

The Pitch Revisited

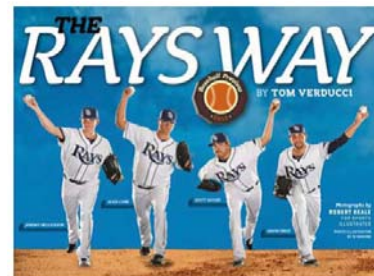
April 3, 2013

In 2012 I did a newsletter on how [the Changeup was crucial to Johan Santana's no-hitter](#):

The Pitch That Did It

June 14, 2012

Now the Changeup has been mentioned again, [this time in the development of the Tampa Bay Rays pitching staff](#):



Not only do all Rays' pitcher learn the Changeup in the minor leagues:

The Rays stress the changeup from the moment a pitcher joins their organization. Pitchers call their own games, but they are told to use the changeup on about 15% of their deliveries. "Throwing five a game won't get you

They continue this belief all the way to the Major Leagues:

Today's lecture might well be titled, The Importance of the Changeup. The minor leaguers are told that last year Tampa Bay had the lowest ERA (3.19) in the American League in 22 years. No staff in baseball was close to being as good. The Rays also held batters to the lowest batting average (.228) in the AL since it adopted the designated hitter 40 years ago, and struck out more batters (1,383) than any team in the league's 112-year history.

The changeup, the students are told, is the key to such success. Last year, according to Fangraphs.com, the Rays threw a greater percentage of changeups (18.4) than any team in baseball. (San Diego was next, at

ALSO...[The 2011 book "Living on the Black"](#) talks about how the Changeup was crucial to Tom Glavine's success:

"Glavine had become a good pitcher in 1989 when he discovered the grip that allowed him to throw his changeup at least 10 mph slower than his fastball, with the exact same arm motion...It was what separated him from most pitchers, especially with a fastball that rarely reached 90 mph.

*He had to count on his ability to keep hitters off-balance with change of speed.
The changeup allowed him to do that."*

Have Questions About This Newsletter?

Email (PitchingDoc@msn.com) or call (631-352-7654) Dr. Arnold!

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