

## A Lesson From Thor On Throwing Smarter, Not Harder

March 14, 2017

The baseball world is fascinated with Noah Syndergaard (myself included!) primarily because of his reputation as one of the hardest throwers in baseball ([click here](#)).



**But Thor is now teaching us a lesson in throwing smarter, not harder.**

In the [March 3, 2017 issue of the NY Daily News](#), Syndergaard made waves about not pitching in the World Baseball Classic:

**Mets' Noah Syndergaard, who's loving his change-up, disses World Baseball Classic**  
Noah Syndergaard believes his change-up has the potential to be his best pitch.  
BY [Kristie Ackert](#)  
NEW YORK DAILY NEWS  
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but the article also had a commentary on his maturation as a pitcher:

And what has impressed the Mets is how much Syndergaard's game has matured over the past year and a half. After trying to light up the radar gun as a young pitcher, Syndergaard has learned to trust his changeup. He normally throws that at 90 miles an hour making it a dastardly trick on batters just trying to gear up for his fastball, which averages 99 mph.

"It could be, it has the potential to be, my best swing-and-miss pitch," Syndergaard said. "It's just got a really deceptive arm speed, it looks like a fastball coming out. Everyone is coming up there looking for my fastball."

And the changeup puts a lot less stress on a pitcher's arm than the slider, which Syndergaard relied on a lot more in the past. That is why Collins laughed off Syndergaard's talk about bulking up and throwing harder. The manager knows Syndergaard now understands his responsibility to stay healthy



What lesson can we learn here?

**Pitching is NOT about strikeouts, it's about disrupting the hitter's timing.**

**If you're not working on your changeup, you're not learning how to pitch!**

I have areas on my website on the value of the changeup ([click here](#)):

### Dr. Arnold's Changeup Newsletters

It's most underrated and underappreciated pitch in baseball. The changeup can make ANY pitcher better, no matter how fast/slow they throw because:

*"Hitting is timing. Pitching is upsetting timing."*

-Warren Spahn, 13 20-win seasons

and I have a video presentation in my video library that goes over the grip AND when to throw it ([click here](#)):

### Dr. Arnold's Baseball Video Library



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## Have Questions About This Newsletter?

Contact ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com) / 631-352-7654) Dr. Arnold!