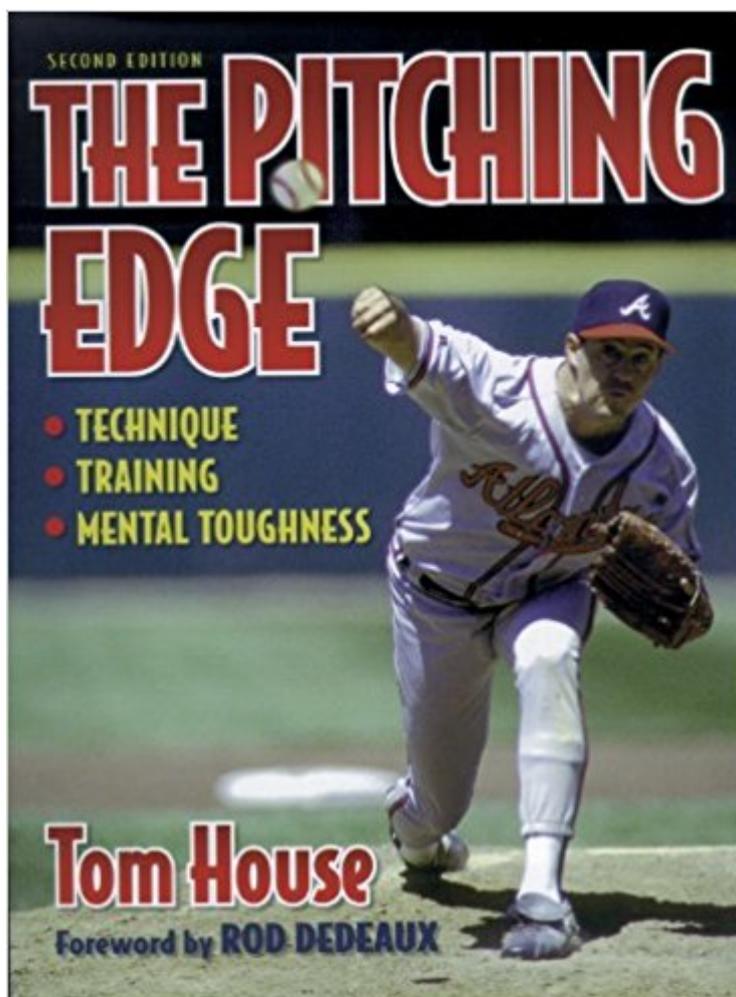


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# The Pitching Edge-2nd



## Synopsis

Nolan Ryan, Randy Johnson, Kevin Brown, and on and on. Tom House helped develop these athletes into the great pitchers they became—Hall of Famers and Cy Young award winners. Having spent 20 years in the Major Leagues as a pitcher and pitching coach, and more than that studying the science of pitching, House was well-prepared to unleash the maximum potential from his star pitcher pupils. Now, in the new edition of his highly acclaimed *The Pitching Edge*, House accomplishes through a book what he has been doing directly for decades with pitching prodigies. To House, pitchers are products of four things—their genes, their degree of mastery of the pitching motion, their level of physical conditioning, and their mental toughness and skills. The first factor cannot be changed; the other three can, and they form the three parts of *The Pitching Edge*. Part I is the best, clearest, and most complete information on pitching mechanics ever presented in a book. Each phase of the pitching motion, from initial set up through the post-follow-through is explained in detail and demonstrated through computer-generated stick figures and accompanying full-body line drawings. Here, and throughout the book, the author offers special trouble-shooting advice for pitching problems in an element called House Calls. Physical conditioning specifically for pitchers is covered in Part II. Far beyond the standard training advice, this section of the book provides clear exercise and program prescriptions for taking care of the throwing arm, preparing between starts and relief appearances, and maintaining all off-season fitness gains throughout the long competitive season. Finally, in Part III House looks at the psychology of pitching. More than the standard goal setting and mental imagery mumbo-jumbo, this section mixes what House has found to be most effective in mental and emotional management on and off the playing field. Always focused on the practical, this part of the book includes many valuable lessons and tips for making winning strategic pitching decisions throughout the course of a game and season. As a bonus feature, House includes his new Athletic Determination Inventory, which measures pitchers' motivational drive and mental makeup. In all, House has masterfully combined the art and science of pitching into a very useful guide for players and coaches. This book truly is *The Pitching Edge*.

## Book Information

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## Customer Reviews

Former major league player and coach Tom House's work is a guide for both pitchers and pitching coaches alike. He explains why a different pitch only effects a change in neuromuscular sequencing for the forearm, wrist, elbow and fingers and that is only a change in the angle. The different angles of the forearm, wrist, hand and fingers alter the speed, spin and path of the pitch (velocity, rotation and flight). The angle is more important than the actual grip in effecting the pitch as every pitch leaves the middle finger last. The ideal book on velocity and rotation optimization.

