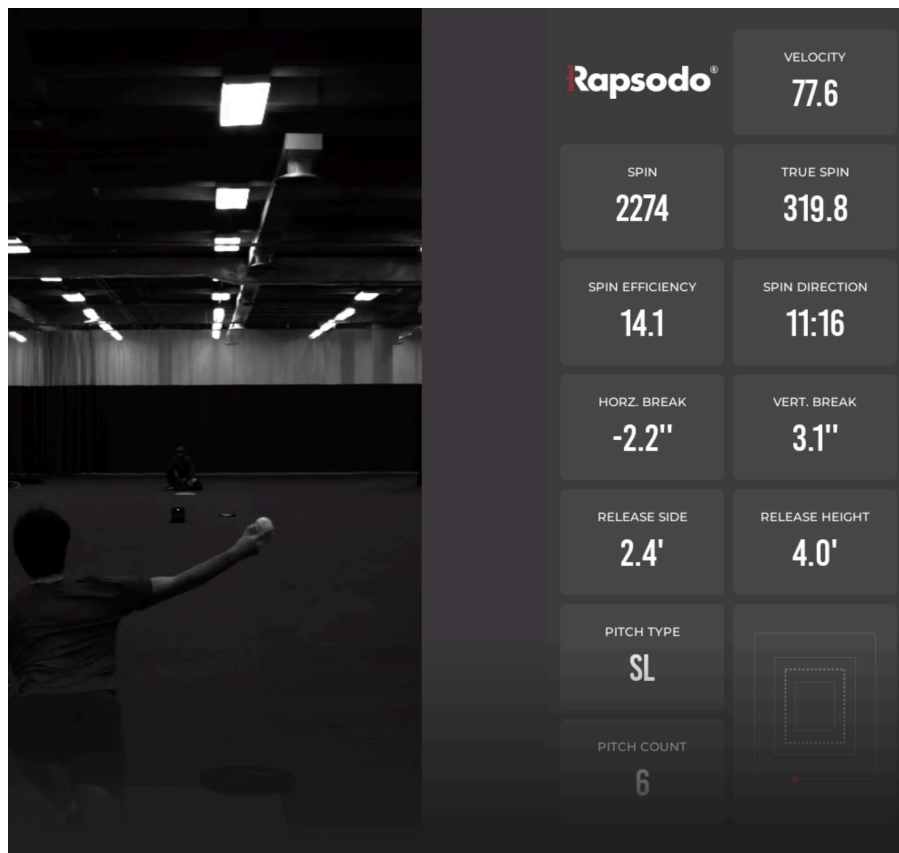


Slider:

Firstly, I didn't include the fastball because not much I can say, it looks very solid as it is. Hopefully with the standard pitching program and time the velocity can be upped. The slider was definitely the focus of pitch design in this session and I think there's some great cues that can be used to improve this pitch. Looking at the Insight picture I think there is a combo of two queues that would take this pitch to the next level. One being a slight tilt of the wrist, the other being "palm up after release". The tilt of the wrist will put the fingers in an advantageous position and allow the "palm up" queue to do the rest. With both of those in play the spin axis turns on its side further towards that 9:00-10:00 range and great things will happen with regards to movement.



The slider on the left here is one from the very end of the session (with the queues mentioned in mind), the one above is one right at the beginning. Just looking at the picture only you can see a huge difference in the release and how the ball is rolling off the fingers. Then you look at the numbers, notice the spin direction difference, a little less gyro spin, and most importantly the difference in both horizontal and vertical movement. The fastball and changeup are very solid in this arsenal and this slider is the third piece that needs to get to that level for a complete arsenal. Already steps are being taken to get there and if the bottom picture can be replicated and improved upon it should be great.

