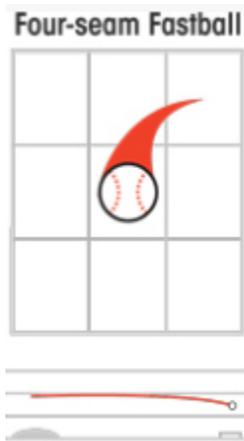




Four-seam fastball

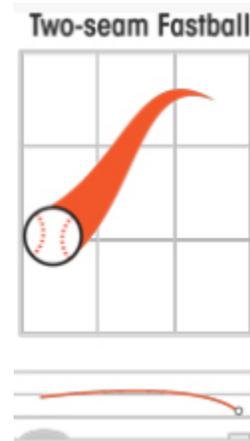


Maximum velocity and should have best command. This is the most important pitch because everything else works off of it.

You want your fingers a little bit apart. Preferably on the other side of the seams so when the ball comes out you have resistance to throw against. It's firm with the fingers but should be somewhat of a subtle wrist. You don't want to be stiff. A little space in here between the palm of the hand and the ball. The thumb almost bisects the index and middle finger. The movement would be straight. Four seams rotating out of your hand. The guys who throw hard, it's going to seem like the ball takes off.



Two-Seam Fastball

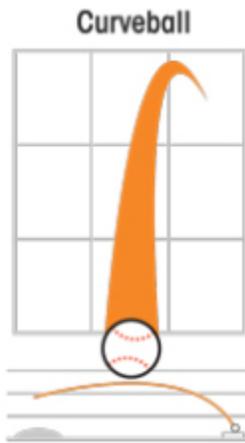


Also known as the sinker. This fastball does just that, it sinks. A very good pitch for inducing ground balls.

Most of the time, your fingers are parallel with the seams. Sometimes, depending on finger pressure, it could be on one seam, it could be on the other seam. A lot of guys throw a sinker off of the middle finger. The movement is down and late. It sinks, for a righthanded pitcher, into a righthander, and away from a lefthander. For a lefthander, it's into a lefthander, away from a righthander.



Curve ball

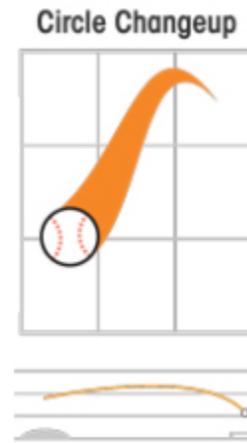


Most often a strikeout pitch. Dives down as it gets to home plate. Many times the velocity is as effective as the movement, because it's usually much slower than a fastball.

Usually, it's this middle finger, inside a seam. And what you want to do is throw it like a fastball to here [where the elbow and arm form an L, with your arm perpendicular to the ground], and turn your hand in. You're pulling down the front of the ball, trying to increase the rate of rotation, which is usually 13 revolutions from the time it leaves your hand until it gets home. Right here, like an L shape, I'm going to pull down on the ball and make it spin as much as I can. There's various ways to teach it and throw it.



Circle change up



Slower than a fastball, but thrown with the same arm action. The arm speed is very important in getting the maximum effectiveness. This pitch helps control bat speed.

The circle change is the most common. Usually, with a fastball, you have 100 percent of your strength in these two fingers, the index and middle fingers. You take 50 percent of that strength away by removing the index finger. So you're holding the ball real lightly. ... Your wrist is real loose. The ball is real loose in your hand. And you just throw a fastball.



3 Finger Change Up