

Robby Row's Pitching Mechanics

Optimization Process

I know not everyone is going to move the same while throwing a baseball. That's not the point I'm trying to make here. I'm a believer in understanding the way your body moves and tailoring your delivery to that. But at the same time it doesn't necessarily mean that we shouldn't be working towards optimal positions. For me the process for a Pitcher in working towards optimal Pitching Mechanics should be as follows (note this is just my personal opinion, not saying this is absolute.. because I think we know that in Baseball, there are not absolutes). You will be able to click on the Blue Text below to get a better understanding for the subject.

1. Identify what your Pitching goal is (EX: Better Command - More Velo.. usually one in the same)
2. Identify your mechanical deficiencies (Sign up for [Mechanical Analysis](#) with me to give you a better idea so we aren't "guessing.")
3. Understand the [Movement Patterns](#) you're trying to accomplish and the reasoning behind accomplishing said movement patterns based on your goal and your deficiencies.
4. Visualize said movement patterns in your head to establish the [Brain-Body Connection](#)
5. Highlight ONE thing and ONE thing only to start. Extremely important that we don't flood our brain with multiple components. ([See Video](#))
6. Intentionally Train that ONE thing/movement
7. Identify why you may not be able to get into said movements ([Mobility](#) or [Strength Component](#))
8. Breakdown your delivery into segments to better ["FEEL"](#) for said movement patterns
9. Hammer [INTENTIONAL REPETITIONS](#) to instill the patterns that you want!