

**Throwing Mechanics 101:
The four seam grip.**

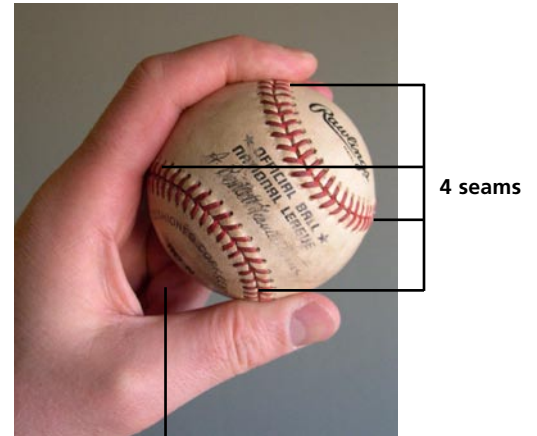
The four seam grip is one of the most overlooked and undervalued of all baseball fundamentals. Because without it, it's hard to throw the ball with consistent accuracy. Teaching and monitoring your young players' grips is essential to building solid throwing mechanics.



Wrong: many youth players overgrip the ball, causing inconsistent delivery.



Right: the proper four seam grip features the thumb directly underneath the top two fingers if possible.



Side view shows a light grip with ball more in the fingertips with proper spacing so ball is not overgripped.