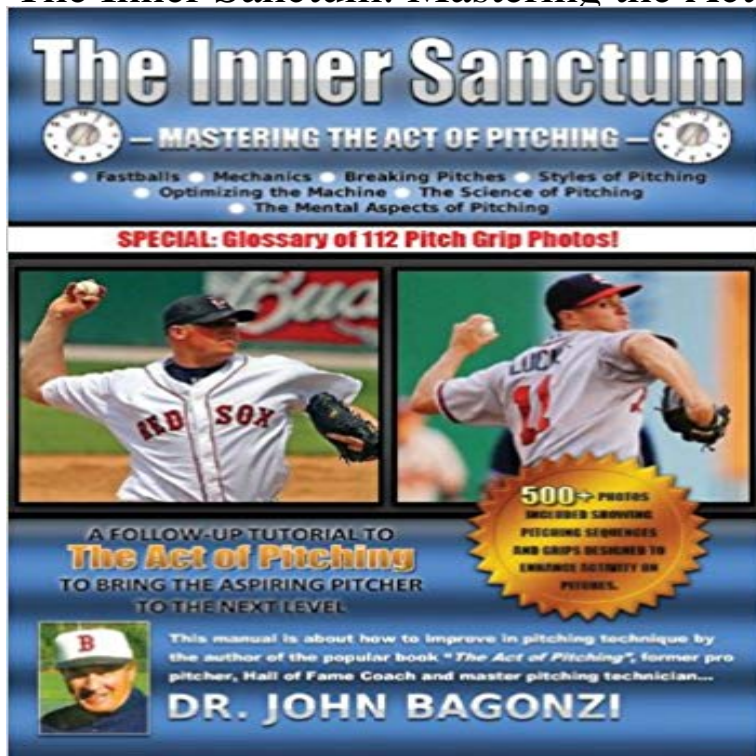


The Inner Sanctum: Mastering the Act of Pitching



A follow-up to The Act of Pitching, this guide serves as an expansive to help pitchers achieve their next level or seeking to improve their pitching knowledge for coaches. The manual provides advanced how-to pitching techniques for Little Leaguers through aspiring professionals, with in-depth information on subjects including the fastball, breaking pitches, mechanics, mental aspects of the game, resistance training, nutrition, drills, and the physics and anatomy of pitching. Accompanying the extensive pitching advice are more than 400 photos of pitching sequences and grips designed to enhance activity on pitches, as well as a special glossary of 112 pitch-grip photos.

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