

LESSON 1



WELCOME TO THE FOUNDATIONAL PITCHING WORKSHOP!

If you're a pitcher, or a parent, coach or agent of pitcher, who interested in maximizing your velocity, and improving your command so you can get more outs and help the team WIN, you are in the right place!

I've had 1000's of players go through the same system you are about to learn. It has been tested and proven effective on youth players, all the way to the big leaguers!

This action plan is designed to help you capture the critical lessons in this video, and instruct you on some important concepts and tests to get the most from your body.

THE 5 TYPES OF PEOPLE THIS IS BEST SUITED FOR:

1. The PITCHER who...
 - ▶ is struggling to gain and sustain velocity.
 - ▶ has inconsistent throws and poor pitch control/command.
 - ▶ is struggling with injuries.
2. The PARENT who has a pitcher like the above, or wants to learn the proper ways to protect and influence the body for optimum performance gain.
3. The COACH who is in charge of, and interested in pitcher development
4. The AGENT who is responsible for directing pitchers to the proper resources for safe and sustainable pitching performance enhancement.
5. The NON-PITCHER, as you throw too, and the same information applies to keep you healthy and playing at your maximum.

EXERCISE:

3 QUESTIONS TO INSPIRE YOU TO UNLEASH YOUR PITCHING POTENTIAL!

1. Why do you want to be **so good** at getting outs for your team?

2. What do you think you need **most** to get there? (If velocity, how much faster? If command, what does that look like to you? Something else??)

3. What do you think your future would look like, if you could achieve your goal(s) from above? What would happen to you and your family?

THE CORE COMPONENTS THAT MAKE UP THE **BASE-3 EXAMINATION ARE:**

1. _____
2. FLEXIBILITY _____
3. _____

TRUE OR FALSE?

If a player who needs more leg strength and control, is given a weighted ball throwing program, they will **maximize** their performance. True or False? Why?

THE BASE-3 EXAMINATION:

THE SINGLE LEG SQUAT / HOW TO ASSESS LOWER BODY CONTROL.

Rationale:

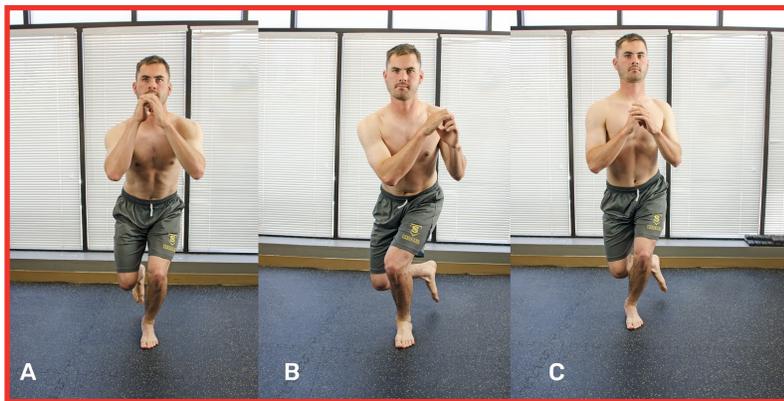
The ability to move well on one leg is critical to the baseball pitcher. The pitcher drives off the rubber from a one leg squat position, and lands on the other...in a one leg squat position.

Loss of stability from the drive leg will allow the knee to collapse inward or the pelvis to drop. Either will undoubtedly create a breakdown in pitching mechanics from the get-go, and your pitch command will suffer. The knee collapse or pelvic drop will also allow strength/force to *leak from the system*. All that force you are trying to generate from the ground will not make it into your delivery, and your velocity will suffer.

Instructions:

1. Take off socks and shoes.
2. Stand on one leg.
3. As the examiner, ask the pitcher to squat on one-leg, up and down, five times.
 - a. Squat down as low as you feel comfortable, then come right back up.

Feel free to video record this with your phone or tablet, and watch it in slow motion if to help you make the right assessment, below. I've been assessing this for years, so it comes very natural and easy to me. See below.



- A.** Normal form, front view.
- B.** Knee dives/collapses inward, also with the upper/leg femur rotating inward.
- C.** Pelvis tilts away from parallel

Pass-Fail Criteria:

To PASS the test, we are looking for the pitcher to squat down, keeping his/her pelvis level and keeping the hip, knee, and foot in a straight line: no rotations, no collapses. I also want to see the pitcher's knee bend close to 90 degrees. (A, above)

You FAIL the test if:

- The pelvis/belt-line drops away from parallel with the floor (C, above)
- The upper leg/femur rotates inward. You will be able to see this by looking at the knee cap. If the knee cap points inward, the femur is also rotating inward. (B, above)
- The knee dives or collapses inward (B, above)

Mark your examination sheet as NORMAL or ABNORMAL for each leg.

Exam	Test results (circle one)	Notes
Single Leg Squat	R - Normal / Abnormal L - Normal / Abnormal	

If you have a normal test result, you may still be lacking strength in a particular muscle which drains your performance. In my office, 9/10 pitchers have weakness of this muscle, which I will explain all about in lesson #3.

LOOKING AHEAD:

Over the next 3 lessons, I will be breaking down my BASE-3 System which has aided thousands of pitchers to achieve their maximum velocity, and pitch with their greatest command. This has undoubtedly helped them get recruited, get drafted and achieve their own baseball dreams, and it *will* do the exact same for you too!

LESSON 2 – FLEXIBILITY

Next lesson I will show you how to test for flexibility in the lower body. If this tightness exists, it can greatly impact the one leg squat test, especially in the high school pitcher and beyond. Having this flexibility could be the difference maker for you in becoming a high velocity, highly accurate pitcher. So, stay tuned for video #2.

LESSON 3 – STRENGTH/WEAKNESS AND THE BASE-3 BLUEPRINT

This is the lesson where I put it all together for you. In addition to learning how to test for—and correct—weakness of a very important muscle for baseball pitching, you'll get the blueprint that shows you my full BASE-3 System, and drill into the details. The accompanying video will walk you through the entire system, and show you how each part unleashes the full potential of the baseball pitcher.

LESSON 4 – MOVING FORWARD AND NEXT STEPS

This lesson is all about you moving forward. I'm a big fan of learning...

But all the learning in the world won't move you forward – so this lesson is all about you moving into action. I've had thousands of pitchers achieve huge success, and I want you to take your place in that group of extraordinary athletes– and that's what this lesson is about.