



Pitching Edge Book/Video Package - 2nd - NTSC

Tom House

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In modern baseball, the best pitchers are those who master both the art and science of the position. Nolan Ryan, Randy Johnson, and Kevin Brown are among the many greats who developed this mastery with the help of pitching coach Tom House. Now, in *The Pitching Edge book/video package*, House offers you his special instruction and insight into the mechanics, conditioning, and psychology for superior pitching performance.

In Part I of *The Pitching Edge* book, House provides clear and detailed information and drills for developing and improving pitching techniques, from initial set up through the post-follow-through. Pitcher-specific training is covered in Part II, with special exercises and instructions for throwing arm maintenance, recovering and preparing physically between starts and relief appearances, and staying in great shape and injury-free throughout the long competitive season. Part III delves into the winning pitcher's mindset, emphasizing both mental toughness and smart strategic decisions to come out on top in key games and over the course of a season.

The Pitching Edge Video combines practical on-field instruction and drills with expert off-field analysis and explanation. Whether you're in the big leagues or youth leagues, you'll benefit from the many flat-ground and mound practice drills presented. And you'll gain insight into common problems and how to overcome them through Coach House's slow-motion video analysis of each phase of the pitching motion. This expertly produced video demonstrates and explains why the grip is less important than the direction of the wrist at release, why the "Flex-T" position of the upper arms and elbows is essential, why the drop-and-drive delivery reduces velocity, and much more.

So get your package today and start learning from a master pitching coach whose methods have been proven successful and are now widely used from Little League to the Major Leagues, from the United States to Japan. With this book and video, you will truly have *The Pitching Edge*.

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Why? Because this Pitching Edge Book/Video Package - 2nd - NTSC is an unordinary book that the inside of the publication waiting for you to snap it but latter it will shock you with the secret it inside. Reading this book next to it was fantastic author who write the book in such wonderful way makes the content on the inside easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of benefits than the other book have got such as help improving your talent and your critical thinking way. So , still want to hold off having that book? If I had been you I will go to the guide store hurriedly.

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