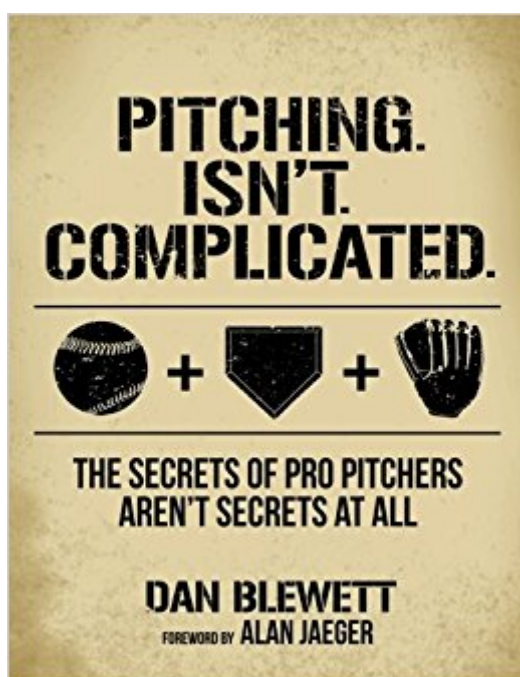


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Pitching. Isn't. Complicated.: The Secrets Of Pro Pitchers Aren't Secrets At All



Synopsis

Pitching. Isn't Complicated is written by 2-time All-Star and baseball academy owner, Dan Blewett. is a concise explanation of the pitching maxims that every pitcher must have to pitch at an elite level. Covered are mechanics, mindset, mental training, situational pitching, holding runners, and more. Dan has combined his playing experience with innovative training techniques to become one of the most successful young pitching coaches in the country. This book provides only the best drills, teaching methods and high-level mental concepts that comprise the optimal dose of training. Pitching. Isn't Complicated. is a concise, layman and actionable book written to give coaches, parents and pitchers a holistic understanding of elite pitching. With a mountain of conflicting information available on the Internet, the development of pitchers has become more confusing than ever; this book will change that.

Book Information

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Customer Reviews

Dan Blewett is a pitching instructor, strength coach, writer and professional pitcher. He is the founder of Warbird Training Academy, an innovative sports performance facility. Dan received a B.A in Philosophy and Psychology from UMBC (1989) and is a certified trainer with the NSCA. Having endured two Tommy John Surgeries, Dan has dedicated his life to creating healthy and successful young athletes. He regularly blogs and contributes articles to a number of websites and otherwise lives quietly in Bloomington, Illinois. Dan is still playing as of the publication of this book and insists that he won't walk away from the game; he'll have to be carted off.

Unlike some books written by pitching theorists who haven't been there, Dan Blewett writes a

field-tested book that comes from his own experience. He knows what works and he knows how to communicate what works. It's a balanced book with good coverage of all the basics but written in a way that even seasoned pitchers will better understand why what they were taught works (or doesn't work). But what stands out in the book are the beyond-the-basics coverage of important topics such as situational pitch selection. I haven't come across another book that comes close to explaining pitch selection the way he does, in such a logical manner. Every catcher and pitching coach should pick up a copy for that chapter alone (Ch 11). Also especially good are chapter 10 on Target Alignment System: How We (Actually) Throw Strikes and chapter 12 and 13 on Mental Training and How to Practice. In sum, there are other books on pitching theory written by guys with excellent credentials but little personal experience written for pitching coaches and managers. Dan Blewett has written a practical book written for the pitcher who wants to really improve his craft.

A great read, extremely informative. I think anyone from coaches, players or parents will love the book and find yourself going back to it often.

Dan explains that you do not have to worry about rotation(hips and shoulders) which is a hard concept to learn for younger kids. Price is very reasonable and I can't wait to get my kid started using his techniques outlined in the book.

Great book.

This book covers everything; mechanics, situational pitching, strength training, drill work, fixes for common mechanical problems, etc. As a strength and conditioning coach who works with a large number of baseball players, I can honestly say this is one of the best books I have read regarding the development of young pitchers. I recommend this book to all the pitchers I train, and if you are a pitcher or pitching coach, you NEED to read this book and implement Dan's ideas.

The title says it all. In a field with so many complex philosophies and sophisticated pitching terms, it is refreshing to take in a pitching manual that is easy to comprehend and apply. The knowledge the author has on the topic of pitching is apparent but the real beauty is his ability to take a complex topic and break it down into simple terms. This is an essential development and practice manual for parents, aspiring pitchers, and those in need of better practice and pitching routines. I knew I had a

gem of an instruction manual when the author talks about an actual pitching situation where the pitcher is leaving the ball up. Instead of delving into the mechanics of scap-loading or late-cocking, he provides applicable advice: to break the hands earlier and get on top of the next pitch. This book is loaded with easy to understand cues that can be applied on the diamond and in practice bullpen sessions. That is where the real value of this book is ascertained.

Pitching Isn't Complicated is one of the best resources I have come across for the aspiring pitcher, parent, or coach. It is well written, thorough, and very approachable. I recommend it to other coaches and parents often. If you are looking for a resource to help a young pitcher develop his game, physically and mentally, you owe it to yourself and your athlete to check this book out.

As a college ball player, this book was very helpful and a very easy read. The most helpful section for me was chapter that focused on the mental side of baseball and creating a routine. The book talks about the simple aspects like the proper way to practice and as well as more advanced mechanical flaws that are common in peoples throwing motions. This is a book I would recommend to any baseball player who is wanting learn more about baseball to get better.

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