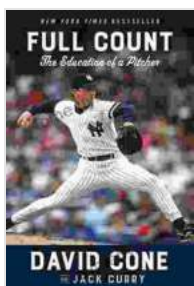


Full Count: The Education of a Pitcher



Full Count: The Education of a Pitcher by David Cone

★★★★☆ 4.6 out of 5

Language	: English
File size	: 21290 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 401 pages



Full Count: The Education of a Pitcher is a must-read for any baseball fan. It's a fascinating look inside the mind of a pitcher, and it's packed with valuable lessons for players and coaches alike.

The book is written by David Cone, a former Major League pitcher who spent 17 seasons playing for the New York Mets, Kansas City Royals, Toronto Blue Jays, and Boston Red Sox. Cone was a four-time All-Star and won the World Series with the Yankees in 1999. He is currently a commentator for ESPN and YES Network.

In **Full Count**, Cone shares his insights on the art of pitching. He covers everything from the basics of gripping the ball to the mental game of pitching. He also discusses the importance of teamwork and preparation.

Cone's writing is clear and engaging. He uses his own experiences to illustrate his points, and he does a great job of explaining complex

concepts in a way that's easy to understand.

Full Count is a valuable resource for any baseball fan. It's a great way to learn more about the game and to improve your pitching skills. Whether you're a player, a coach, or just a fan of the game, I highly recommend reading **Full Count**.

Lessons for Players

Full Count is packed with valuable lessons for players. Here are a few of the most important things that Cone teaches:

- **The importance of a good grip.** The way you grip the ball will determine how much control you have over it. Cone teaches several different grips, and he explains the pros and cons of each one.
- **The importance of a good release point.** The release point is the point at which the ball leaves your hand. A good release point will help you throw the ball with accuracy and velocity.
- **The importance of a good arm action.** Your arm action is the way you move your arm when you pitch. A good arm action will help you generate power and accuracy.
- **The importance of a good mental game.** Pitching is a mental as well as a physical game. You need to be able to stay focused and confident, even when things aren't going your way.

Lessons for Coaches

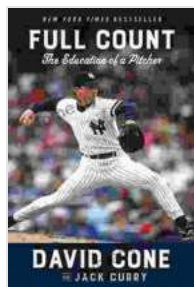
Full Count is also a valuable resource for coaches. Here are a few of the most important things that Cone teaches:

- **The importance of teaching the basics.** The most important thing you can do as a coach is to teach your players the basics of pitching. This includes teaching them how to grip the ball, how to release the ball, and how to develop a good arm action.
- **The importance of being patient.** Pitching is a difficult skill to learn, and it takes time for players to develop. Be patient with your players, and don't get discouraged if they don't learn everything overnight.
- **The importance of being positive.** Pitching is a mentally challenging game, and it's important to be positive with your players. Encourage them to stay focused and confident, even when things aren't going their way.

Full Count: The Education of a Pitcher is a must-read for any baseball fan. It's a fascinating look inside the mind of a pitcher, and it's packed with valuable lessons for players and coaches alike. Whether you're a player, a coach, or just a fan of the game, I highly recommend reading **Full Count**.

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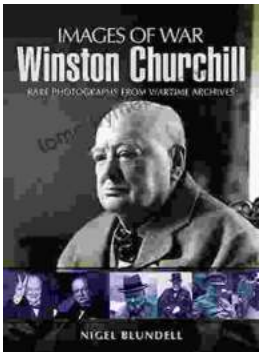
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