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## Perfecting your Pitch

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Perfecting your Pitch

# Perfecting your Pitch

In search of the perfect baseball pitch and its training



Erik van der Graaff studeerde in 2013 af voor zijn Master bewegingswetenschappen met als onderwerp de ideale techniek van de honkbal pitch. Hierna startte Erik zijn PhD project: 'project FASTBALL' (fast and safe throwing in baseball). Het overkoepelende doel van dit onderzoek was inzicht te krijgen in de condities die tot snel en veilig werpen leiden en hoe jonge tophonkballers daartoe getraind kunnen worden. In deze dissertatie wordt deze zoektocht beschreven. Na afronding van zijn project is Erik door NOC\*NSF aangesteld als Embedded Scientist en startte het Baseball Science Centre. Via deze plek wordt onderzoek en innovatie in het honkbal ondersteunt. Als Embedded Scientist werkt Erik samen met het Nederlands honkbal- en softballteam aan het verwezenlijk van de Olympische droom op weg naar Tokyo 2020.

*Erik van der Graaff finished his Master in Human Movement Sciences in 2013 on the topic of the optimal throwing technique in baseball pitching. After his study, Erik started the PhD project 'project FASTBALL' (fast and safe throwing in baseball). The overarching aim of this project was to gain insight into the conditions that lead to fast and safe pitching and how young elite baseball players can be trained to this effect. This doctoral thesis describes this search. After the PhD project Erik was employed by the National Olympic committee as an Embedded Scientist and founded the Baseball Science Centre. The Centre facilitates research and innovation in baseball. As an Embedded Scientist Erik works together with the Dutch baseball- and softballteam to realize the Olympic dream towards Tokyo 2020.*



Erik van der Graaff



**ERIK van der GRAAFF**