

Sam Long



2023 Season Player Plan

Trust Your Curveball

- Threw 4-seam 42.5% | changeup 29.2% | curveball 26.8% in 2022
 - 2021 threw 4-seam 42.2% | changeup 20.5% | curveball 34.2%
- Right-handed hitters
 - Threw 4-seam 43% | changeup 32% | curveball 23.3% in 2022
 - Annihilated right-handers with this combination
 - wOBA 4-seam .254 | changeup .264 | curveball .123
 - Lowered wOBA for all pitch types significantly from 2021
- Left-handed hitters
 - Threw 4-seam 41.6% | curveball 33.3% | changeup 23.9% of the time
 - Left-handed batters hit Sam very well in 2022
 - Left-handed batters struggled greatly against Sam in 2021
- Change from 2021 to 2022
 - Curveball extension 6.0 in 2022 | 5.8 in 2021
 - Curveball velocity 77.0 MPH in 2022 | 74.9 MPH in 2021
 - Increased velocity and extension but lost effectiveness of pitch
 - Vertical break 62.0 in 2022 | 63.0 in 2021
 - Horizontal break 2.1 in 2022 | 0.2 in 2021
 - Gained more sweeping movement in the curveball
- Success in 2021 came from the four-seam and curveball playing very well off each other
 - Increased use of changeup against right-handed hitters is effective in 2022
 - Curveball can be equally as effective against left-handed hitters
 - Try to incorporate 2021 technique in the curveball

Top of the Strike Zone

- Majority of hits against Sam
 - Middle of the strike zone
 - Bottom of the strike zone
 - Inside the strike zone - especially for left-handed batters
- Four-seam does not have a lot of spin at 2205 for its velocity of 94.7 MPH
 - Has less of a rising effect
 - 12.5" of vertical rise
 - Could be dangerous to keep the four-seam in the top of the zone
 - But middle and bottom of strike zone are getting hit too much
 - Elevate the four-seam

Inter-Division

- Diamondbacks, Dodgers and Padres
 - Diamondbacks lineup wOBA fastballs .329 | breaking balls .268 | offspeed .312
 - Dodgers lineup wOBA fastballs .368 | breaking balls .268 | offspeed .347
 - Padres lineup wOBA fastballs .345 | breaking balls .294 | offspeed .347
 - All three teams struggle with breaking balls → Trust your curveball

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References

Baseball Savant

<https://baseballsavant.mlb.com/savant-player/sam-long-669674?stats=statcast-r-pitching-mlb>

Baseball Reference

https://www.baseball-reference.com/players/split.fcgi?id=longsa01&year=2022&t=p#all_4018579025