

CADETS

BASEBALL ACADEMY

How to Grip a Cut Fastball (Cutter) (recommended age 16)



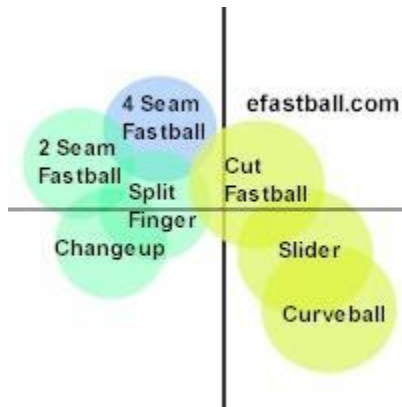
Top View



Side View



What the hitter sees Cut Fastball



Hitter's View Right Handed Pitcher Updates

- 3/5/2010 - Added MLB cutter speed, plus clarified how a cutter is different from a fastball, curve, and slider.
- 5/08 initial page

AKA

This grip is also called a cutter or a cut fastball.

Hybrid

A cutter is held like a curve or slider but is

released like a fastball.
This makes the ball go
right/left in the opposite
direction from a fastball
(see 'Hitter's View' chart
below)

Position the Ball

*Similar to 2 seam fastball
position, but with a
curve/slider grip* Turn the
ball where the horseshoes
(the "U") are close
together and run the
direction of your fingers.
The closed part of the
horseshoe points to your
thumb and the open part
points to the pinky.

Position your fingers

Place your first two fingers
(index and middle) just
inside and next to the right
hand seam.

Position your thumb

Place your thumb directly
under the ball on the
smooth part of the baseball
(no seam).

Exert Pressure

Squeeze the ball with your thumb pushing against your middle finger.

Delivery and Release

Push your middle finger toward the batter. Your hand will pronate (thumb down, inward, clockwise LH, counterclockwise RH) slightly.

This pitch is released/pronated the same as a four seam or two seam fastball, which is the **opposite** release of a curveball.

Compared to other grips

A cutter is a type of fastball and is almost as fast, but it moves in the opposite direction. Its speed is between a fastball and a slider and the ball should break just before it reaches the hitter.

What the hitter sees

This ball appears as a two seam fastball (or four seamer if using the 4 seam

grip).

The two seams appear to the hitter as two off-center vertical lines.

The hitter thinks 2 seamer and then the ball moves in the opposite horizontal direction from what he expects.

Alternate grip

Move the fingers to the left seam. Or use a four seam grip and lay your first two fingers to either side.

When to throw

This is not a common pitch. It is difficult to locate. If it hangs (doesn't move left or right) it can be hit.

Throw it up and inside to a LH batter to break their bat. Throw low and away to a RH batter. *reverse for LH pitcher*

What it does (movement)

The ball will move to the left (RH pitcher) a few inches but will not drop like a slider or curve ball.

When this pitch thrown at the hands by a RH pitcher to a LH batter (or LH pitcher to RH batter), it can crack the bat, since it will hit the handle.

Reaction Time

The hitter has roughly 0.40 seconds to hit this pitch.

Typical Speed

This pitch is slightly slower (average 4 mph slower in MLB) than a normal 2 or 4 seam fastball.

10 and under	40-50 mph
11-12	50-60 mph
13-14	55-75 mph
High School	75-85 mph
College/ Pro	80-90 mph

The average speed of a cut fastball in the majors is 86-87 mph.

The ball will typically slow down 8-10 mph by the time it reaches the front of the plate. (Note that your home radar gun may stop reading well before the ball reaches the plate because the hitter is in the way.)

Great Cut Fastball Pitchers

Mariano Rivera, closing pitcher for the Yankees, throws his cutter at 95mph. Roy Halladay, Andy Pettite, Pedro Martinez and Dice K also throw cutters.

