

The Pitch Revisited, Part 4

May 8, 2015

"Hitting is timing. Pitching is upsetting timing." -[Warren Spahn](#), 13 20-win seasons

Some facts:

- ✓ 83% of starting MLB pitchers threw this pitch "with some regularity" in 2014
- ✓ This pitch "*throws power hitters off balance and is easy to keep below the knees.*"
- ✓ It's been the go-to pitch "*for a number of great pitchers, from Trevor Hoffman to Jamie Moyer to James Shields.*"

According to a National League scout: "To me, it's become the most important pitch in baseball,"

What pitch are they talking about? The changeup.

I've written about the changeup 3 previous times, in [2012](#), [2013](#), and [2014](#).

Now we're here for Part 4 because of [this article](#):



Where they talk about its' most important aspect: **Arm speed, Arm Speed, Arm Speed**

Why?

"It's easily the most important part of the pitch," the scout said. "The best changeups in the world, the ones thrown by Pedro [Martinez] and Felix [Hernandez] are ones that **you have zero idea it's an off-speed pitch** until the pitch begins to bottom out or you see the hitter flail away.

To conclude from the article:

*"The beauty of the changeup is its simplicity.
It's a beautiful thing to watch when you are aware of what a good one looks like."*

I've found only 1 grip that gives the deception that's needed for a great Changeup. To learn that grip, [you can subscribe to my Baseball Video Library](#) and watch a video presentation on The Changeup.

Have A Question About This Newsletter?

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