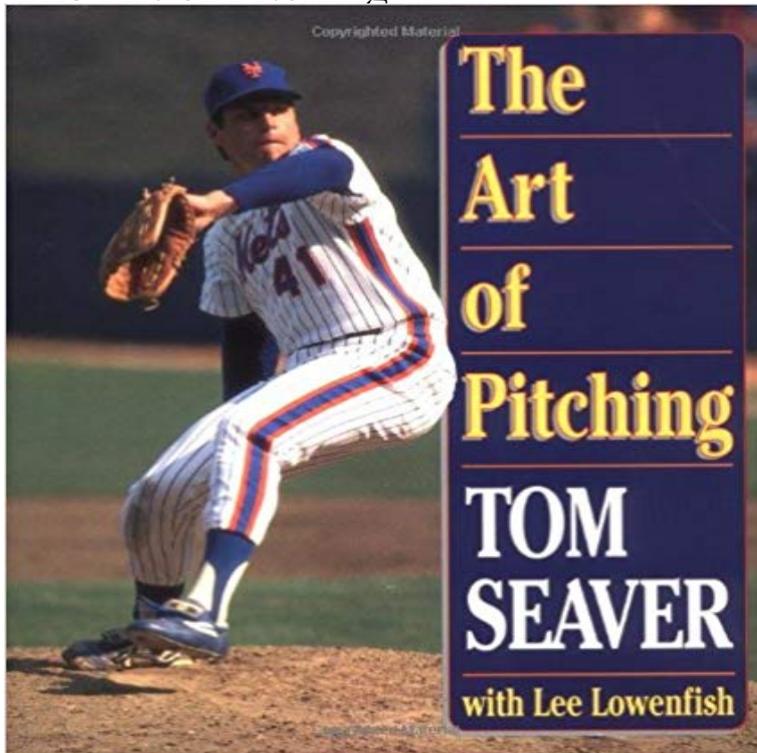


## The Art of Pitching



Hall of Fame pitcher Tom Seaver is the acknowledged master of both the psychology and the technique of making a living at the corners of the plate. The Art of Pitching, a product of Seaver's twenty-one years of expertise on the mound, details what it takes to get to the top -- and stay there -- in terms of conditioning, mechanics, and concentration. Beginning with the absolutes of pitching preparation, Seaver describes how to get your body in shape to pitch with an exercise regimen specifically designed to prevent rotator cuff injury and to establish the full range of motion critical to pitching success. He explains the basic principles of pitching mechanics, and then analyzes specific pitches and their effectiveness in different game situations with the help of Nolan Ryan on the fastball, Steve Carlton on the slider, Steve Rogers on the sinker, and Mario Soto on the change-up. A firm believer in the pitcher's role as fifth infielder, Seaver devotes a chapter to defense that includes developing good pickoff moves. Finally, he offers a unique pitch-by-pitch analysis of a game against the St. Louis Cardinals. Sport magazine has said of Seaver, Future pitching textbooks will be based on his career. He is his own best pitching coach. Now, with The Art of Pitching, he can be yours too.

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