

Pitching Secrets

Knowledge of the Efficient Throw

Know the Mechanics of Ankle, Power, Pull

Know the Mechanics of Thumbs Down

Know the Pull of the Pronation

Development

30'45'60'75' Natural Power Training

The Football Pass

Spin Rates from Every Position

Strong arms come from proper, flexibility and total body engagement. Efficient working of the total body provides a kinetic chain of power transfer and a flexible whip of the wrist that insures crisp, accurate throws to a target.

Our Warriors all know these secrets and implement the natural development without long tosses, long recovery periods, and long hours between appearances.