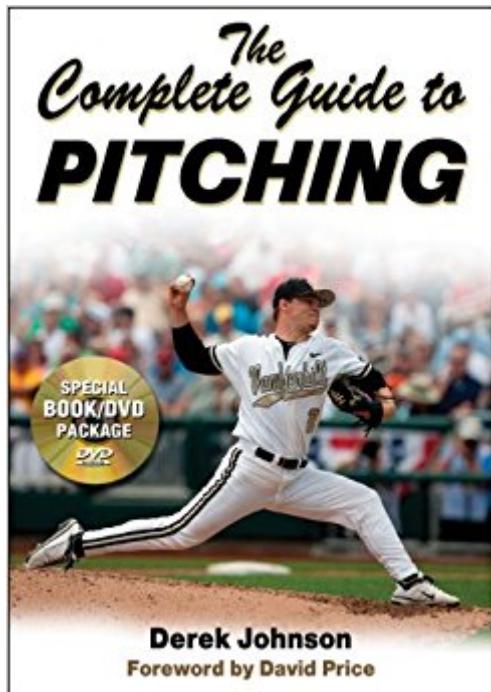


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# Complete Guide To Pitching, The



## 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 pitchâ "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 gameâ "s premier pitching coaches, takes you inside the art and science of pitching. Youâ "ll discover these strategies:

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

From pregame warm-ups to cultivating the pitcherâ "catcher relationship, itâ "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.

## Book Information

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## Customer Reviews

"[W]ithout question one of the best resources ever on pitching... Every pitching coach and pitcher in the nation should get a copy of this marvelous book/DVD.â • Collegiate Baseball â œ[T]he most comprehensive pitching resource available.â • Baseball The Magazine "Derek

JohnsonÂ epitomizes the role of a pitching coach, and he applies that passion to Complete Guide to Pitching." Tim Corbin-- Head Baseball Coach Vanderbilt University

Derek Johnson, named college baseballâ ™s National Pitching Coach of the Year in 2004 and National Assistant Coach of the Year in 2010, is widely considered one of the top pitching coaches in the country. In October 2012, he accepted a position with the Chicago Cubs as their minor league pitching coordinator. Before his appointment with the Cubs, he spent 11 years as pitching coach at Vanderbilt, three as associate head coach. While at Vanderbilt, four of his last five staffs led the Southeastern Conference in earned-run average (ERA). His staffs were also ranked nationally at number 15 (2003), 7 (2004), 17 (2005), and 13 (2007). More than 25 of Johnsonâ ™s past pitchers have been drafted. Under Johnsonâ ™s tutelage, Vanderbilt participated in the College World Series in 2011, led by eight players who would later be selected in the Major League Baseball draft, including first-round picks Sonny Gray and Grayson Gravin. The 2011 pitching team led the Southeastern Conference in ERAs and strikeouts. In 2010, the Commodores allowed the fewest home runs in the league, led by Sonny Gray, who was named Baseball Americaâ ™s Summer League Player of the Year (the Commodoresâ ™ third win in five years). For his efforts with this team, Johnson was named the ABCA/Baseball America Assistant Coach of the Year. Johnson's 2007 crew led the SEC in eight statistical categories, including ERA (3.55), strikeouts (632), opponentsâ ™ batting average (.238), complete games (7), and runs allowed (266). Vanderbilt hurlers also threw a school record 606.2 innings in 67 games with 13 saves. Six pitchers from that 2007 staff were drafted and signed into the professional ranks, led by number-one overall pick David Price (Tampa Bay Devil Rays) and the eighth overall pick, Casey Weathers (Colorado Rockies). Johnson lives in Nashville, Tennessee.

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.

Can't decide whether this is the best book on pitching, or just the best baseball instruction book, period. So well written, such great information. And my favorite part: Derek Johnson succeeds at writing a book that is helpful for pitchers and coaches at EVERY level of the game. It's written in such a way that you easily apply it to whatever age group you are coaching now, and then re-read it next season and go a level deeper. I thought I had stumbled onto an unknown, brilliant coaching mind. Then I found out the Brewers hired him as their pitching coach, despite his unusual resume of never having played professional baseball. Really glad Derek Johnson's book and coaching are getting well-deserved attention.

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.

Easily one of the best pitching books available. If you are really into pitching and are looking to enhance your game to the highest level. Check this book out as many people in the know praise this book.

This book covers all parts of pitching from psychological to mechanical to conditioning of players. There is a lot of useful and action oriented information. I strongly recommend to read this book for those who are striving the art of pitching and wants to improve results on the mound.

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.

DVD is nice bonus

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