

Doug's Teachings & Mechanics

Doug has been **professionally teaching for over 18 years.**

His teachings and mechanics have been mentored and tested at the highest level known in the fastpitch world by Dr. Sherry L.



Werner. Through her research and countless studies, Dr. Werner has generated the largest database of fastpitch softball pitching mechanics in the world. In working with Dr. Werner, **Doug's teachings and mechanics have proven to be at the top in terms of safest and most efficient of anyone in the world.**

Not only are Doug's mechanics among the safest, **the success of his numerous students over the years have proven his mechanics to be effective on the field.** In addition to Jennie Finch, Doug has coached **many ASA National Champions and NCAA champions.**

The Finch Windmill

Doug is also the inventor and developer of the Finch Windmill, **the ultimate pitching, throwing, and shoulder exerciser.**

At the age of 9 **Jennie Finch, Doug's daughter, realized her right arm was larger and stronger than her left** and did not want to grow up like that. The Finch Windmill has since helped to **address over development** and **raise the performance level of 1000's of other athletes in many different sports.**

The Finch Windmill is highly recommended by many **doctors, coaches and family members for performance, injury preventive as well as injury rehabilitation.**



Jennie Finch
Olympic & NCAA Champion

www.FinchWindmill.com

866-258-2727 (toll free)

Doug Finch

Softball Pitching Clinic for Families

**A clinic for softball pitchers
and their parents**

***Empowering
Parents of Athletes***

Call 866-258-2727 for details



DOUG FINCH SOFTBALL PITCHING CLINIC FOR FAMILIES

The Parent As The Expert

Attend one family clinic with Doug Finch and you'll learn more in one evening than you have ever learned about **throwing, hitting and pitching.**



Most parents feel unequipped to teach **throwing, hitting and pitching** to their kids. **Doug will give you the skills, knowledge, and tools to properly instruct your athlete in a safe and proper manner.**



Parents, it's your responsibility to know about these mechanics (much of which applies to **baseball** as well) to help **prevent injury** to your kids.



You will be the **expert** after attending the **Doug Finch Softball Family Clinic.**



You Will Learn...

- why only .05% of the pitchers in the US have the **safest pitching mechanics.**
- the **safest and most efficient pitching mechanics** known and get your kid to **throw and swing properly.**
- why your kid should possibly **not stretch.**
- why **drills are usually ineffective.**
- how to **analyze and correct** hitting, throwing and pitching mechanics **automatically.**
- how to **choose and analyze** a pitching instructor.
- what **pitches are safe** to throw.
- why your pitcher should **learn all of her pitches before she is 10 years old** (except one).
- how to warm up, practice pitching and hitting in **35 minutes.**
- how to **strengthen and condition** your pitcher in the **most sports specific** way possible.
- the **two items** you need to allow your kid **to be the best** they can be.
- why you need **a second person at your workouts.**

Answers To These Questions

- How can **I protect my kid** against injury from improper mechanics?
- Should I **buy a hitting or pitching instructional book or video?**
- Is pitching underhand a **natural motion?**
- Why are **hitting lessons usually worthless?**
- Can **stretching actually slow** my kid's pitching, hitting and running or even be dangerous?
- Should my kid **lift weights?**
- Why should a pitcher only **use two grips for all pitches?**
- Do pitchers need a **strong core and legs** to be the best that they can be?
- Why do pitchers need to **play other positions?**
- Why do kids need to practice hitting from **both sides of the plate?**
- Should I let my kid's **coach change my kid's mechanics?**
- Why **not use a knuckle pitch?**
- Why should pitchers **learn their pitches in a certain sequence?**
- Can my kid have a **good change-up?**
- How can someone who knows little about mechanics be my **most important and wisest asset?**