

# Fastball and Change-Up Grips for Pitchers

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### Fastball

- Make sure your grip on the ball is firm, yet not so hard your knuckles are turning white.
- Use a two seam grip to get a tight, true spin and movement on the ball. See Picture # 1.
- Use a four seam grip if you have smaller hands and fingers. This might help you hold the ball firmer. See Picture # 2.
- The Thumb is ALWAYS opposite of the middle finger placement on the ball, this will insure a good grip in the fingers.
- Grip the ball in the fingers, and not in the palm of the hand. When the ball is deep in the palm it slows wrist snap. Remember; ball in the fingers and out of the palm for speed.

### Circle Change-Up

- Make sure your grip is firm and you hide the grip from the batter so you don't "tip" your pitch.
- Hold the ball deep in the palm for the Change-Up. This will help take speed off the pitch and fool the batter.
- Your index finger and thumb should make a circle on the ball. This will also help keep the ball deep in the palm. Doing both of these will take speed away from the pitch. See Picture # 3.
- Keep the ball low in the strike zone; it is harder to hit a low change-up. A change-up high in the zone is easier for the batter to see and hit.



Picture # 1



Picture # 2



Picture # 3