Tom House combines science and experience to develop a pitching technique that minimizes arm injuries and maximizes an individual's strength. Debunks several commonly taught techniques while showing optimum throwing position. Taught myself how to pitch AFTER pitching in college and wanted to learn "correct" way to teach my sons how to pitch!

A FEW YEARS AGO I MOVED DOWN TO THE LITTLE LEAGUE LEVEL. THAT FIRST YEAR I LOST ALL MY GAMES. I FELT TERRIBLE. I TAUGHT THE PLAYERS EVERYTHING I COULD ABOUT DEFENSE AND HITTING. I REALIZED THAT AT THE LITTLE LEAGUE LEVEL MORE TIME SHOULD BE SPENT ON PITCHING. I LOOKED FOR HELP AND FOUND TOM HOUSE'S BOOK THE PITCHING EDGE. THE FOLLOWING YEAR AND THIS LAST YEAR I MADE IT TO THE CHAMPIONSHIP AFTER COMING IN LAST THAT FIRST YEAR. I'VE PLAYED BASEBALL FOR YEARS AND PITCHED, BUT THIS BOOK ALSO SHOWED ME NOT HOW BUT WHY. THIS IS WHAT MADE THE DIFFERENCE. I UNDERSTOOD WHY AND THEN THEY UNDERSTOOD WHY THE BODY MUST MOVE IN CERTAIN WAYS. HIGHLY RECOMENDED.

I wish this book was around when I was pitching in high school and college. It would have helped me in countless ways (better fundamentals, skill work, and specific exercises for pitchers). Now I'm 44 and pitching in an over 40 league! If you are in high school or older I highly recommend this book.

Dad, it would be good for you to read and then use it to teach a younger baseball player. If you are a high school or college coach, you OWE it to your kids to read this and help them. Good Luck.

This is absolutely essential reading. This book represents a new generation of thinking about sporting biomechanics that is scientifically based. Although some of the old pearls of wisdom based on intuition have been confirmed to some degree, too many past teachings handed down by word of mouth seem like old wives' tales. In fact things such as the glove arm driving down are worse than old wives' tales because they can lead to excessive stress on the pitching arm, and so will lead to injury. From now on the critical pitcher will demand that any hypothesis about pitching mechanics be scientifically proven to be safe and sound rather than uncritically swallowing any old snake oil that could lead to a devastating career ending injury. It should be borne in mind that the language used is also scientifically exacting such that many younger readers may encounter difficulty. A glossary of terms such as "supination" and "pronation" needs to be provided in a future edition. This is really serious reading for the serious player and coach to be read again and again.

Tom House first breaks down the mechanics of pitching into frames and/or steps. He illustrates what is happening to the legs, torso, head and arms (what both arms are doing is important) at each step. Tom presents all of this in a simple, understandable manner. No scientific mumbo jumbo. Even a Father whose last baseball was high school 35 years ago can understand how to help their young pitcher. Dr. House has updated the book and video based on kinetic computer studies showing that the glove hand does not "drive" down on the good pitchers. I recommend both the book and video together as each complements the other.

The pitching edge is a very good book for pitching coaches and high school-collegiate athletes. Tom uses a lot of material that might be too complex for younger readers. Tom does a great job in research and describes and shows why and how to use proper pitching mechanics. He also describes how to use different cycles for different pitchers and this would help the inexperienced pitching coach.

If you're just starting to pitch or have been pitching for years this book is defiantly for you. This book defiantly answered some of the questions that I had about pitching. My arm had been hurting early in the season for about the past three years. As I was reading I came upon a section that told you how to take care of your arm but, it also told you how to make it stronger in the off season. If you're

having trouble getting guys out on a 0-2 pitch they give new pitches to try. The person that wrote this book, Tom House, is defiantly in front of his time when it comes to pitching. He was a major league pitching coach for a number of years, so you know that it's going to be valuable things that you're learning. One of the best things that I liked about this book is that it had major leaguers telling their experiences with the book and that it actually helped their pitching game. In this book it doesn't just tell you how to keep your arm in shape or throwing new pitches. It also teaches you how to make your arm stronger so you can get more velocity on your fastball. It gives you about 25 different lifts with dumb bells that work your rotator cuff. It also gives you stretches that can make your arm much more limber so you can get more velocity on your ball. I really like this book and I think that it's is perfect for all pitching ages. I liked it because it gave major league advice. It was a book written by a very respectable pitching coach that defiantly knows his stuff. You know that when you pick up this book you are going to get very valuable information. I know that if I ever have a question about pitching then I know where to look.

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