

Baseball Pitchers Copyright Robert D. Pace 7/9/2020

The purpose of this document is to define a strategy for baseball pitchers to more easily transition to pitching fastpitch. That transition is much easier if we can match it up as close as possible to how they pitch baseball. How they pitch baseball is defined by where their fingertip is on the baseball upon release.

Fingertip Upon Release

How we pitch is defined by the fingertip upon release.

Release Side of the Ball- Sinker Slider Pitcher

In baseball a sinker-slider pitcher throws off the side of the ball with a twisting at the hips. They throw their sinker off the back foot from an open position, and they throw their slider off the front foot from a closed position. So, they are always stepping away from their target which puts their index finger on the side of the ball. Changing the wrist cock 180 degrees from release makes the pitch side-arm or sinker slider. When we throw side-arm overhand, we step straight and release off the side of the ball.

In fastpitch we throw the same pitches the same way but underhanded. Changing the wrist cock 180 degrees from release makes the ball go up or down. Throwing up off the back foot is side-arm and illegal.

Release Top of the Ball- Sinking Two Seam Fastball down left or right

In baseball a sinker ball pitcher releases off the top of the ball with the power coming from the hips turning from the ankles to lead the whip of the arm. That same release with the other inside-out wrist-cock produces a 12-6 curve. The more the turn the better the whip. Hiding the ball by turning away from the batter and throwing away will make the ball move away and also break away. Throwing off the front foot the ball will break opposite direction from throwing off the back foot. We turn quicker going either up or down. We go up to get on top the ball.

In fastpitch we throw the same pitches the same way but underhanded. If we whip the arm it will feel almost the same underhand or overhand.

Back of the Ball- Rising Four Seam Fastball up left or right

In baseball the great pitchers that threw the low rising fastball got their back knee dirty. In other words, they sped up their hip turn by moving down. Moving down puts the release on the back side of the ball. By changing the wrist-cock it moved down left or right. Hiding the ball by turning away from the batter and throwing away will make the ball move away and also break away. Throwing off the front foot the ball will move opposite direction from throwing off the back foot. We turn quicker going either up or down. We go down to get to the back of the ball.

In fastpitch we throw the same pitches the same way but underhanded. If we whip the arm it will feel almost the same underhand or overhand. In fastpitch the release point is under the ball instead of on the back of the ball, and we use the other wrist-cock to get under the ball. Hiding the ball by turning away from the batter and throwing away will make the ball move away and also break away. Throwing off the front foot the ball will break opposite direction from throwing off the back foot. We turn quicker

going either up or down. We go down to get on the bottom of the ball. If we get under the ball with the other wrist-cock, we will actually release up on top of the ball.

Summary – Baseball Pitchers Converting to Fastpitch

The purpose of this document is to define a strategy for baseball pitchers to more easily transition to pitching fastpitch. That transition is much easier if we can match it up as close as possible to how they pitch baseball. How they pitch baseball is defined by where their fingertip is on the baseball upon release. If we can match it to how they pitch baseball, in fastpitch we throw the same pitches the same way but underhanded. If we whip the arm it will feel almost the same underhand or overhand.