**FOUR-SEAM FASTBALL**

**Movement:** None  
**Purpose:** To throw straight and fast.  
**Grip:** Place your index finger and middle finger on the seam of the baseball.

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**TWO-SEAM FASTBALL**

**Movement:** Away from the hitter (right side of the plate for a RHP, left side for a LHP.)  
**Purpose:** To throw hard with movement.  
**Grip:** Place your index finger and middle finger on the seam of the baseball.

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**CHANGEUP**

**Movement:** Top to bottom of the strike zone.  
**Purpose:** To throw slow with slight movement.  
**Grip:** Use your thumb and index fingers to create a circle or an "OK" on the ball. Then, center the baseball between your three other fingers.

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**CURVEBALL**

**Movement:** Top left to bottom right of the strike zone with a strong downward spin.  
**Purpose:** To throw slower with tons of movement.  
**Grip:** Place your middle finger along the bottom seam of the baseball with your thumb on the back seam. When this pitch is thrown, your thumb should rotate upward, and your middle finger should snap downward.

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**KNUCKLE CURVEBALL**

**Movement:** Top to bottom of the strike zone.  
**Purpose:** To throw slow with slight movement.  
**Grip:** Use your thumb and index fingers to create a circle or an "OK" on the ball. Then, center the baseball between your three other fingers.

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**KNUCKLEBALL**

**Movement:** Tons of movement scattered all around the strike zone.  
**Purpose:** To deceive the hitter.  
**Grip:** Dig your fingertips into the baseball with your middle and ring fingers. Let your pink dangle loose. When you throw this pitch, make sure to keep your wrist stiff.