

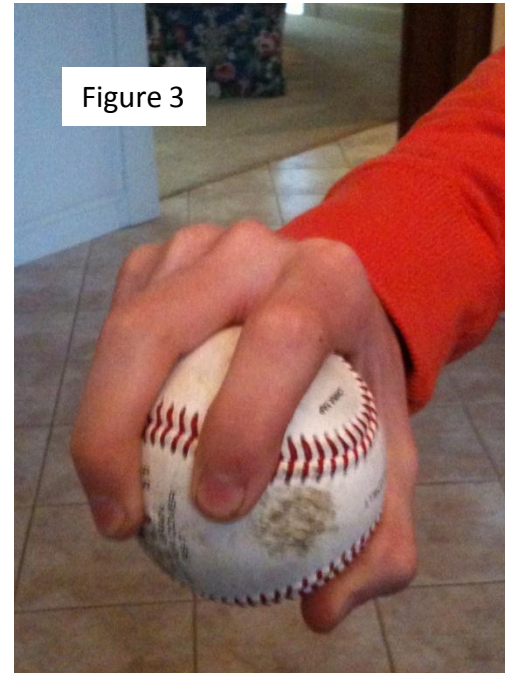
# Homework Number 1

How to correctly hold a baseball – four seam fast ball. This is called a four-seam fast ball, because as the ball rotates through the air, four seams of the ball cut through the air, giving it the fastest, straightest flight.

1. Hold the baseball so the seams make the letter “C” as in Figure 1.



3. Your thumb is placed underneath the ball to secure the ball.



2. Place your index and middle fingers on the top seams as shown in Figure 2.



Homework Assignment: Toss the ball up and down about a foot for about 10 minutes a day, and quickly get it into the “four-seam” fastball position.

Extra credit: lie on your back and toss the ball up for 10 minutes a day, watching the ball rotate as it comes off your fingers.