

# LEVEL 1 PITCHING CERTIFICATION

Understanding how a pitcher moves is a prerequisite for effective coaching, training and treatment. Rather than guess what they do, we believe you should assess what they do.

OnBaseU's Pitching Level 1 Certification teaches baseball coaches, fitness experts and medical professionals how to evaluate a pitcher for physical limitations which can inhibit pitching mechanics efficiency, durability and, ultimately, enjoyment of the game.

Students learn to quickly evaluate a player's physical capabilities using the OnBaseU's Pitching Level 1 screen and to understand how the results of that assessment are correlated with the technical elements in the player's pitching mechanics. This helps a coach, trainer, or medical professional to quickly identify the key area that can be holding a pitcher back from performing their best. We call this the Body-Pitching Connection.



***STOP GUESSING AND START ASSESSING***