Baseball pitches are varied and complicated. The pitcher must grasp the mechanics of many styles of pitches, be in excellent physical shape to throw them at high velocities, and have the mental capacity to know when to throw the right pitch at the right time. One of the many different pitches is the palm ball, thrown as a change-up pitch to throw off the batter after receiving a fastball. Learn about how to grip the ball for this type of pitch and work towards working it into your pitching routine.

**Instructions**

1. Rotate the ball so that the U of the seam is running with your fingers. You want the ball positioned so that the bottom of the seam is in your palm and the sides of the U are running out towards your fingers. You want the bottom of the U pushing against the middle of your palm so the seam and the palm are in contact.

2. Push the ball back into your palm. Make sure the ball is in contact with the palm or the pitch will fail. The closed section of the seam, or horseshoe, should be nestled against your palm. The positioning of the ball is similar to the fastball with the notable difference being that the narrow part of the seam is rotated into your palm.

3. Wrap all your fingers around the ball so that no fingers are touching one another as they sit on the ball. The tips of your fingers should not be resting on any seams either. Place the index and ring fingers on each side of the ball for balance and proper centering.

4. Put your thumb squarely under the smooth part of the baseball. Pull hard against the seam as this will help keep the ball in place. Exert moderate pressure with all your fingers to keep the ball in the right position in your hand.

**Difficulty:** Moderate

**How To Throw a Curve Ball**

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