

The mechanics of a curveball: baseball vs. softball



Common grip for the baseball curveball.

Baseball
The release is a drastic turning snap of the wrist. As it nears the plate and begins its downward curving motion, it can break as much as 17 inches or more.

Mound to home	60'6"	43'
Average speed	85-90 mph	65-70 mph
Reaction time	.672 sec.	.614 sec.
Weight of ball	5-5.25 oz.	6.25-7 oz.
Circumference	9.25"	12"

Softball
The ball goes up and out and is most effective when thrown at different heights. The ball is thrown across the body to get side spin.



Common grip for the softball curveball.

