

LESSON 2

Every successful athlete on the face of this Earth has a roadmap that tells them what direction to go to achieve their goal. The better the map, the better, and sooner the outcome. Whether you are a youth pitcher, an elite professional pitcher, or anywhere in between, there is a better map out there than what you have been using—I promise!

Knowing what is weak, tight or has poor control on your unique body is the paramount map. That's why one-size fit all programs and using a special training tool right off the shelf, always fall short of helping you achieve your maximum and prevent staying healthy for the long-term.

Creating a healthy arm and a highly accurate, high velocity pitcher go hand-in-hand. It's as simple as learning what you are specifically "weak" in and then getting on a proper program to address your unique body needs.

IT'S TOTAL BODY VS. JUST THE ARM

If you are worrying about health and performance by just focusing on the arm, you are essentially worrying about the caboose, instead of the engine that drives the train. Said another way, you're focusing on the wrong parts.

FLEXIBILITY

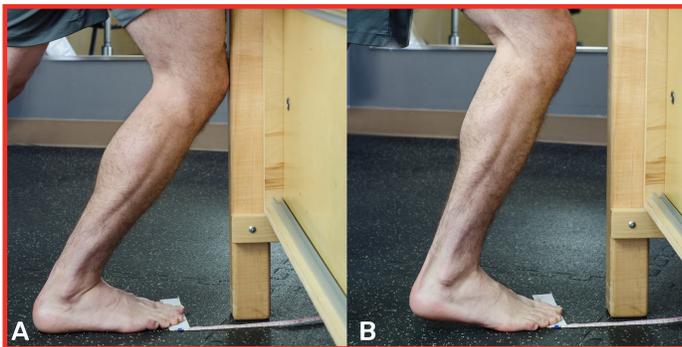
Having good flexibility is arguably the most important element of any baseball player, especially the pitcher. Below are two tests that you can easily do, to see if you have lost important areas of flexibility.

IS IT TIGHT?

ANKLE MOBILITY

Rationale:

A loss of motion here can make it harder to squat, thus affecting the depth and control of your squat, limiting power production, which will directly affect your ability to use the "lower half."



- A.** Test end with a normal result.
- B.** Tight test result. Notice how the heel is raised off the floor, and also the knee cannot touch; either of these conditions represent a "tight" test.

Instructions:

- 1.** Find a wall. Measure 9 centimeters from the base of the wall and place a strip of athletic tape parallel with the wall at that 9cm mark, as shown above. The leading edge of the tape should be at 9cm (If you have a baseboard on the wall, approximate the width of the baseboard and subtract it from your 9cm distance... effectively moving the tape closer to the wall making up for the baseboard.)
- 2.** With shoes and socks off, place your toes on the leading edge of the tape.

3. While keeping your heel on the ground, bend your knee forward to attempt touching the wall with your knee.

Pass-Fail Criteria:

If you cannot touch your knee on the wall without lifting your heel, you have restrictions in the ankle and you must fix this.

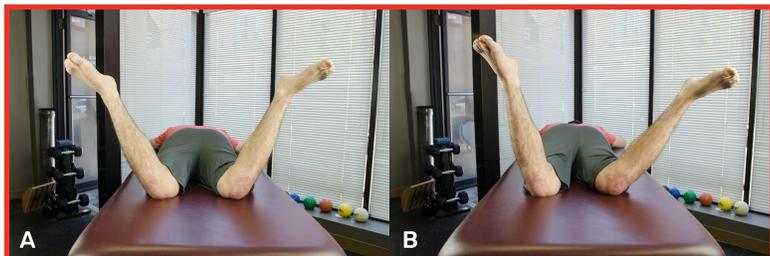
Circle your result on this exam sheet, below, as TIGHT or NORMAL, for each side.

Exam	Test results (circle one)	If tight, perform...
Ankle Mobility	R - Tight / Normal L - Tight / Normal	Soleus Stretch Progression #1

HIP INTERNAL ROTATION TIGHTNESS

Rationale:

A loss of hip internal rotation will place more stress further up the kinetic chain. If the stride leg hip cannot internally rotate, it's like a 10-car pileup; the hip comes to a dead stop, and all parts of the kinetic chain that come afterward crash. In this case, the body parts that come afterward compensate and take on more stress.



- A. Test end with a normal result.
- B. Test end, left leg tight (lacking rotation).

Instructions:

1. Lie on your stomach on a firm surface.
2. Have the examiner bend your knees to 90 degrees and gently push your feet outward away from each other, effectively internally rotating your thighs/hips.
3. Measure with a goniometer or eyeball the distance.
4. Compare each side to each other.

Pass-Fail Criteria:

If both legs look equal and are at least 35 degrees as measured with a goniometer or eyeballed, you are in the clear. If one hip is less internally rotated than the other, specifically on the stride leg, this must be corrected.

Mark your sheet as TIGHT or NORMAL for each side. If the drive leg is tight, this is optional for you to correct, as the stride leg is most important.

Exam	Test results (circle one)	If tight, perform...
Hip Internal Rotation Tightness	R - Tight / Normal L - Tight / Normal	Hip Internal Rotation Stretch Progression #1 <i>(Look out for an email from me tomorrow.)</i>

MAKE SURE YOU SEE THE ENTIRE FOUNDATIONAL PITCHING WORKSHOP!

LESSON 1 — HOW TO ASSESS FOR LEG CONTROL

Every successful athlete on the face of this Earth has a roadmap that tells them what direction to go to achieve their goal. The better the map, the better and sooner the outcome. This lesson taught you a super important movement to test, which begins to shed light on what areas/body parts the pitcher needs to focus on.

LESSON 2 — HOW TO ASSESS FLEXIBILITY

That's this lesson! It's all about having the greatest flexibility at 2 key areas, so you can unleash your full potential as a baseball pitcher. Flexibility is a key component of the BASE-3 Examination process.

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.