

What Pitch Can Help Get You \$217 Million?

December 10, 2015

Last week, [David Price signed the biggest contract for a pitcher in the history of baseball](#), a 7-year, \$217 million deal. That comes down to about \$1 million per start, \$10,000 per pitch.



Some of [David Price's career statistics](#):

- ✓ 104-56 regular season record, 3.09 ERA
 - ✓ 3.7 career K:B ratio
- ✓ 2012 Cy Young, runner-up in 2010 and 2015
- ✓ 2-7 W-L record and a 5.15 ERA in the postseason

This is the career that has netted \$217 million. Yes, Price is durable. Yes he is left-handed.

But HOW did he get \$217 million?!?!

An answer can be found in [a commentary on the contract](#):

December 4, 2015

Raising Aces

Free Agent Roulette: David Price

where the author describes Price's arsenal:

The lefty has morphed his arsenal along the way, and the most stark development has been with his changeup. The pitch has gone from after-thought to a premier platoon weapon, and in 2015 the change came into play against left-handers as well. Part of what makes Price so effective is his command of a four-pitch arsenal (five if you count the sinker) that he will mix with the same frequency regardless of count, rather than fall into a trap of early fastballs and late secondaries.

and the frequency of his changeup:

The Stuff							
	2009	2010	2011	2012	2013	2014	2015
FB Velocity	94.0	95.5	95.7	96.2	94.5	94.2	94.8
FB Frequency	74.5%	74.4%	70.4%	60.9%	53.8%	57.0%	53.0%
CUT Frequency	*16.3%	*5.0%	9.4%	15.9%	18.0%	14.5%	16.2%
CB Frequency	3.9%	15.6%	9.1%	11.1%	11.3%	8.8%	8.1%
CH Frequency	5.3%	5.0%	11.0%	12.1%	16.8%	19.8%	22.8%

**He threw a slider in 2009-10, but converted to a cutter in 2011*

So Price now throws his changeup 4 times as often (5.3% to 22.8% of his pitches) and this once again proves [Warren Spahn's definition of pitching](#):

"Hitting is timing. Pitching is upsetting timing."

No pitch is as valuable as a consistent and accurate fastball. But **no pitch is as EFFECTIVE as a great changeup.** Why? Because a great changeup makes your fastball "faster", thereby disrupting the hitter's timing.

So...

How do you throw a great changeup?

When do you throw that great changeup to the hitter?

I have put together a video and PowerPoint presentation in my video library on the Changeup. [Click here to watch a video on the library](#) and [click here to subscribe to the video library](#) and gain access to the Changeup presentation.

Have A Question About This Newsletter?

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