

## Super 8 Pitching Program from [Skillshow](#) and [3P Sports](#)



The Super 8 Pitching Program from Skillshow and 3P Sports

### **Get the same training used by MLB top pitchers now for serious amateur pitchers**

Improve velocity and accuracy, reduce the risk of pitching injuries.

This program uses your Skillshow video to provide a detailed 8-point biomechanical analysis — the same analysis used by top pitchers like CC Sabathia and Cliff Lee. A detailed motion analysis of your pitching delivery pinpoints your strengths and shows you the flaws you must fix.

### **Improve Pitching Mechanics and Throw at Higher Velocities with More Command**

At the heart of this special program from Skillshow and 3P Sports is a comprehensive biomechanical motion analysis of your pitching delivery measuring 8 specific points within your pitching routine to determine where you are losing power and have the opportunity to throw at faster speeds. Identifying these flaws will also enable you to pitch with more command and identify when you are at risk of injury. Your personalized analysis will identify the areas where you can improve your pitching mechanics, enabling you to throw faster and with greater control. Within each of the 8 measurement results is (1) a video by Milwaukee Brewers pitching coach Rick Peterson explaining the importance of each measurement and how it effects your performance and (2) a list of the pitching drills you should practice to improve that specific measurement. Learn how a biomechanical analysis will get you throwing faster, with more control.

### **Reduce the Chance for Pitching Injuries**

Over 90% of amateur pitchers have flaws in their pitching delivery. 3P's Biomechanical Pitching Analysis identifies where you have injury related flaws across your range of motion. These flaws are areas that should be addressed immediately if you want to perform at the highest level. Ignoring this guidance increases the probability of injury. Medical evidence has proven that a pitcher's body will eventually break down and shoulder and/or elbow injury is likely to occur if you don't train properly to correct these flaws.

Until recently, this analysis was only available to athletes willing to travel to the American Sports Medicine Institute (ASMI) in Birmingham, Alabama. Now Skillshow is making the 3P Sports program available to pitchers who have a Skillshow video already recorded. The experts at 3P Sports are among the few people outside of the ASMI who are qualified to provide a biomechanical analysis on your pitch delivery.

### **What is the Biomechanical Pitching Analysis?**

3P's biomechanical pitching analysis identifies where you have RED FLAGS across your range of motion while pitching. The red flags are caused by measurements outside of the elite ranges. These are areas that should be addressed immediately if you want to perform at the highest level. Ignoring this guidance

Even when a pitcher is pitching well, studies show that:

Over 90% of all pitchers have some level of RED FLAGS in their delivery and are therefore not performing as well as they can and are at a high risk of injury. MLB pitchers are the most talented in the world, yet the rate of injury is alarming. In 2008, more than \$1.3 billion was paid to MLB pitchers and over \$250 million was for pitchers on the disabled list. Injuries are rampant among baseball pitchers of all ages. Unfortunately, in most cases pitchers, parents and coaches don't recognize the risks of injury and until it is too late. The statistics at the amateur level are very compelling, indicating that there is a problem that has yet to be solved:

- \* Tommy John surgeries have increased by over 700% in the last 10 years
- \* 45% of pitchers under the age of twelve experience chronic elbow pain
- \* 60% of high school pitchers complain of chronic elbow pain

You are never too young or too late in your career to benefit from the 3P Pitching Mechanics Program. Through his research, Dr. James Andrews and the American Sports Medicine Institute (ASMI) have concluded that the seeds for pitching injury are often planted during youth league play. Studies conclusively indicate that pitchers who are injured in high school, college and at the professional level developed their flaws during their formative years.

Until now, if you wanted a biomechanical pitching analysis, you had to travel to Birmingham, Alabama to be tested in the lab environment at ASMI. Now, through our unique partnership with 3P Sports and ASMI, we utilize their powerful technology to deliver this highly intuitive pitching analysis to your home computer. We already have a video of your pitching delivery. Members to this program will get their analysis and personalized assessment delivered to a secure personalized 3P Sports Internet portal.

