

Fastball:

Observations:

- Velocity sitting at mid-eighties but from observation there is stuff left in the tank
- Glaring issue - extremely low spin efficiency
 - Classic cutter metrics with his 4-seam: not sure if a cutter is what he was going for with this pitch because it is his primary
 - Let us assume he is committing to this cutter as a primary pitch: he then needs to go all in on creating more cut than he currently produces with his primary fastball, and he needs to develop a pitch (changeup or sinker) that tunnels the opposite way to create a 3 pitch arsenal
- Proposed 3 pitch arsenal: 1. Cutter, 2. Curveball or slider (in my opinion should focus on perfecting one of the two), 3. Changeup

What that means:

- For the cutter's sake this means that he should commit to creating as much cutting action on his primary pitch as possible
- I also think this means he should ditch his slider because it will not provide that much deception in an arsenal that hinges around a cutter, especially when he has a decent curveball to use and perfect
- Casey's cutter has HB around 3 and VB around 15, he would need to get the HB to around -2 for it to be very effective
- As seen in the insight video he football grips the pitch a little already but still maintains a spin axis of 00:30 on average
- If he was able to tilt his axis left to around 11:00 while and also either maintaining his cutter hand placement or experimenting with new cutter grips (up to you) he would be able to create a filthy (intentional) cut fastball
- It all hinges on being able to tilt the axis left effectively (without creating other issues), and resulting in creating a more negative HB and more cut movement



Changeup:

Observations:

- I know the changeup was scrapped in subsequent sessions but I do strongly believe it should be revisited and worked on because a changeup with a double digit HB (which he is capable of) paired and tunneled with a cutter is nasty
- The slider in my honest opinion is what should be scrapped because it isn't groundbreaking and a changeup of similar execution would be far more useful in this scenario should he be committing to the cutter (which I would recommend)
- To accomplish this goal we would need to find a way to kill velocity and create a tad more horizontal movement

What that means:

- He has an adequate arm angle and throwing motion for an effective changeup to occur, but I believe his grip is what made it lackluster
- He is able to pronate around the ball adequately, but somehow, when watching slomo on insight he does not create the visual sidespin that we would like to see
- When he releases the ball, look closely at the video, the ball does have not forced RPM's off the angle and axis which he releases it on but instead it comes out of the hand looking like an inefficient fastball
- If he gripped the changeup in a "split hybrid" fashion, it would be easier for his mind muscle connection to force the ball into a sidespin that would create the horizontal movement needed
- Once he gets that down other adjustments could be made such as tilting the axis to create even more movement so the pitch has massive amounts of upside
- If he was able to get this changeup to 10-12 inches of HB it would be a deadly one two punch with his cut fastball



Curveball:

Observations:

- The reason why I believe this pitch should remain in the arsenal as opposed to the slider is because it could be used as early in the count steal a strike pitch or a late in the count strikeout pitch that is just so different from the fastball and changeup that hitters forget about its place in his arsenal
- The slider, while also decent, would just water down this arsenal, an arsenal which I think should be a simple 1,2,3 weapon deal
- The curveball has great RPM's around 2500-2600 when thrown properly
- The break profile on this pitch is strong with high negative numbers which is a promising sign, but they are highly inconsistent with some sitting at -12HB, -12VB, while others are at -7 HB, -18VB
 - The shape of this curveball is too varied and needs to be worked on

What this means:

- With the pitches that have a high VB but low HB, Casey is able to get on top of the pitch in a manner that creates less RPM's but in my opinion a better break profile, which is that of resembling a 12-6 curveball
- Some pitches he "cheats" a little and gets around it allowing him to spin it harder but creating a less effective break profile
- The clean fuego would be very useful in this scenario to give him the muscle memory of pulling down on the pitch rather than getting around it, and being able to gain the ability to create those needed RPM's on the correct ball path
- That consistency work will also increase spin efficiency and help more of the RPM's contribute to dropping this pitch
- In summary the pitch will be most effective in this arsenal if made more consistently vertical breaking
- The left picture shows him getting around a pitch more and the right shows a better example of him staying on top and creating vertical movement, shown in video and in data (but one that needs the aforementioned work put in)

