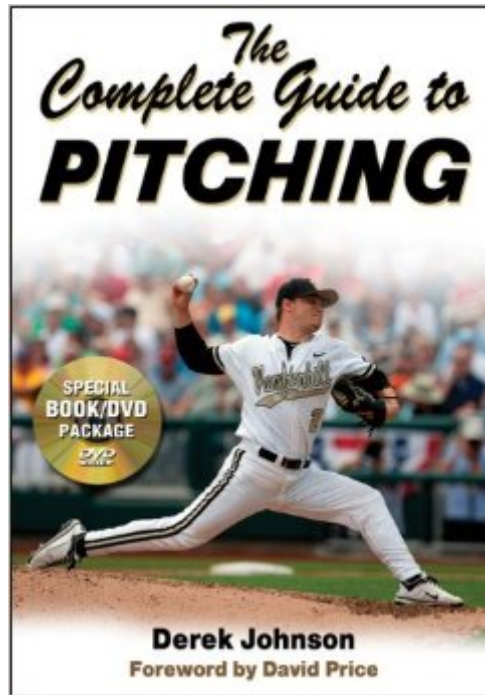


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# Complete Guide To Pitching, The



## Synopsis

There is more to becoming a great pitcher than sound mechanics, a blazing fastball, and a live arm. A pitcher must know how to pitch—what to throw, when to throw it, and where to locate it. He must have a me-versus-you mind-set, that unique blend of confidence and determination that fuels a passion to set the tone of the game, own the mound, and shut down the opponent. The Complete Guide to Pitching is the most comprehensive pitching resource available. Derek Johnson, one of the game's premier pitching coaches, takes you inside the art and science of pitching. You'll discover these strategies:

- Upper- and lower-body pitching mechanics
- Most effective arm and shoulder strengthening workouts
- Shutting down the opponent's running game
- Developing a potent pitching arsenal, including the splitter, curve, and changeup
- Creating a pregame pitching plan
- Situational strategies and recognizing hitters' weaknesses
- Fielding the position
- In- and off-season conditioning programs
- Windup, stretch, and follow-through

From pregame warm-ups to cultivating the pitcher-catcher relationship, it's all here in this one-of-a-kind book and DVD package. Featuring skill instruction, development drills, exercises, personal insights, and instruction on every aspect of pitching, The Complete Guide to Pitching is a must-have for every pitching coach, pitcher, and baseball fan. v

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (38 customer reviews)

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## Customer Reviews

This book had that more up to date feeling than others. It was very easy to read with clear instructions. The DVD that came with it made things even easier. If you have a first time pitcher then this book is a must.

Best pitching book and CD I have found. The author is very detailed and complete in his descriptions of all phases of the delivery (both physical and mental) and offers really helpful drills to reinforce technique. Although the CD is pretty short and simple it does a nice job of helping the reader visualize the proper pitching technique and how to execute the drills. My 15-year old son has already learned several really great foundational things to correct issues in his delivery. My older son who is no in college will benefit from the very detailed conditioning program and in-season workout routines. As a former littler league coach, I wish I had found this book 10 years ago, I can't put it down! I highly recommend it to anyone who wants to gain a complete understanding of the fundamentals of pitching.

So far this is extremely informative and I think it is better overall than the Tom House books. I have bought most of the House books and while I've picked up some good drills to use with my ten year old son and other players I coach, House is a little too complicated with his verbiage in my opinion. Not to say he isn't excellent, but he is just a little "wordy". This book is very detailed and can still be complicated in its verbiage, but only because pitching is a complicated endeavor. I have not gotten into the DVD but I think it will be a great resource to show the information discussed. With my son being relatively young, I will likely only focus on the first main section of the book for now (which is about basic setup, upper body, and lower body), but I know that the other sections will be a great resource as my son gets older. I have already picked up a few tips that I did not know like back heel sweeping and how it can affect the stride direction of the pitcher. I would recommend the book wholeheartedly.

This is the most comprehensive book on pitching that I have read, written by a coach with an excellent track record in developing pitchers. I have been coaching kids for over 5 years and I'm constantly looking for the latest proven techniques, drills, approaches, etc versus the old-school mantras such as "pitch downhill" and "follow through". This book details both the "what" as well as the "why" in terms of biomechanics, explained in layman's terms. It covers mechanics, how to throw different pitches, how to utilize this to attack hitters, how to mentally prepare, and physical conditioning. The complete guide!

This a great book and an excellent value. It offers the reader a very organized and coherent presentation of the important aspect of pitching. It is a good reference for both pitcher and pitching

instructor.

This is by far the most comprehensive overview of pitching available on the market today. Derek Johnson needs no introduction. In fact just a look at Vanderbilts pitching roster provides a testament to Johnsons proven coaching ability. Witness the success of David Price and Carson Fulmer- all of which leading to the credibility of the author and coach. The book discusses all aspects of pitching in detail - from the development of proper pitching mechanics to pitching arsenal and velocity. I have seen travel and high school pitching coaches use this book as their bible particularly since it is accompanied with a well produced dvd referenced throughout the various chapters. It discusses pitcher specific strengthening and stretching exercises and offers sample month by month workout schedules for high school and collegiate pitchers. Mr Johnsons advise is sound and if followed closely should produce big results. At less than 20 bucks the price is a steal, particularly if you are already paying 50-100 dollars an hour for a pitching coach. If your son is a serious travel, high school or collegiate player-this book is for you.

One of the more comprehensive pitching books that I've read. Great read . Covers all the bases so to speak. Conditioning and exercises as well.

Derek Johnson's "Complete Guide to Pitching" is a great blend of the latest information mixed with a common sense approach to pitching. His delivery is excellent as he takes several complex ideas and presents them in a manner that is easily understood. The use of the "quick pitch" and "pen session" side bars are an excellent tool to help further simplify the ideas being conveyed. The Complete Guide to Pitching is the most comprehensive book available on pitching today. It is a must read for coaches working with pitchers of all ages. As a Division One NCAA head coach, this book will certainly be a great resource for me in developing our pitchers.

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