

CADETS

BASEBALL ACADEMY

How to Grip a Slider (recommended age 18)



Top View

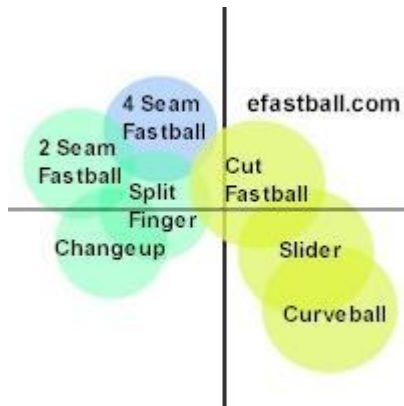


Side



View

What the hitter sees



Slider

Hitter's View

Right Handed Pitcher **Updates:**

- 5/08 - Initial page

AKA

This grip is a type of breaking pitch and is only called a slider.

Position the Ball

2 seam fastball direction Turn the ball where the seams run the direction of your fingers and the horseshoe (the "U") points away from your palm.

Position your fingers

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

Your ring finger should rest on the side of the ball.

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 and middle finger.

Delivery and Release

Push your middle finger toward the batter. Your hand will supinate (thumb up, outward, clockwise RH, counterclockwise LH) slightly, but not as much as a curveball.

This is the opposite rotation of a fastball.

Compared to other grips

The ball is gripped like a cutter, but is delivered with a twist of the wrist. The speed is slower than a fastball, but slightly faster than a curveball.

Sliders move both down and sideways, but not as much as a curveball.

What the hitter sees

This ball is clearly spinning.

The seams (and the entire ball) appear as a one inch red circle. If its thrown with a four seam grip, the seams appear as a pink dot.

Alternate grip

Try a four seam fastball grip (cross seams), using the same wrist twist. The seams look different to the hitter and it may move differently.

When to throw

This is a very common pitch thrown in baseball. Alternate with fastballs to confuse the hitter.

What it does (movement)

The ball will move down and to the left for a right handed pitcher. For a left hand pitcher, it moves down and to the right.

The ball creates a tight spin and rotates sideways as viewed by the hitter.

Reaction Time

The hitter has roughly 0.45 to 0.50 seconds to hit this pitch.

Typical Speed

This pitch is roughly 5-10 mph slower than a fastball, 5 mph faster than a changeup and 5-10 mph faster than a curve ball.

10 and under	35-45 mph
11-12	40-55 mph
13-14	50-65 mph
High School	65-75 mph
College/ Pro	70-85 mph

The average speed of all sliders in the majors is 84 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.)

Catcher's Sign

Usually the catcher and the pitch caller use two fingers (together) to call a slider