

# How to Lose Speed

## **Early Specialization**

Focus on become athletes, not softball players. Specializing too early can cause pitchers to create imbalances and become more prone to injuries. Repetitive motions wear down muscles. Playing year round makes shoulders, knees and ankles weaker.

I always encourage girls to go out for the volleyball teams. Volleyball and softball have a lot of overlap but more focus on the legs and core allowing the shoulders to take a little break.

Any other sport or activity that can improve the overall athleticism and coordination of the pitcher will help the pitcher be more successful.