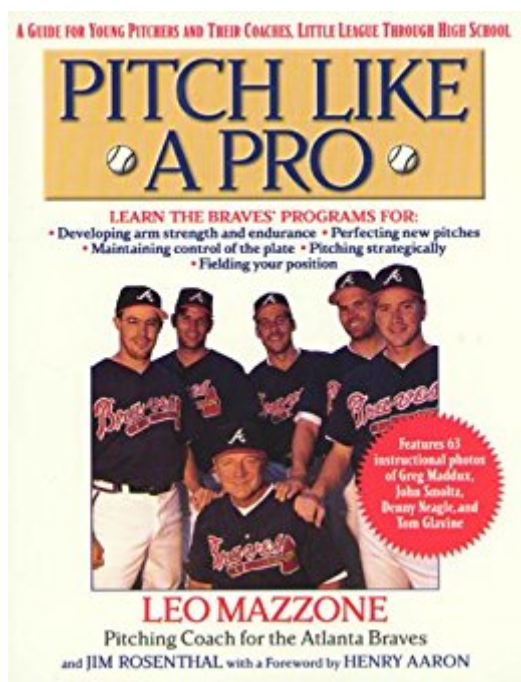


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# Pitch Like A Pro: A Guide For Young Pitchers And Their Coaches, Little League Through High School



## Synopsis

Leo Mazzone is pro baseball's premier pitching coach. In his years with the Atlanta Braves, he has trained several Cy Young Award winners and helped lead his team to the World Series. In *Pitch like a Pro*, Mazzone and coauthor Jim Rosenthal offer step-by-step instructions for players and coaches in Little League through high school. They teach all of the pitching basics and give athletes advice on how they can use the right training techniques to grow stronger and stay healthier. Contents include: Mazzone's between-starts throwing program How to grip different pitches Proper mechanics and delivery technique Pitching strategies and tactics Field the position *Pitch like a Pro* offers contributions by such well known pitchers as Greg Maddux, Tom Glavine, John Smoltz, and Denny Neagle, along with black-and-white instructional photographs.

## Book Information

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## Customer Reviews

I bought a copy of this book when I was coaching Little League some years back and it was a terrific help in teaching the kids to pitch (I was a catcher when I was a kid so pitching was not my thing.) With the tips and techniques from guys like Maddux, Glavine, and Smoltz, it was easy to guide the

kids as individuals and help them form their own pitching style. This book was so helpful that I have bought copies for some of my friends whose kids are pitching in Little League, and they tell me what a great help it has been. Recommended for anybody who wants to improve their technique and make a difference on the mound.

bought for a friend

The book, Pitch Like A Pro, is the result of the experience of sage Coach Leo Mazzone with valuable contributions by veteran pitchers Greg Maddux, Tom Glavine, John Smoltz, and Denny Neagle. The book provides the reader a common sense, inside look at the coaching philosophy that has produced one of the best pitching staffs of this century. Respectfully, I am concerned with a portion of the weight training section of the book. The strength coach specifically recommends machine and straight bar (Smith machine) lifts. This practice can lead to Bencher's shoulder (acromio-clavicular damage) and subsequent rotator cuff impingement. A safer alternative would replace straight bar training with light dumbbells and cable work to afford movement within physiologic arcs of shoulder movement. In addition, light dumbbell and cable work provides work to secondary agonist stabilizers that may provide better overall results. I am greatly appreciative of the information and insight provided by Coach Leo Mazzone and his All-Star staff.

Great information for coach's of all levels. I am a pitching coach at the collegiate level and there were definitely things I could add to what I am doing to make my pitchers better. This book is a quick look into the mind of one of the greats.

This book is filled with a common sense approach to handling pitchers. This is a must read for anyone wanting to coach pitching.

This book was okay, I knew it was an old book but didn't realize just how old it was. However it did help out with my 14 yr old son. One bad thing about it was, It felt like we were reading an instruction book for a VCR

Excellent book that I bought as a gift for a friend's baseball playing son.

Young pitchers and their dads should read this book.

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