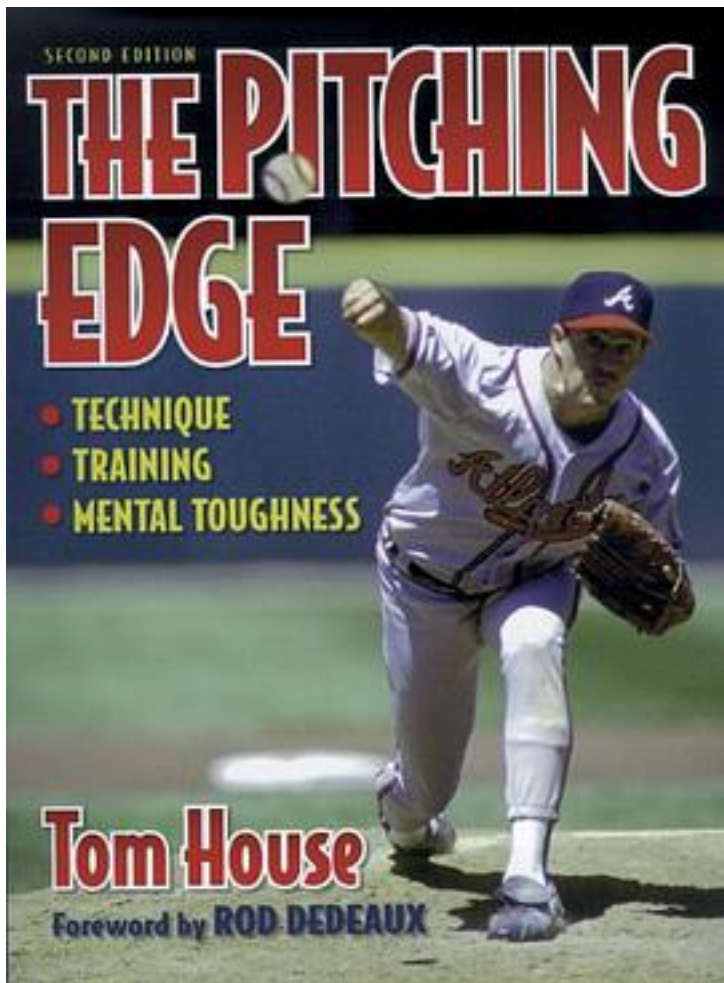


The Pitching Edge



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著者:House, Tom

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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."

作者介绍:

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