



THE EQUALIZER: THROWING THE CHANGE UP - JOHN TSCHIDA

DEFINITION OF THE PITCH

ELEMENTS OF THE PITCH

CHECK POINTS

WAYS TO MAKE IT GO SLOWER:

TYPES OF CHANGE UPS

POP & STOP

PUNCH & ROLL UNDER BALL & OPEN HAND

TURN COUNTER-CLOCKWISE & OPEN HAND

BACKHAND FLIP OR SIDE FLIP

CUFF THE BACK OF THE BALL

PUNCH & ROLL STIFF WRIST & FINGERS

ROLL OFF RING & PINKY FINGERS DROP

PEEL W/ NO SNAP

SUITE CASE

CURVE

RISE

KNUCKLE

SIDE OF THE HAND

BACK OF HAND:

FRONT OF THE HAND / SHOVE: