

Baseball seasons are increasing in length at the youth level. All-Star games and the popularity of Fall baseball seasons all add up. It is up to the managers, coaches and parents to look out for the long-term interests of their athletes and children, rather than focussing in shortterm gains.

## Balance & Control



Simply put, mechanics are about moving the body through space using proper timing in a well-balanced and controlled manner. This balance & control will result in landing in a consistent power position. This position is the determining factor in how much power is generated.

## Release Point

The Power Position also plays a major role in the release point of the ball as well as minimizing the amount of stress put on the arm.

## Deceleration

Proper deceleration of the arm also reduces the amount of stress the arm endures when delivering the ball. It is worth mentioning that "deceleration" is more than simply "following through." Following through generally emphasizes the throwing arm, while deceleration incorporates the entire body.



## Throwing Uphill

The longer you wait to correct mechanical flaws, the longer it will take to increase velocity and develop better control. Success with poor mechanics is a shortterm phenomenon. Poor mechanics lead to injuries and shortened careers. You can have a strong arm and be well conditioned, but without efficient mechanics, it is like throwing uphill.

## Good Mechanics X Practice = SUCCESS!

Proper throwing mechanics not only apply to pitchers, but rather everyone who wants to throw with accuracy & strength.

## Keys to Unlocking Potential

- Balance
- Posture
- Elbow / Shoulder Alignment
- Power Position
- Late Rotate
- Up, Then Over
- Balanced Landing



## Jeremy E. Reidy

- Florida Tech 1996-2000
  - 3 Time NCAA All South Region Team
  - 3 Time NCAA All SSC Team
- 1999 SSC Scholar Athlete of the Year
- 2000 Pre-Season All American

Jeremy has worked with hundreds of kids from all over the United States, teaching them one-on-one, in camps, and in clinics. He has also lectured extensively on mechanics, conditioning and injury reduction. Most recently, his first instructional DVD has sold in every state in the USA, Canada, Mexico, and Japan Through education, Jeremy's goal is to raise awareness of proper mechanics and share his knowledge.



**Freedom MECHANICS**

WWW.FREEDOMMECHANICS.COM EMAIL: JEREMY@FREEDOMMECHANICS.COM  
6012 TIERRA ST NE, SUITE C, ALBUQUERQUE, NM 87111 TEL: 505.333.5100

**Freedom  
MECHANICS**

# MECHANICS THE FOUNDATION FOR SUCCESS



**UNLOCK  
YOUR  
POTENTIAL**

**EDUCATION. KNOWLEDGE. SUCCESS**  
[WWW.FREEDOMMECHANICS.COM](http://WWW.FREEDOMMECHANICS.COM)

# IF YOU KNEW THERE WAS NO TOMORROW... HOW HARD WOULD YOU PLAY TODAY?

## Why do we preach mechanics above and beyond all else?

Because proper mechanics cures sore arms, improves control, builds speed, and develops confidence.



## What is Freedom Mechanics?

It is the combination of training and coaching techniques developed by Jeremy Reidy used to assist athletes on their journey to becoming great pitchers. Proper throwing mechanics are the foundation for any pitcher to be made. Without them, you not only throw more balls than strikes, you are also missing out on power and consistency.

## Power Pitching

Great pitching mechanics & efficiency provide the basis upon which athletes are transformed into successful pitchers. Without solid mechanics, players struggle with control, increase the likelihood of injury, and never maximize velocity.

Great mechanics allow you to get ahead in the count, get outs, and reduce pitch counts. When you master mechanics, you will dominate on the pitcher's mound!

If you are a coach, player, and you do not have an exceptionally strong understanding of mechanics, you will most likely result to trial and error to fix mechanical flaws. But, if your reverence for mechanical perfection runs deep, your day in the sun will outshine the competition.

## Let Your Mechanics Flow Like Water

Struggling pitchers constantly change their delivery to throw strikes. Their mechanics may change game to game or even inning by inning. This does not build confidence, nor does it allow a pitcher to perform at his highest athletic potential. A young athlete with poor throwing mechanics will most likely always struggle with his control. He will never understand why, and without the proper education, he will remain unable to hit the glove consistently. **Freedom Mechanics** will unlock the potential which lies within. Together, we will maximize velocity and have the freedom to locate the ball with pin-point accuracy. Guaranteed! Free your mind and become an artist on the mound!

Pitch counts are typically monitored at the professional, collegiate and high school levels in order to reduce the risk of injury. A 1996 survey conducted by the USA Baseball Medical & Safety Advisory Committee showed that pitch counts should be kept at the youth level as well. In response to this, the American Sports Medicine Institute (ASMI) published a study in 2002, which showed a significant relationship between the number of pitches thrown and the risk of shoulder and elbow pain in youth baseball. With that in mind, pitch counts are strongly encouraged for youth pitchers.

That same study also showed that youth pitchers who threw curveballs or sliders have an increased risk of elbow and shoulder pain. Be safe and avoid breaking ball pitches - extend your career.

## ASMI on Mechanics & Conditioning

Another study by ASMI published in 1999 showed that elite pitchers of all levels use similar mechanics, but significantly more force at higher levels. Therefore, pitchers should develop proper mechanics as early as possible and include more year-round physical conditioning as their body develops.

## ASMI on Pitch Counts

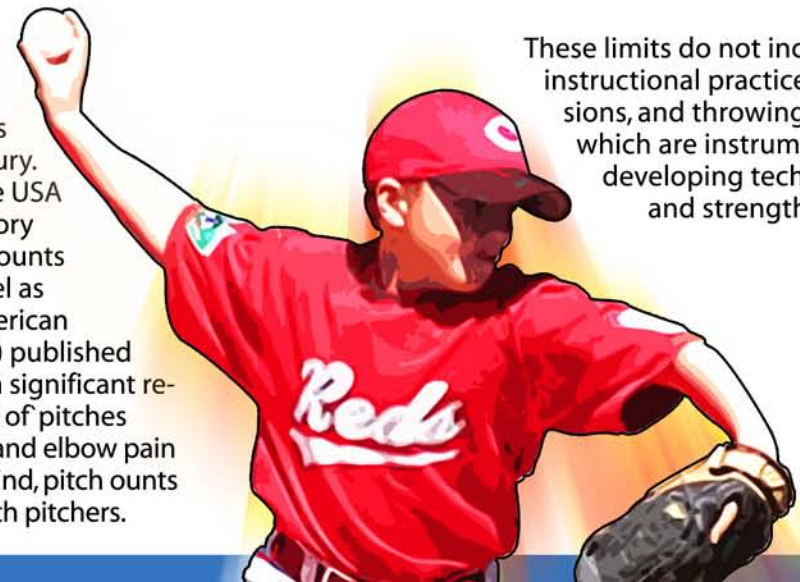
### 9-10 Year-Old Pitchers

- 50 Pitches Per Game
- 75 Pitches Per Week
- 1000 Pitches Per Season

### 11-12 Year-Old Pitchers

- 75 Pitches Per Game
- 100 Pitches Per Week
- 1000 Pitches Per Season

These limits do not include instructional practice sessions, and throwing drills, which are instrumental in developing technique and strength.



UNLOCK YOUR POTENTIAL