

Apparent Movement Release Points

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The purpose of this document is to define Apparent Movement Release Points. In previous documents we have described apparent movement and release points. A pitcher wants speed, change of speed, and movement. This document will pull this all together so we can throw with speed and movement to all parts of [Jimmy Moore's Pitching Smart Zone System](#). If you do not change release points, you lose both apparent movement and speed. This definition of Apparent Movement Release Points will help us understand why each release point has a speed zone in the target area. In other words, each release point is designed to produce speed in a certain target area, and the ball slows down as we change the target area from that release point. Many pitchers know they are faster in certain target areas, and this document will explain why that happens. With practice, it should help pitchers use all the release points so they can have easy speed, change of speed, and apparent movement in all the target areas. To explain why there are speed zones for the release points, we again focus on the shoulders working as a unit.

Shoulders are the key to the Speed Zones

To take advantage of apparent movement, we learn to throw from different release points. [To review](#), we throw off the front and back feet while opening and closing our shoulders. To get to the front foot, we push off the back foot with the opposite shoulder motion we will be using when we throw off the front foot. If we are throwing off the back foot, the shoulder motion in our windup will be opposite the motion we will be using to throw off the back foot. This is all review, plus a previous document explained how the feet move in relation to the shoulder motion. Here in this document we expand on the movement of the shoulders to show why there are those speed zones for each release point. We open our shoulders so our chest is out in front, and we close our shoulders so our chest is behind our shoulders. Notice that we rise when we close and sink when we open. The reason for the speed zones: we go up when we close our shoulders and we go down when we open our shoulders. In other words, if we are trying to throw up when we are going down we are working against ourselves. The shoulders are the key to speed zones.

Six Release Points

For apparent movement in the target zone we need six release points. Remember, they should all feel natural because we use them without thinking when playing each position. Sometimes we throw off the back foot, and sometimes we throw off the front foot. Sometimes we are moving up when we release the ball, and sometimes we are moving down. For apparent movement low in the target zone (caused by a low release point) we go down, high in the zone we go up, middle of the zone we throw off the back foot either down or up. From lowest to highest, the six release points: down off the front foot, down off the back foot, up off the back foot, and up off the front foot. Each of these release points has a speed zone in the target area.

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Six Speed Zones

For speed throughout the target area we need six release points. Speed and apparent movement go together. For control and effective changeups, we want easy speed. In other words, we seldom want to throw as hard as we can. As we try these six release points (rising to close our shoulders and sinking to open our shoulders), we discover why we throw all six release points. For example: the speed zone and release point for a shoulder closing pitch off the back foot would be right at hand or middle level in the target zone. A rise ball would end at the hand level and a drop would start at the hand level for that release point. The speed for that release point would be caused by the up and together movement of the shoulders (while coming up off the back foot). At the same time in this pitch we are using gravity because the arm is coming down while the shoulders are coming up. By the way, in the pitches where the shoulders are going down and apart, the arm is also going down.

Summary: Apparent Movement Release Points

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