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# INTRODUCTION

At the end of 2003, my philosophy of how to help pitchers improve changed dramatically. This change was based on my exposure to sports science research which conflicted greatly with what I had been teaching my entire adult life...and of course what most coaches were currently teaching about how to help pitchers improve their performance. Prior to 2003 I felt I was pretty much of a mainstream type pitching instructor.

The sports science research, shockingly, went counter to what most pitching instructors were teaching...including me. I decided at that point that I could no longer go on providing instruction that was to a large extent based solely on my beliefs and the beliefs of the top pitching instructors in and around baseball.

So in the Spring of 2004 I alerted our nearly 10,000 plus clients by mail, that I was changing direction based on the research that I had read. At that point I completely had to change, rewrite and reproduce all of our current instructional information...including all our written material and of course all the audio and video that we had produced up until then.

The response we got from our clients was mostly very favorable. However, a small percentage were angry that I was changing what some had just purchased, even though my competitors were still selling and still do sell the same outdated belief based information.

This also meant that all the information that had been on my discussion forums since 1996, was no longer useful or in my opinion accurate. So everything prior to 2004 was all belief based information that anyone can still find online to this day at any baseball or pitching website.

The new information that I had researched was reproduced and put on DVD and titled Explosive Pitching. Plus all the new discussions on my forums going forward from 2004 were all based on the current research and evidence based information.

This book is the result of thousands of discussion forum posts - questions and answers by clients and myself from January 2004 up until December 2007. This I believe to be the most up to date and accurate information on how to help a pitcher improve...anywhere.

What you will find in this book are real questions and answers...unedited by parents, coaches and players about every imaginable topic relating to pitching.

In many cases you will read answers to questions by parents who have been studying our program for some time. Those answers for the most part are based on studying the program and also on applying the instruction to their own sons. You will also get my answers to just about every question

asked. This should be very instructional for those wishing to fully understand my thinking as a former professional player and as a pitching instructor most of my adult life...whose knowledge now runs counter to just about 98% of current pitching instruction...at all levels of baseball including professional.

My thinking and my answers to all those questions are based on my understanding of how the latest research on pitching can help pitchers and coaches dramatically improve because they will no longer be wasting time on activities that have not proven to improve performance....such as long toss, weighted balls, weight training, flat ground throwing, pitching drills or throwing low volume bullpens at less than game intensity.

I may seem to be a bit harsh on pitching instructors, coaches or sports writers. Is it not an instructors responsibility or newsmen to always improve his knowledge base so that he is current on the latest research as it applies to his sport. Baseball is not impervious to new knowledge. Advising pitchers to engage in activities that have no proof of working or which can be counterproductive or injury producing is nothing short of quakery.

In 2006, I cowrote the book *The Science And Art Of Baseball Pitching* with Dr. Brent Rushall, a world renowned sports scientist. That book, with over 500 scientific references, serves as my basis of understanding and for answering the questions that appear in this book.

To Dr. Brent Rushall, I will always be indebted for helping lead me out of the darkness and into the light regarding how to help pitchers improve so they can all reach their full God-given potential. What is robbing thousands of pitchers of that opportunity right now is the time that they are wasting on belief based activities endorsed by most coaches at all levels.

I thank all those parents, coaches and players who have participated in these discussions that are ongoing. They have allowed me to help many look at pitching improvement "outside of the box" because baseball has largely been a belief based sport dominated by over-coaching which has been responsible for removing all the natural movements which previously allowed pitchers from the past to thrive and improve.

It is my sincere hope that information such as this will help baseball get back to where it used to be...a sport where pitchers had an advantage.

Dick Mills  
December 2007

## How To Use This Book

The information from this book comes from actual written questions and answers from my member's forums which are available to provide daily support on the information in our Explosive Pitching instructional DVD's. So this book is meant to provide accurate instruction based on my understanding of the science that now supports evidence based baseball pitching advice.

There are twelve total topics. Under each topic is a separate question that has been answered. In some cases you will find multiple answers by parents, coaches and players and in 98% of the cases I have provided my own answer that will stand out as **Dick Mills response**. I did that so that some would be able in scanning the book to just read my answers initially. I would however encourage you to read the other answers as well because we have many very wise parents, players and coaches who have real world experience in applying my program to their own sons or players. Many are just as passionate about helping pitchers as I am.

Keep in mind that at some point in the future you may have a question that has already been answered in this book. Why wait to have it answered later when not knowing the answer could present problems for you, your son or your pitching staff.

Under each subject you will in some cases see the subject listed and then written right below the heading - **Message from Dick Mills**. This is my commentary on a particular subject that I felt was very important to emphasize. I suggest you read each one of these as they are very important for getting the most out of the book.

Many of you will likely first scan the book looking at which topics interest you. This is fine as you may have had a question on a particular subject for some time. I suggest you get your questions answered first. Once you have done that multiple times I would suggest you focus on other subjects which may not seem so important now. However, what you don't want to happen is have a problem crop up because you did not have the right information. In most cases I believe you will find the question and answer in this book. If you do not find the specific answer to your question I believe the coverage of the total subject matter on all aspects of pitching will provide you with enough education which will allow you to answer your own question.

If for some reason you still cannot get your question answered then I suggest you post it on our Member's Forums. It will get answered there. Any updates to the book will come from more questions and answers on those forums.

Dick Mills

