

The Changeup

The Most Difficult Yet Effective Pitch to Learn

What Is Pitching?

"Hitting is timing. Pitching is upsetting timing."

-Warren Spahn

Hall of Fame Left-handed pitcher

The Dangers of Breaking Pitches

A 2008 study (<http://ajs.sagepub.com/content/36/4/686.abstract>) found that:

"...the curveball was associated with a 52% increased risk of shoulder pain.

Yet curveballs did NOT put more stress on the elbow. Instead:

"...collegiate pitchers are able to maintain more consistent pitching mechanics and better proficiency" than youth pitchers.

Rather than risk elbow injuries from curveballs due to poor technique, throw a changeup.

What Is the Secret to A Great Changeup?

The best changeups are thrown:

- ✓ With the same mechanics/release point as the fastball
- ✓ Behind in the count as the hitter is looking fastball (1-0, 2-0, 2-1, 3-1, 3-2)
- ✓ Not with the "fastball fingers" but with the hand's 2 weakest fingers



Beginner's Changeup Grip

- ✓ Find the "horseshoe" seam
- ✓ Pinky on the outer seam
- ✓ Thumb on the bottom seam
- ✓ Ring finger splits the ball
- ✓ Middle finger on the inner seam
- ✓ Index finger touches thumb

Advanced Changeup Grip

- ✓ Same as Beginner's Grip except:
 1. Middle finger touches thumb
 2. Ring finger on the outer seam

This maximizes arm speed yet slows velocity