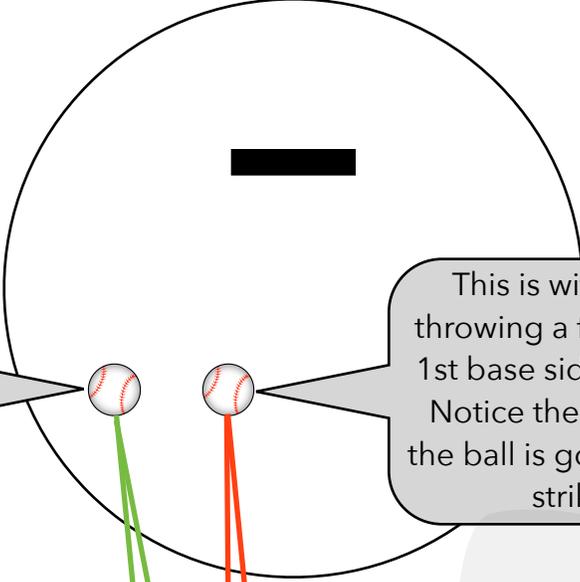


“DECEPTION” WITH RUBBER POSITION



This is with the pitcher throwing a fastball from the 3rd base side of the rubber. Notice the angle at which the ball is going towards the strike zone.

This is with the pitcher throwing a fastball from the 1st base side of the rubber. Notice the angle at which the ball is going towards the strike zone.

A huge part of pitching is “Deception.” Where we stand on the rubber will create different angles at which the ball will travel towards the strike zone. A simple adjustment like this can turn an average/hittable fastball into hard to judge/off your knuckles fastball.

Keep in mind though, our job is to throw strikes and hit the glove. This is just a way to create some “Deception” to possibly make your stuff better.

The most common issue with pitchers who pitch from the 3rd base side of the rubber is that they have a hard time getting the ball across to the other side of the plate.

This has nothing to do with it being tough to do, but 100% to do with their delivery. If a pitcher's arm action is on time in their delivery they won't have an issue getting it glove side.

Ultimately, comfort is key, but this idea may help take you to the next level, give it a shot.

Disclaimer:

Sinker ball pitchers often find success from the glove side of the rubber since it gives them more of the plate to work with allowing for more run on their fastball.

** Flip this diagram for a left handed pitcher.