Some of the 3P biomechanical analytics reflecting the 8 critical measurements of the pitching delivery include:

- \* Stride Length
- \* Arm angle at foot contact
- \* Lead knee angle at foot contact
- \* Maximum external rotation

This analysis identifies the characteristics for peak pitching performance and the cautionary flags that hinder performance and lead to injury. The measurements are both angular and distance related. They compare the athlete's measurements to those of the elite pitchers to determine where the pitcher has flaws in his delivery — flaws that will reduce performance and increase the risk of injury. Over 500 major league baseball pitchers such as CC Sabathia, Tim Hudson, Roger Clemens, Rich Harden and Scott Kazmir have each contributed to the development of the program.

## Testimonials

**“You get so much for your money. The Program is excellent.” – Rusty Fridell, Father of a D3 College Pitcher**

“A very complete package for the pitcher ... without having to pay for private coaching. I learned things about my son’s delivery that I did not know before. The Drills Program is the most complete I ever saw. It was very simple to take the video and send it to 3P. You get so much for your money. The Program is excellent!”

**“This is the best pitching program available.” – Al Leiter, MLB & YES Network**

“This pitching program is going to have a dramatic positive impact on anyone that is serious about pitching. I know because I used it when I pitched in the major leagues. The baseball experts that have authored this program are the best in the business.”

**“This program will get you to perform at the highest level.” – Tom Glavine, MLB Pitcher**

“With over 300 wins during my MLB career, I know what it takes to perform at the highest level. I have worked with Rick Peterson and used this 3P Program so I know it will give you the edge you need to perform your best while helping you stay injury free.”

**“The 3P Program prevents pitching injuries.” – Dr. James Andrews, American Sports Medicine Institute**

“I am tremendously excited about the 3P Program as it allows pitchers at all levels to benefit from the extensive research that we at ASMI have conducted regarding pitching injuries. Now pitchers of all ages can be biomechanically evaluated for mechanical flaws to better determine their risk of injury. Anyone who pitches needs to take the necessary precautions and steps to pitch with correct biomechanics to reduce the risk of serious injury. The 3P Program offers an excellent opportunity to get on the correct path to preventing pitching injuries.”

**“I recommend the 3P Program to all players.” – Jerry Ford, President, Perfect Game**

“There is nothing on the market today like the 3P Program for pitchers. I recommend it to all players, especially those who play in our events because it will reduce injuries and help players perform at their best. It is the same program countless MLB pitchers have used.”

**“As a Physical Therapist, I know there is a need for this program.” – Jim Silvestri, President, The Next Level Performance and Rehabilitation Center**

“As a baseball academy owner and physical therapist, I recognize the importance for young pitchers to be on the 3P Program. Finally, a comprehensive evidence based approach to reducing pitching injuries. “I am excited to be able to offer this program to my patients and academy clients as a certified 3P Sports partner.”

**“This program got me to the Major Leagues.” – Chris Howard, Former Boston Red Sox Pitcher**

“Without Rick Peterson and his pitching program, I would never have fully realized my dream of pitching in major leagues. This program is for anyone that is serious about pitching ... there is nothing else like it.”

**“This is the perfect pitching program, wish I had it 20 years ago.” – Ross Wicks, Former NY Mets minor league pitcher**

“As a professional pitcher in the minor leagues, I was always searching for the proper pitching mechanics. I spent a lot of time and energy searching out the exact same concepts and mechanics that Rick Peterson and 3PSports.com is offering the young ballplayers of today. This program is a perfect fit for anyone that is committed to being a better pitcher! I wish this program was available when I needed it 20 years ago”.

***Visit our websites at:***

**3P Sports:** [www.3PSports.com](http://www.3PSports.com)

**Skillshow:** [www.skillshow.com](http://www.skillshow.com)