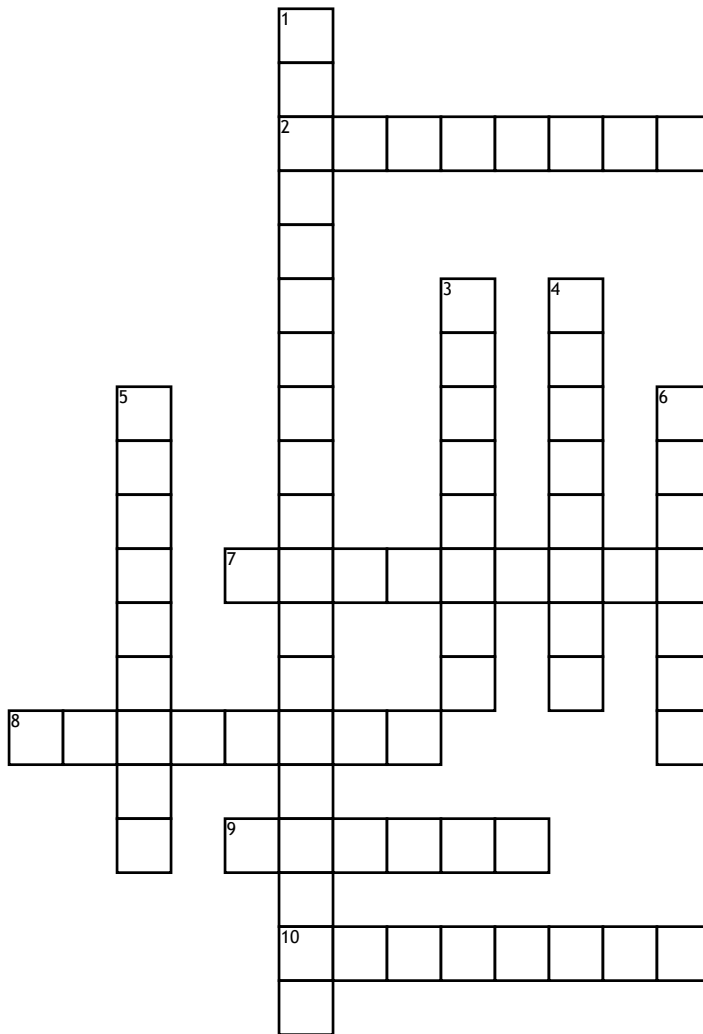


Pitching Crossword



Across

- 2. Pitches that mess with the timing of a batter.
- 7. The form or technique you use when pitching.
- 8. A pitch that is slower than normal and has little to no movement.
- 9. A pitch that is slightly slower than a fastball and moves down and away from a right handed batter.
- 10. How accurate you are with your pitches.

Down

- 1. Slowly demanding more from your arm, eventually strengthening it.
- 3. The most common pitch that is fast and has little to no movement.
- 4. How hard you throw the ball.
- 5. A pitch that is slower than average and typically moves from around 12 to 6 on a clock.
- 6. The angle that your arm creates when you pitch. Ex. Overhand, 3/4, sidearmed.

Word Bank

- | | | |
|-----------|-----------|----------------------|
| Offspeed | Curveball | Accuracy |
| Arm Slot | Changeup | Velocity |
| Mechanics | Slider | Progressive Overload |
| Fastball | | |