



**We Help Make Dreams
Come True.**

STRIKE ZONE
2900 SOUTH 110TH STREET
OMAHA, NE 68144
(402) 398-1238
WWW.STRIKEZONEOMAHA.COM
Fax: (402) 399-2019

HITTING IS TIMING. PITCHING UPSETS TIMING.

In baseball, a **breaking ball** is a pitch that does not travel straight like a fastball as it approaches the batter. A breaking ball will have some sideways or downward motion on it.



TAKE YOUR GAME TO THE NEXT LEVEL

**In the confrontation between batter and pitcher,
It is the breaking ball that makes the batter the underdog.**

**Are You Getting Ahead of Batters and Having Trouble Finishing Them Off?
Been Working On Your Off Speed Pitch but Don't Have the
Results You Want?**

WE'VE GOT THE ANSWER FOR YOU!!!

It's time again for the Strike Zone's Annual Breaking Ball Clinic!
Get registered now to work on these aspects of your pitching:

- Breaking Pitches—More than 1!
- Set Up Hitters
- Pitch Sequences/Warm-up Routine
- Arm Care & Injury Prevention

For Serious Pitchers Ages 14 And Up

Get a feel for getting hitters out and develop strong off speed pitches in just one class! Or become a breaking ball aficionado by completing all **FOUR!**
BRING SPIKES!!!

JANUARY 15 9-11 AM
JANUARY 29 9-11 AM
FEBRUARY 12 9-11 AM
FEBRUARY 26 9-11 AM

SPACE IS LIMITED - REGISTER NOW

Please register me for Strike Zone
Group Lessons marked above
No. of Classes _____
Special Member Price \$40 Per Class
Non-Member Price \$60 Per Class

Name: _____ Age: _____
School: _____ Throw: _____ L _____ R
Telephone: _____ Cell #: _____
Address: _____
E-Mail: _____
City/State/Zip: _____
Amount Enclosed: \$ _____

PAYMENT METHOD
Cash Check Visa MC Disc AMEX

Exp Date _____ 3 digit V-Code _____

Signature: _____



(Parent/Guardian Sign Here:) _____

Visit www.StrikeZoneOmaha.com for Cancellation Policy

BREAKING BALL

STRIKE ZONE
2900 South 110th St.
Omaha, NE 68144
(402) 398-1238
www.strikezoneomaha.com
Fax: (402) 399-2019

The breaking pitch—curveball, split-finger, slurve, slider and other variations—has been around since baseball began. But never have so many pitchers thrown so many different breaking pitches with so many different looks as today. Pity the poor batter who has to decide what he's going to do with any given pitch in the less than 1 second that it takes for the ball to leave the pitcher's hand and reach the hitting zone.

At one time, a batter could look for a fastball but was able to adjust to a breaking pitch that started out wide of the strike zone and then broke over, or a breaking pitch that started high of the strike zone and broke down into it. Today, most breaking pitches only move an inch or two within the strike zone. And that's all it takes to cause a batter to miss or to hit the ball feebly. And today, breaking pitches move left, right, down, diagonally and with variations on all of the above.

THE PROS AND CONS OF POWER CURVES AND POWER SLIDERS

	CURVE	SLIDER	EDGE
Strike zone	Hard to get over. Tough to get called strikes.	Easy to throw for strikes. More apt to be called for strikes.	Slider
Break	Great two-dimensional break.	Modest break. Great rotation can give it second stage le.	Curve
Batters Read	Early break may tip it off.	Late break is hard to recognize.	Slider
Receiving	Catchers may have trouble, especially when low.	Little trouble for good catchers. Easier pitch to frame.	Slider
Effort	Takes time to master.	Easy to learn.	Slider
Arm wear	Easier on arm.	Hard on arm.	Curve
Location	Can get away with a pitch right over the plate.	Can't locate up in strike zone. Hanging slider is HR	Curve
Contact	When it goes down, it is extremely difficult to hit.	Most hitters develop bat speed to hit it. It can over-power weak hitters.	Curve
Versatility	Off-speed nature enables it to be used as change-up. Angle and delivery can vary.	Has to be thrown with velocity. Dependent on great rotation which won't always take.	Curve



Players at the plate fear the breaking ball, which is sometimes referred to as a curve ball because it travels at a high rate of speed with the intention to curve downward at the last second. Its breaking point is the point where it changes direction during the split seconds before arriving at home plate. The art of pitching is a learning process that requires years of diligent work. Dedicating time to improving your pitching techniques will provide benefits that will last season after season.

