

## The Change up pitch

The key to an effective change up is 'deception'.

The pitcher must look like they are throwing hard... but the pitch comes out slow.

The pitching arm must not slow down on a change up.

The pitcher must rely on either the grip or the release to take the speed off the pitch.

### Grip:

Option 1: Push the ball further back into your palm so there is 'more skin on the ball'.

Option 2: Bend the index finger knuckle and place the finger nail flat against the ball.

As an alternative try putting down two knuckles to take more speed off the ball.

Option 3: Grip ball on diagonal with index and middle finger together. These two fingers and the thumb hold the ball.

Option 4: Take the drop grip and move the thumb up next to the index finger. Option 5:

Invent something else.

### Release:

The quickest pitch is a drop and this is because on release the pitching hand is behind the ball. The rise is 5+km slower than the drop because the hand is under the ball. Therefore if you release the pitch with your hand on top of the ball it has to go slower.

Option 1: Hand is on top of the ball and ball is released between the thumb and the index fingers, with the thumb closest to the leg.

Option 2: Back flip - Ball is released by turning the hand completely over and the ball spins off the index, middle & ring fingers.

Option 3: Stiff wrist – There is no wrist snap on release. Option

4: Invent something else.

### Other change ups:

Knuckleball/floater – this is a pitch which has basically no spin. This pitch is popular with U17 age boys because it is easy to throw. However it is a pitch which is also easy for the better hitters to pick and for this reason I would prefer that pitchers chose another option for a change up.

Slow arm – any change up which requires the pitcher to slow their pitching arm down before or during release is not acceptable!

### Change up location and speed:

The best location for a change up is low outside. If thrown high it allows the hitter more time to see it and therefore to check their swing. The change up seems to work best when it is approx. 20-25km slower than the dominant pitch.