

## **2 SEAM FASTBALL GRIP AND OVERVIEW**

The 2 seam fastball is commonly known as the fastball with more movement and slightly slower than the 4 seam fastball. At the youth levels, you won't see too much of a difference speed wise. At the older levels once a player starts throwing 80+ mph, you should see a 1-2 mph difference in a 4 seam and a 2 seam. Because of the way the ball spins out of the hand upon release it generally creates arm side run. That means the pitch moves to the throwing side of the player. Below are pictures and general guidelines to throwing that pitch.



- Two types of 2 seam grips.
  - Cross Seam
  - With Seam
- Finger tips should have grip of seams.
- Fingers can be split up to 2 inches at most. If grip is with seams stay that width.



- Thumb placement below the pointer finger.
- Thumb should have feeling of the below seam.
- Slight spacing between the ball and your hand in between your pointer and thumb.
- Keep grip pressure of this pitch somewhere in the 3-8 range. 1-10 scale (1 Lightest, 10 Hardest).



- Again see that the thumb is on the seams for good grip.
- No part of the baseball is touching the palm.
- The ring finger is resting to the side of the baseball for control of that portion of the baseball.

The 2 seam fastball should be used as a fastball that moves a little bit. If the 4 seam fastball is a pitch thrown more to produce swings and misses, the 2 seam fastball should be thrown to produce weak contact from the hitter. For RHP's you should throw this pitch more to the arm side. So inside to right handed hitters and away from left handed hitters. Vice versa for LHP's.