



## BASEBALL FUN FACT

**THE LIFE SPAN OF A  
MAJOR LEAGUE BASEBALL  
IS 5-7 PITCHES.**

**DURING A TYPICAL GAME,  
APPROXIMATELY 70 BALLS  
ARE USED.**

# SUNDAY KIDS DAY

## TYPES OF PITCHES



### FOUR-SEAM FASTBALL

**AKA: Heater, Cheese, Smoke, Cheddar • AVG. SPEED: 90mph**

The four-seam fastball gets its name from the four parallel seams on the ball that are visible to the batter when the pitch is thrown. This pitch has the highest velocity and is the easiest to locate in a pitcher's arsenal.



### CHANGEUP

**AKA: Off Speed, Dead Fish, Horseshoe • AVG. SPEED: 80mph**

The changeup is intended to look like a fastball but is actually a much slower pitch, therefore disrupting the batter's timing. A more circular grip spreads force across the entire ball, reducing the speed of the pitch.



### CURVEBALL

**AKA: Deuce, Hammer, Uncle Charlie • AVG. SPEED: 75mph**

The curveball rotates from top to bottom rather than bottom to top like the fastball. This forward rotation causes the curveball to sink dramatically and depending on arm position, can also break across the plate.



### KNUCKLEBALL

**AKA: Knuckler, Dancer, Flutterball, Floater • AVG. SPEED: 60mph**

The knuckleball is pushed straight out at release with ideally no rotation at all. The air moving across the seams pushes the ball around randomly making the knuckleball an incredibly deceptive pitch.



# PITCHING STRETCH

## WHAT TO DO

3 sets x 8 reps for each side. Rest for 45–120 seconds between sets.

## HOW TO DO IT

Lay down on your back with your left knee bent and your right leg crossed over the top of your left leg. Then roll to your left side (the bent knee side), bringing your right knee towards the ground. Use a towel or pad for cushion between your knee and the ground. Place your right arm parallel to your leg, then rotate your chest and top arm out, putting your arm straight up over your head, then bring your arm out and down the right side of your body in a sweeping motion toward your butt. Repeat the sweeping motion from your head to butt with your arm for the amount of reps, the switch and do it with the opposite arms/legs.

## WHAT IT DOES

The move helps with increasing shoulder mobility and flexibility. It will stretch out your middle and upper back, as well as your torso. Exhale as you stretch and try to not to separate your knees during the move. “For a pitcher, mobility in the shoulder is very important,” Lee says. “If your shoulder joint is tight, you lose mobility and won’t rotate properly during cocking phase to create the necessary torque to throw at a high velocity.”





# PITCHING WORKOUT



## WHAT TO DO

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**3 sets x 20-30 pitches for each distance. Rest for 45-120 seconds between sets.**



## HOW TO DO IT

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**After you are all warmed up advance to do the following: Practice throwing 20-30 pitches on 30- foot distance once you have completed that repeat the process at 60 and 90 feet distance.**



## WHAT IT DOES

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**On the baseball field, you will be required to throw the baseball over varying distances, sometimes over 30 feet, at other times over 60 or 90 feet. Practicing throwing at different distances will ensure that you have sufficient arm strength to range all distances on the field with your throws.**

