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Title: The 4 Basic Fastball Pitches

Objectives: State the 4 most common fastball pitches  
Identify the differences in how each is pitch is gripped  
Describe how each grip affects the trajectory and movement of the ball

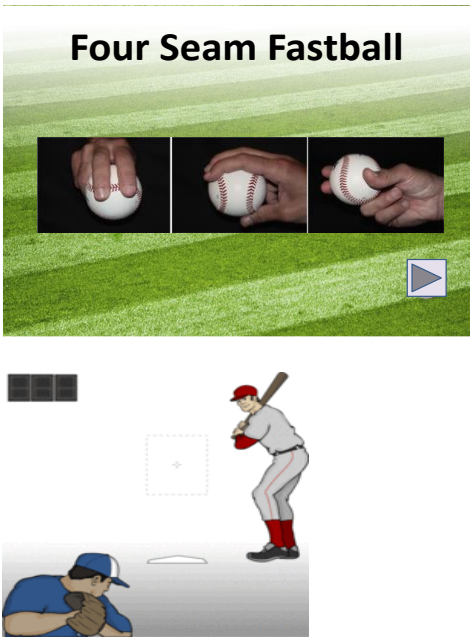
Slide Title / Number	Images / Graphics	Narration / Script
<p>1. The 4 Basic Fastball Pitches Audio narration</p>		<p>“In baseball, a pitch is the act of throwing a baseball toward home plate to start a play”, and this act can be completed in a variety of ways. There are curveballs, change ups, sliders, and even knuckleballs, but the most common and well-known pitch is the fastball. In this module we will examine the differences in the four basic fastballs pitches.</p>
<p>2. List of objectives Audio narration</p>	 <ul style="list-style-type: none"><li>• State the 4 most common fastball pitches</li><li>• Identify the differences in how each is pitch is gripped</li><li>• Describe how each grip affects the trajectory and movement of the ball</li></ul>	<p>Here a list of objectives for this module. To continue, please click on the arrow on the navigation screen.</p>

3. The 4 Basic Fastball Pitches  
Audio narration



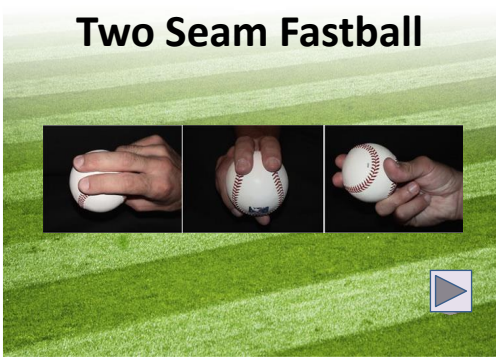
If you were to ask someone who isn't familiar with baseball to name a type of baseball pitch, odds are the first thing they will think of is the fastball. A fastball is a pitch thrown at or near a pitcher's maximum speed, and although there are many variations of how the pitch is thrown, there are four basic grips that most pitcher's use.

4. Four Seam Fastball  
Audio narration

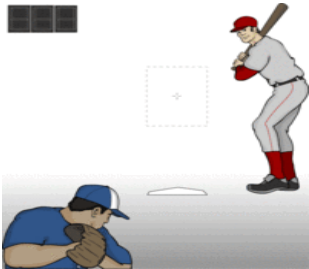

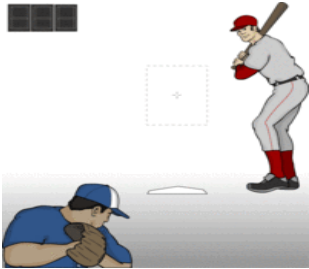


The first grip and probably the easiest to throw is the four seam fastball. The four seam fastball is thrown by placing the middle and index fingers across the seams of the horseshoe shaped area of the ball. This grip causes all four seams to rotate to towards the batter making the pitch more accurate and causing very little movement.

5. Two Seam Fastball  
Audio narration


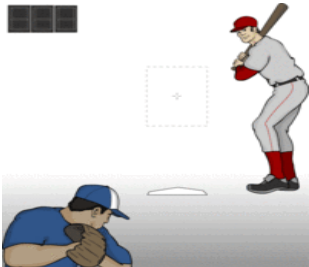


A second pitch, the two seam fastball, has a similar grip to the four seam fastball, but the location of the fingers are different. The middle and index fingers are placed directly on the seams of the ball at the seam's narrowest point. Where the four seamer has four cross seams cutting against the air, the two seamer has

		<p>only two. This results in a down and in movement and may be slightly harder to control.</p> <p>Please click on the arrow for a diagram of a four seam fastball.</p> <p><b>Animation of two-seam fastball.</b></p>
<p>6. Split-finger fastball Audio narration</p>	<p style="text-align: center;"><b>Split-finger Fastball</b></p>  	<p>Another basic grip used to throw a fastball is the split-finger grip. A split-finger fastball is gripped just like a two seamer except the two fingers (index and middle fingers) are placed on the outside the seams instead of directly on the seams. This grip creates a slow easy spin and rotates from bottom-to-top as viewed by the hitter. As a result the ball will move down as late as possible and move slightly to the right for a right handed pitcher. For a left hand pitcher, it moves down and slightly to the left.</p> <p>Please click on the arrow for a diagram of a split-finger fastball.</p> <p><b>Animation of two-seam fastball.</b></p>

7. Cut Fastball  
Audio narration

### Cut Fastball

The last basic fastball is the cut fastball. The cut fastball is gripped exactly like a two seamer. The only difference is the middle and index fingers are shifted to the right with the index finger placed over the seam. This grip causes a curving type action that causes the ball to move in the opposite direction it normally would.

Please click on the arrow for a diagram of a split-finger fastball.

**Animation of two seam fastball.**

8. Match Up Game  
Audio narration



- Cut Fastball**
- Split-finger Fastball**  
Moves down and out
- Two Seam Fastball**  
Little or no movement
- Four-Seam Fastball**  
Moves down and in
- Moves in opposite direction

We have reached the end of this module. Please take a few minutes to match the pitch grips with correct fastball names and its movements.

**Matching Game**