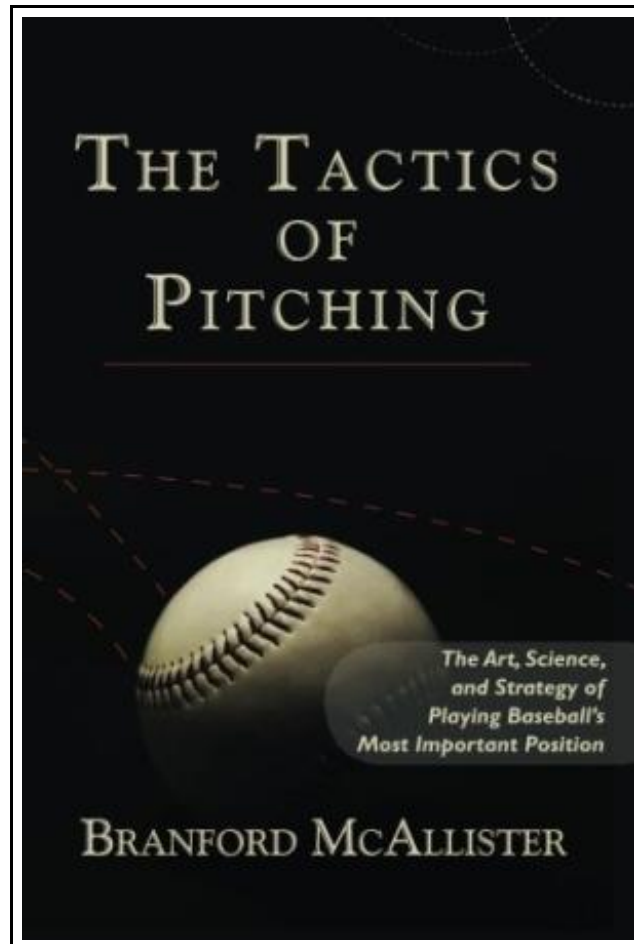


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(Elliott Rempel MD)

THE TACTICS OF PITCHING: THE ART, SCIENCE, AND STRATEGY OF PLAYING BASEBALLS MOST IMPORTANT POSITION

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 77 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. There are two basic ways to win the pitcher versus hitter war: Overpower the hitter (like Justin Verlander) Fool the hitter (like Barry Zito). The first requires dominating stuff, generally velocity. (Verlanders average fastball in 2012 was 94.3 mph. He also showcased a superb curveball.) And, it requires a fair amount of control to go with the overpowering velocity. Not many pitchers have that kind of ability, even in the major leagues. At lower levels, very few pitchers have the kind of overpowering stuff to rely just on that to get hitters out throughout a game. Those who do have electric stuff can dominate hitters. They are the fortunate ones, but not everyone has this advantage. For them, and for the overpowering pitchers at higher levels, something more than great stuff is required. So, in general, we need a more strategic, mental approach to get hitters out consistently. Pitching is a complex endeavor both physical and mental. While there are many views on how to succeed as a pitcher, there are several principles that lead to success on the mound. Among these are the following: There is a limited number of things you can do with a ball: give it speed, give it direction, impart spin, and select an orientation of the seams. You can also combine pitches in different sequences and combinations. Otherwise, there is nothing you can do to the ball. Every other factor that you can control is mental, and therefore absolutely essential to success. You cannot succeed consistently on the hill without having a plan in mind beforehand. So, if you prepare well, with solid mechanics, you can win each battle with hitters. The objective on the...



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