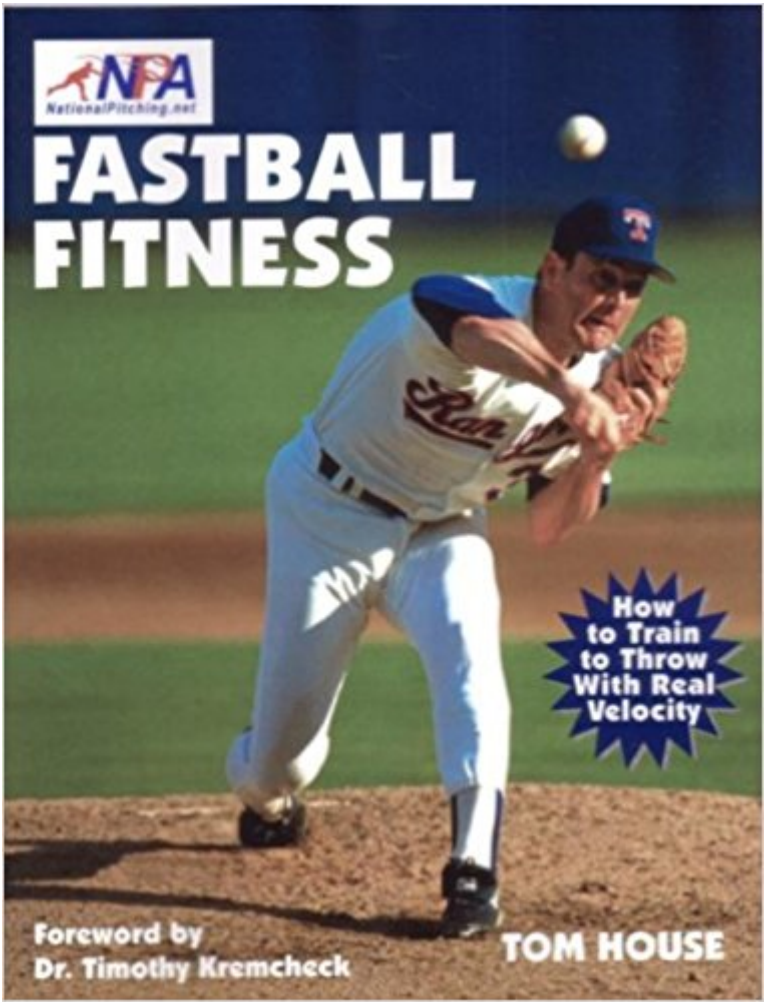
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# Fastball Fitness: The Art And Science Of Training To Throw With Real Velocity




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## Synopsis

Fastball Fitness presents an in-depth but easy-to-apply look at velocity and how it can be safely developed. Details how to condition the total body to maximize a pitcher’s genetic potential. Topics covered include rotational and directional momentum, timing, and fastball velocity, the biomechanical derivation of real velocity, how the legs, hips & shoulders, and spine & torso contribute to the mechanics of real velocity, prehabilitation training regimens, as well as conditioning protocols for real velocity from the National Pitching Association, the Titleist Performance Institute, Elite Baseball Academy, Beacon Orthopedics/Champion Sports, Victorian Institute of Sports Conditioning, and much, much more. Large format with over 180 clear photographs and illustrations.

## Book Information

Paperback: 142 pages

Publisher: Coaches Choice Books; VHS video edition (May 2007)

Language: English

ISBN-10: 1585180378

ISBN-13: 978-1585180370

Product Dimensions: 10.7 x 8.4 x 0.4 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #541,369 in Books (See Top 100 in Books) #95 inÃ Â Books > Sports & Outdoors > Coaching > Baseball #826 inÃ Â Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

Tom House, PhD is considered by many to be the "father of modern pitching mechanics". He is a cofounder of the National Pitching Association, which leads the way in three-dimensional analysis of human movement, the physical preparation to support this movement, the metabolic preparation to fuel human activity, and the necessary mental and emotional make-up to accomplish all of the above. House pitched on the professional level from 1967 to 1979 for the Atlanta Braves, Boston Red Sox, and the Seattle Mariners. He has coached since 1980 for the Houston Astros, San Diego Padres, Texas Rangers, and Chiba Lotte Marines (Japan), as well as in Latin America. On the amateur level, House is an information and instruction coordinator for 12 baseball academies across the United States and Canada. He directly accesses 5,000 to 6,000 player, coaches, and parents per year in clinic settings. He travels the world as an international consultant, performance analyst,

and sports psychologist. House is currently an advisor with the American Sports Medicine Institute and the Titleist Performance Institute, was a cofounder of the Pitch It Forward Foundation, and has paneled seminars for the American College of Sports Medicine.

Tom House has compiled the pitching intelligentsia for this study of velocity training. There are several sections, offering opinions of different experts on how their programs implement pitching velocity training. House supplies plenty of statistics and analysis as a background, and, then, moves to address how certain application of exercise can yield desired results. Statistics are provided, as well, to set the expectation of what improvements "might" be achieved. Obviously, there are far too many variables to predict how each individual may fare under each or all of these regimens, however, you can reasonably expect a certain degree of success.Why only 3 stars? I think this book has a couple of weaknesses. First, the exercises are described, but not explicitly. Diagrams and vague descriptions outline how each expert addresses their fitness program and what they have yielded for results. If you are remotely experienced in gym routines, you will be able to figure this out, but it could have been better formatted.Also, Tom House gets a little too caught up in the physics language, to which he dispenses very easily (he has his phd in Physiology, I believe). He could have explained his analysis in more laymens' terms. Obviously, Tom takes great pride in the education, knowledge, and experience he has attained and, is certainly looking to establish a degree of credibility to his study of this subject. However, in applying all of this, it would have been easier to read a more dumbed-down version!All in all, a worthwhile text if you are looking to instruct in this field, indulge in pitching self-improvement, or looking to coach-up your own pitcher, but not the best of what he has written or colloborated on.**Update: One aspect of this book that is not discussed is the value of the routines in rehabbing from an injury. My oldest son experienced "little league elbow" that was, fortunately, caught very early and addressed very seriously. His rehab, following complete rest for 3 months, involved the weighted ball routine that is discussed in the book. Not only did he gain approximately 5-7 mph, but a modified routine I can up with, gave him the endurance to throw at his top speed for prolonged periods. In fact, most speed measurements were taken at the 80 pitch mark of his work out routine, and he would display a consistent top end speed. That is performance!

very helpful and insightful

This book details the science behind pitching a baseball and, more importantly, how you or your son

can improve their pitching mechanics and velocity. Mike Paul's chapter is the best!

Here is all you need to know: If you want to have better pitching mechanics, then you need this book. Well worth $20.

The book is a collection of protocols to use in a training program for pitchers but it is NOT a complete program. Each idea is useful but needsto be linked to other method for a global approach. An innovative bookas others by Tom House.

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