

Homework Assignments

Week 7 – The Changeup – Video Library Presentation

Why is the Changeup so important? Because _____ is timing. _____ is upsetting timing.

The 2 important landmarks when throwing the changeup is to put the _____ on the top seam and the _____ on the bottom seam.

3 counts that are excellent 'Change counts' are _____, _____ and _____.

The Pitch, Part 2

What baseball team is profiled in this newsletter? _____

The Pitchers on this team are encouraged to throw ____ % of their pitches as changeups.

The Pitch, Part 3

Which Mets pitcher is profiled in this newsletter? _____

Who said "*My thrill was throwing a nice changeup to Dave Winfield and watching him strike out throwing his bat because he was so fooled*"? _____

The Pitch, Part 4

What is the most important aspect of the changeup? _____