

Both Shoulders as a Unit

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The purpose of this document is to define the shoulders as a unit. When hitting, pitching or doing anything with a throwing motion, we want the power to come from the big muscles (back, butt and leg muscles). The key to using the big muscles: moving both shoulders as a unit.

More Power when using the Whole Back

To get more big muscles involved, the shoulders must work together. They work together to extend and rotate both upper arms. Even though the ball is in only one hand, more extension and rotation power is generated if both shoulders work together. Together, the shoulders move from front to back in the Figure 8 and forward (from back to front) in the Windmill. In contrast, because they do not take advantage of all the muscles in the back the sidearm (arm swing wrist flip) throwing motion will never be as powerful as the overhand/underhand throwing motions ([Windmill and Figure 8](#)).

More Coordination when using the Whole Back

To coordinate the whole body, the shoulders should work together. With them working together, the balance is more focused. More focused than the sloppy feeling of having half the muscles just going along for the ride, while the other half pulls the body out of balance. They are most focused when coming together to the front in the Windmill, but even in the Figure 8 they are more focused because they start out together to a point in the front, before they come together to a point in the back. In either case, moving the shoulders as a unit improves power and balance.

Summary: Both Shoulders as a Unit

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