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**IMPORTANT THINGS
TO KNOW ABOUT
PITCHING AND
TIMING ISSUES**



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PITCHING AND TIMING ISSUES

1

The human body
operates in two
distinct states:
either ON or OFF!



PITCHING AND TIMING ISSUES

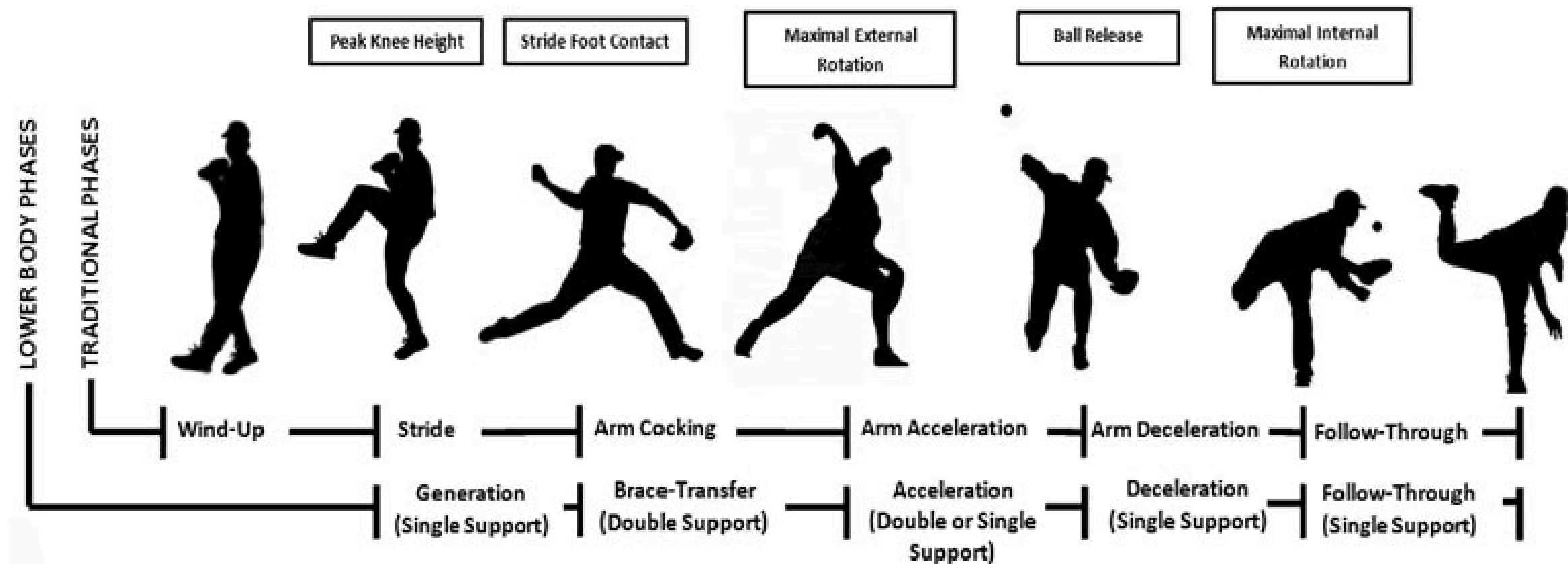
When a pitcher is required to consciously focus on the technical aspects of the skill they have been taught, in an effort to refine or correct what is perceived as their mechanics, there is a trade-off.

This trade-off comes at the expense of their ability to pay attention to external factors.



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3

As a result, the harmony between “space and time” becomes disrupted, leading to a breakdown in the pitcher’s timing.

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Therefore, a timing issue is essentially a problem that arises when a second party intervenes and steers the individual away from their natural motor preferences.

