

Softball

Fastball

Left	Bottom	Right	MPH
4	4	4	35
4.5	4.5	4.5	40
5	5	5	45
5.5	5.5	5.5	50
6	6	6	55
6.5	6.5	6.5	60
7	7	7	65
7.5	7.5	7.5	70
8	8	8	75

R.H. Screwball

Left	Bottom	Right	MPH
2	5	6	50
2.5	5.5	6.5	55
3	6	7	60
3.5	6.5	7.5	65

L.H. Screwball

Left	Bottom	Right	MPH
6	5	2	50
6.5	5.5	2.5	55
7	6	3	60
7.5	6.5	3.5	65

Drop

Left	Bottom	Right	MPH
8	4	8	50
8	4.5	8	55
8	5	8	60
8	5.5	8	65

Riser

Left	Bottom	Right	MPH
4	8	4	50
4.5	8	4.5	55
5	8	5	60
5.5	8	5.5	65

Baseball

Fastball

Left	Bottom	Right	MPH
7	7	7	90
6.5	6.5	6.5	85
6	6	6	80
5.5	5.5	5.5	75
5	5	5	70
4.5	4.5	4.5	65
4	4	4	60
3.5	3.5	3.5	55
3	3	3	50
2.5	2.5	2.5	45

R.H. Curveball

Left	Bottom	Right	MPH
2.5	4	6	45
3	4.5	6.5	50
3.5	5	7	55
4	5.5	7.5	60
4.5	6	8	65
5	6.5	8.5	70
5.5	7	9	75
6	7.5	9.5	80

L.H. Curveball

Left	Bottom	Right	MPH
6	4	2.5	45
6.5	4.5	3	50
7	5	3.5	55
7.5	5.5	4	60
8	6	4.5	65
8.5	6.5	5	70
9	7	5.5	75
9.5	7.5	6	80

R.H. Slider

Left	Bottom	Right	MPH
5	4	3	45
5.5	4.5	3.5	50
6	5	4	55
6.5	5.5	4.5	60
7	6	5	65
7.5	6.5	5.5	70
8	7	6	75
8.5	7.5	6.5	80

L.H. Slider

Left	Bottom	Right	MPH
3	4	5	45
3.5	4.5	5.5	50
4	5	6	55
4.5	5.5	6.5	60
5	6	7	65
5.5	6.5	7.5	70
6	7	8	75
6.5	7.5	8.5	80

Split Finger

Left	Bottom	Right	MPH
4.5	4.5	4.5	45
5	5	5	50
5.5	5.5	5.5	55
6	6	6	60
6.5	6.5	6.5	65
7	7	7	70

Knuckle Ball

Left	Bottom	Right	MPH
4.5	4.5	4.5	45
5	5	5	50
5.5	5.5	5.5	55
6	6	6	60
6.5	6.5	6.5	65
7	7	7	70

Split Finger

Left	Bottom	Right	MPH
4.5	4.5	4.5	45
5	5	5	50
5.5	5.5	5.5	55
6	6	6	60
6.5	6.5	6.5	65
7	7	7	70

Knuckle Ball

Left	Bottom	Right	MPH
4.5	4.5	4.5	45
5	5	5	50
5.5	5.5	5.5	55
6	6	6	60
6.5	6.5	6.5	65
7	7	7	70