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The Physics of Pitching: Learn the Mechanics, Science, and Psychology of Pitching to Success

Len Solesky, James T. Cain

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The Physics of Pitching is a well-rounded and comprehensive study that explores the formula for success in pitching and the secret to staying healthy and injury free. It brings together the expertise of a professional scout and pitching consultant, a former major league pitcher and current pitching coach, a sports orthopedic surgeon, and a strength and conditioning specialist. Step-by-step instruction is combined with a discussion of the fundamentals of pitching mechanics and kinetics, physiology and orthopedics, weight training, and the mental and strategic sides of baseball. *The Physics of Pitching* is illustrated throughout with step-by-step photography and detailed illustrations of the key mechanics.

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