

## **4 SEAM FASTBALL GRIP AND OVERVIEW**

The 4 seam fastball is commonly known for being the straighter and harder of all the fastball types thrown. Because of the way the ball spins with 4 seams catching the air, the spin is generally faster which keeps the ball straighter and produces a higher velocity than the 2 seam fastball, sinker, or cut fastball. Below is a general grip for the 4 seam and some guidelines on how to hold the baseball and throw the baseball.



- Pointer and middle fingers placed across the horseshoe.
- Finger tips should feel the seams of the baseball.
- Fingers can be fairly close together or split by up to 2 inches depending upon age.
- Ring finger rests just to the side of the baseball.



- Thumb placement should be below pointer with feel on the seam.
- Note\*: Some players like to slide thumb more underneath baseball. This is up to the individual.
- Should see slight spacing between the ball and the hand in between the pointer and the thumb.
- Grip pressure if measured on a scale of 1-10(1 light, 10 Very Hard) should be somewhere between 3-8. Stay away from extremes.



- Placement of the baseball should go no deeper in the hand than making contact with the hands calluses.
- Pinky finger is off to the side of the ring finger.
- Ring finger can choose to rest on the seam for better grip if you choose.

When throwing this pitch, try to keep your fastball fingers behind the baseball when releasing the pitch. This will create the correct spin pattern of the baseball to keep the ball straighter and truer to your target. RHP's can use this pitch to stay in on left handed hitters and away from right handed hitters where a two seam might sneak back across the middle of the plate. Vice versa for LHP's.