



BASEBALL INJURIES

Do We Just Take It on the Chin?

Part 3

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Three Key Ways to Help Your Young Baseball Player Stay Healthy – *Proper Technique Training*

- o PROPER TECHNIQUE TRAINING...
 - Seeing a skilled professional, like Todd at Elite Performance, is a key step in having a skill like throwing or hitting analyzed and then being trained the right way in improving mechanics.
 - Unfortunately all coaches are not created equal
 - I'd venture to guess ALL coaches have a genuine heart for helping their athletes improve
 - Nevertheless, all coaches do not possess the knowledge or skill at analyzing technique or at developing the right skill training program to improve throwing or hitting mechanics
 - Like Sports Training and Physical Therapy....a good coach will not use a "one size fits all" approach to teaching all athletes how to throw but will find the right way to address each player's unique needs
 - Seeing all there is to really see in a rapid and complex motion like throwing a ball or hitting is not easily done with the naked eye. Be wary of those who suggest they can see all the technique flaws by merely watching an athlete perform with their naked eyes alone.



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Getting proper technique instruction is a key step in achieving success on the field – it's a **DOUBLE WIN...you get improved performance plus reduced risk of injuries! Gotta love it.**

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