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## The Pitch Revisited, Part 4

May 8, 2015

"Hitting is timing. Pitching is upsetting timing." -<u>Warren Spahn</u>, 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, <u>you</u> <u>can subscribe to my Baseball Video Library</u> and watch a video presentation on The Changeup.

## Have A Question About This Newsletter?

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

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