

The Evolution of Noah Syndergaard

November 17, 2015

As a wonderfully surprising season for Mets came to a disappointing close, what wasn't disappointing was the performance of one of my favorite Mets, Noah Syndergaard:

(Me at Game 3 of WS)



Earlier in the year [the WSJ did a spotlight](#) on how he was working on a changeup to compliment his fastball and working on evolving from a thrower to a pitcher:

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

Now [an article in NY Newsday](#):

Noah Syndergaard a pitcher now, not just a thrower

states his evolution is nearly complete

first game of a doubleheader in which he got a no-decision. "I think I've advanced myself to more of a pitcher and I'm really excited at the strides I've made this season . . . I just learned how to pitch."

[13-time 20-game winner Warren Spahn](#) said it best:

"Hitting is timing. Pitching is upsetting timing."

and Syndergaard's success towards the end of 2015 was ability to throw an effective changeup in relation to his fastball:

But against the Nationals, he was setting up hitters with his sinker, hitting his spots with his curveball and mixing in an 88-mph changeup that makes hitting a 98-mph fastball even more difficult. Syndergaard was, by his definition, "pitching" -- all the way to seven innings of two-

and have confidence in his offspeed pitches, especially his changeup:

and is 9-7 with a 3.24 ERA overall. "I'm excited for the things to come . . . I think every time I fell behind in the count, I was able to locate either a changeup or a curveball for a strike and get some ground-ball outs. I wasn't necessarily throwing fastballs in fastball counts, so that's something that's given me a lot of confidence."

Want to learn how to hold the changeup and when to throw it? Then [subscribe to my baseball video library](#) where I have an 8-minute presentation on the changeup.

Questions About This Newsletter?

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