

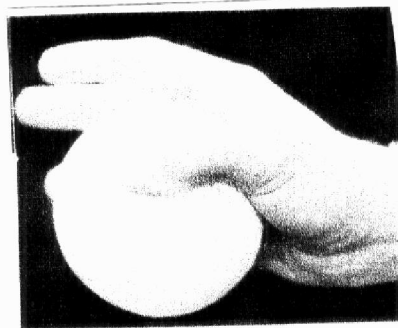
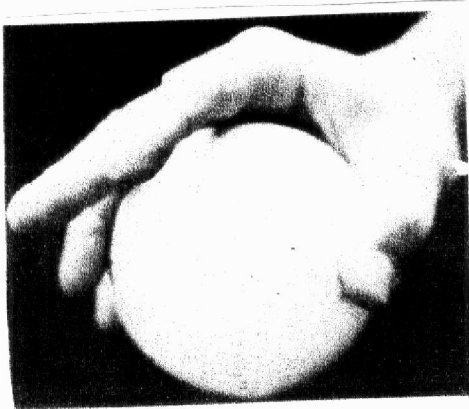
THE SLOW BALL

THIS IS THE FIRST PITCH YOUNG PITCHERS SHOULD LEARN BECAUSE IT IS SIMPLE, VERY EFFECTIVE IN KEEPING BATTERS OFF BALANCE AND CAN LAST A CAREER. IT'S NOT A BREAKING PITCH AS SUCH BUT RELIES MORE DECEPTION THAN MOVEMENT. THERE ARE MANY WAYS TO GRIP THIS PITCH BUT THE TECHNIQUE SHOWN HERE IS THE SIMPLEST AND QUICKEST TO LEARN.

MAIN POINTS:

- The key to this pitch is **DECEPTION**.
- Delivery motion must be identical to other pitches.
- Hold ball deep in the hand and tight to increase friction.
- Squeeze ball with last two fingers and thumb only
- Release the pitch with the wrist sidward reduce force.
- Generally keep pitch low/outside.

GRIP & RELEASE:



DRILLS FOR THE SLOW BALL:

- Blind Grip drill
- Pendulum drill
- Short release drill