

The Changeup How to Hold It and When to Throw It

Greg Arnold, DC, CSCS



**Complete
Chiropractic
Healthcare**

1745 Express Drive North
Hauppauge, NY 11788
(631) 352-7654

www.PitchingDoc.com

Why is the changeup so important?

Because...

"Hitting is timing. Pitching is upsetting timing."

-Warren Spahn

363 career wins

Won 20 games in a season 13 times



The changeup
makes your fastball "faster"

How Important Do I Think the Changeup Is to Pitching Success?

"The Pitch" - Part 3
April 2, 2014

Mets Prospect Needs a Change of Pace
Nash Snydergaard Can Hit 100 MPH on the Radar Gun, but With the Help of Frank Viola, He's Trying to Hit 85

The Pitch Revisited
April 3, 2013

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

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

The Pitch That Did It
June 14, 2012

Johan Santana tosses first no-hitter in Mets franchise history

Why the Changeup Fails with Young Pitchers

- 1) A grip is taught that is a "quick fix" but doesn't slow the ball down enough
- 2) Pitchers are taught to throw the changeup at the wrong time in the at-bat to the hitter

*"It's one of the best pitches in baseball –
if you can find it and get a good one."*

-John Niese, NY Mets pitcher

How to Properly Hold the Changeup

- ✓ Hold the ball with your 2 weakest fingers, NOT your fastball fingers
- ✓ The 2 important finger landmarks are:
 - ✓ Pinky on the top horseshoe seam / Thumb on the bottom seam
 - ✓ Takes the middle finger off the top of the ball, decreasing velocity



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

When Do You Throw the Changeup?

- ✓ Most coaches teach to throw with 2 strikes – WRONG.
 - With 2 strikes, hitters are in 'protect mode' → slower bat speed
 - Do you want to throw a slower pitch
when the hitter has slower bat speed? NO!

Simple rule:

Throw the Changeup when the hitter is looking fastball.
(First pitch, 1-0, 2-0, 2-1, 3-1, 3-2)

Throw the changeup to set up the fastball.

A Note On the 2-Strike Fastball

- ✓ Most coaches teach to throw the fastball outside with 2 strikes – WRONG (Again)
- ✓ With 2 strikes, the hitter's bat speed is slower AND bat speed has to be quicker to hit the inside fastball → Throw inside with 2 strikes!

*"Show me a guy who can't pitch inside
and I'll show you a loser."*



-Sandy Koufax
4 No-hitters in 4 years
3-time CY Young Award Winner

Thank You!



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