



Fall Blow Out Sale!

Thanks for opening this issue of Howell To Sports newsletter. In this issue we are focusing on increasing throwing velocity. I would like to talk a bit about weighted implement training. Please check out our [Blog](#) for much more on this type training.

Throwing weighted baseballs and/or weighted softballs AS PART OF A DESIGNED PROGRAM will definitely increase your throwing velocity. If you do any internet research on weighted baseballs and softballs you will find more than you could ever read. Just a couple to wet your appetite.

John Farrell is an advocate of weighted ball training. Check out what he has to say [here!](#)

Check out our Blow Out Weighted Ball Sale [here](#)

Please e-mail to ed@howelltosports.com or call us at 856-381-8888 with any questions. Thanks for opening our newsletter.



Overload/Underload training is a proven technique for increasing pitch velocity. Most players know about overload training but not everyone uses the accompanying underload training to increase neuromuscular adaptation.

By using underload balls you are training your arm to move faster, thereby increasing pitch speed. By using overweight balls you are strengthening "sport specific" throwing muscles. This is a proven fact from many, many studies. Overload/Underload training DOES WORK to increase arm strength and pitch velocity!



12" Weighted Softballs-Leather Cover

Weighted Softballs

Please Check Out Some More Articles on Velocity Training Here!



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