

The Pitch That Did It

June 14, 2012

One June 1, 2012, Johan Santana [accomplished a first for Mets' pitchers](#):

Johan Santana tosses first no-hitter in Mets franchise history

The [pitch statistics](#) show the importance of the Changeup in helping him succeed:

Pitch Type	Avg Speed	Max Speed	Avg H-Break	Avg V-Break	Count	Strikes / %
FF (FourSeam Fastball)	88.25	90.2	5.35	10.20	75	42 / 56.00%
CH (Changeup)	77.32	83.5	7.09	6.32	38	24 / 63.16%

In addition to [using the Changeup to end the game with a strikeout](#):

- Johan **threw more Changeups for strikes** than the fastball (63.16% vs 56.00%)
- Johan threw **69% of his Changeups for strikes** over the final 5 innings
- Johan's **Changeup was 11 mph slower** than his fastball, helping disrupt the timing of the Cardinals hitters:

"Hitting Is Timing. Pitching Is Upsetting Timing."

- [Warren Spahn](#)
Hall of Fame Left-handed Pitcher

What Is The Best Way to Throw A Changeup?

- While you can [click here to see my newsletter on the Changeup](#), here is the grip:



Beginner's Changeup Grip

- ✓ Find the "horseshoe" seam
- ✓ Pinky on the outer seam
- ✓ Thumb on the bottom seam
- ✓ Ring finger splits the ball
- ✓ Middle finger on the inner seam
- ✓ Index finger touches thumb

Advanced Changeup Grip

- ✓ Same as Beginner's Grip except:
 1. Middle finger touches thumb
 2. Ring finger on the outer seam

This maximizes arm speed yet slows velocity

Have A Question About This Newsletter?

Call (631-352-7654) or Email (PitchingDoc@msn.com) Dr. Arnold!

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