

"The Pitch" - Part 3

April 2, 2014

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

-John Niese, NY Mets Pitcher

In 2012 I wrote about [Johann Santana's Changeup](#):

The Pitch That Did It
June 14, 2012

and in 2013 I wrote about [the Changeup with Tampa Bay Rays pitchers](#):

The Pitch Revisited
April 3, 2013

Now [a new article in the Wall Street Journal](#) talks about how Mets prospect Noah Syndergaard is working on a Changeup:

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

and highlights several good points about the Changeup:

traveling anywhere from 10 to 20 mph slower. They recognize its transformative power, how it can elevate them from raw talents to elite major-leaguers. And yet, so many of them don't start working seriously on their changeups until they reach the professional ranks.

and...

When thrown well, no pitch can frustrate major-league hitters more than a changeup. Because it looks identical to a fastball, batters often cannot identify it quickly enough and swing too early, hitting weak grounders or flailing wildly.

and a great quote from Cy Young Award Winner Frank Viola:

that looked pretty cool watching him swing late," Viola said. "My thrill was throwing a nice changeup to Dave Winfield and watching him strike out throwing his bat because he was so fooled."

Want to learn how to throw a Changeup? [Click here](#).

Have a Question About This Newsletter?

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