

The average velocity clocked by big league baseball pitchers in recent years keeps climbing, often touching triple digits. Even in the less popular leagues, many pitchers usually clock high speeds, which may be discouraging for young pitchers who do not have the same rocket launcher for a pitching arm. While it is easy to explain it away by considering pitchers with high velocity on their balls as freaks blessed with good arms, a closer inspection reveals that these pitchers only move better and have mastered specific subtle biomechanical movements that help get more out of their throws.

In order to transition from a lower velocity to much faster speeds in throws, consider the following tips:

Use your hips and legs more than your throwing arm to generate velocity when you throw the ball. You can achieve this by producing longer strides. You should stride a minimum of 100% of your height or as far as possible, allowing adequate hip rotation. Also, lead with your hips when throwing. That is, your hips, and not your knee or upper body, leads towards home plate. This tip is risky and somewhat hard to master, but it is worth it. It requires a lot of practice as you may hurt your arm by putting much pressure on your elbow.

Chest Move: A chest move that involves protruding one's chest outward while throwing may also work wonders. It maintains the proper pitching action while simultaneously integrating more whip and enhancing arm speed, which ultimately results in increased velocity.

Shoulder-to-hip Separation: At foot-down, your hip should be facing the catcher, and you should bring your shoulder in closer to your body. This movement should be done in such a way that, when you look at the play from a bird's-eye view, your shoulder and hip should be making at least a 45-degree angle. It will result in enhanced hip rotation, which will deliver more power and increase velocity.

Engage your whole upper body with your glove arm: Often, pitchers' deliveries are overly "throwy". This happens when athletes neglect their front side in favor of their throwing arm. Consequently, they often lose speed and expose themselves to possible injury. Instead, use your glove hand or glove arm elbow to aim straight towards the plate. Then, bring your glove or elbow to the outside edge of your front hip. This action will engage your chest and trailing hip for a strong finish to the throw.

Do Not Rush: Typically, pitchers attempting to increase velocity may hurry their delivery and lose their arm slot as a result of dragging. Arm drag happens when the rest of a pitcher's delivery precedes the throwing arm. The throwing arm is therefore pushed to catch up with the body, resulting in a lower arm slot in most cases. The rear leg is the primary factor in a pitcher's mechanics that causes the throwing arm to drag. Usually, pitchers bend the back knee too soon. Hold your position longer, and then rotate the knees and hips immediately before you release the throw.