



# Complete Guide to Pitching, The

By Derek Johnson

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## Complete Guide to Pitching, The By Derek Johnson

There is more to becoming a great pitcher than sound mechanics, a blazing fastball, and a live arm. A pitcher must know how to pitch—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 game's premier pitching coaches, takes you inside the art and science of pitching. You'll discover these strategies:

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

From pregame warm-ups to cultivating the pitcher–catcher relationship, it'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.

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*"[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."*

***Collegiate Baseball***

*"[T]he most comprehensive pitching resource available."*

***Baseball The Magazine***

*"Derek Johnson epitomizes the role of a pitching coach, and he applies that passion to Complete Guide to Pitching."*

**Tim Corbin**-- Head Baseball Coach Vanderbilt University

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