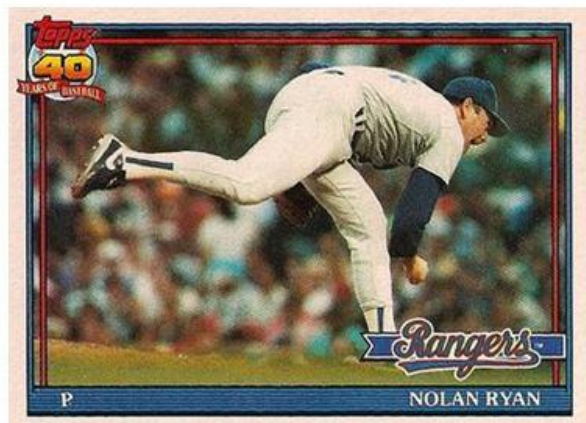
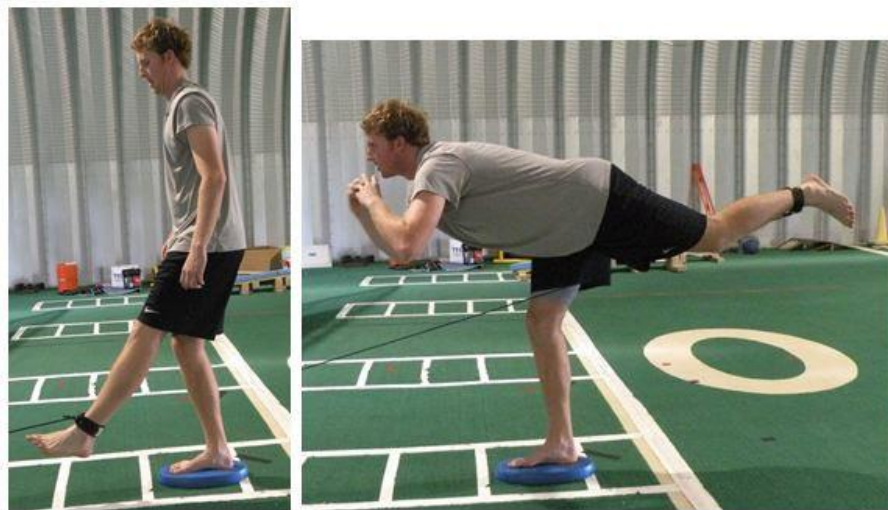




Keys to Nolan Ryan's Longevity

Key #2 – Hip Mobility



Exercise: With Oates Tubing (Blue- anything more resistant than Blue band is not recommended for this set by The Texas Baseball Ranch) attached at the ground

level, the athlete will flex at the hip, keep his leg straight and lift his leg until his back is flat and leg is at the same height as back. Our goal is to keep shoulders square, toe pointed straight down and lift until the leg and back represent a straight line to the horizon.

While this exercise looks very easy, it is a difficult exercise. Many mobility and stability limitations and constraints are often exposed, and many athletes are therefore forced into modifying their movements in order to perform the drill. Those modifications include: shoulders roll to one side and are incapable of remaining square; the toe turns and points sideways, the trunk flexes past parallel to horizon in effort to raise back leg; the back leg can't approach parallel...etc.

Advanced athletes like Eric Binder (the model up above) perform this exercise in bare feet with blue tubing and a blue stability pad to increase the instability and therefore the difficulty.

We also do have 2 lead-up/remedial exercises for those who can't perform the basic exercise on flat ground with green tubing and shoes as extra stability. (not shown here).

We do ten of each for each leg.

We often hear the term 'finish your pitch'. That instruction is usually directed at pitching athletes who stay too upright throughout their delivery. The problem is that words are lousy at creating feel images and the issue most often is not that the athlete doesn't WANT to comply, rather many times a mobility constraint limits their ability to comply. Pictures, modeling and drills which create the 'feeling' itself are far more effective in teaching an athlete a specific movement segment.

This is one exercise of the 10 hip/mobility tubing exercises our pitching athletes perform at the Ranch every single day. If you are interested in more Hip Mobility exercises, we have an entire DVD titled- Hip Mobility.

- - - - -

For more information on the Texas Baseball Ranch® and the various training programs offered, visit www.TexasBaseballRanch.com, call (936) 588-6762 or email: info@TexasBaseballRanch.com