

Re: This Week In Baseball
Air Date: May 29, 2010

TWIB Show #1108 "Pitching"

Act One - "Pitch Grips": The 2010 MLB season appears to be a "Year of the Pitcher," because of the large number of dominant performances already accomplished, topped off by Dallas Braden of the Oakland Athletics who threw a perfect game (this episode aired before Roy Halladay threw another perfect game.) Currently, 24 starting pitchers have an ERA under 3.00. No season in the last 30 years has finished with those numbers. TWIB began by teaching the various grips of the most effective pitches used by pitchers. Due to the different hand sizes, there are a wide variety of grips. TWIB examined the four seam and two seam fastball since 60% of all pitches thrown are fastballs. They also showed grips for the curve ball and change-up, and the most baffling pitch of all, the knuckle ball. A variety of grips for each pitch were shown and discussed.

Educational theme: Documenting landmark performances is the history of the present. But if you lose sight of the past, you lose sight of the future.

Educational theme: Sports pedagogy is an important aspect of the learning process. Demonstration and explanation are initial steps in the process. Children learn best by watching and mimicking athletic performance.

Educational theme: Baseball pedagogy provides an efficient method to provide learners with the components of biomechanics and techniques of motor learning. Properly planned instruction is the most effective way to learn and improve.

Act Two - "Most Feared Pitcher": After showing how pitchers throw their various pitches, TWIB asked players which pitcher was the nastiest in the game. The southpaw pitcher with one of the nastiest pitches was Johan Santana and his change-up. Boston's Tim Wakefield's knuckle ball is an adventure to attempt to hit, which shows velocity is unnecessary to be effective. Some believe KC Royals Zach

Greinke's slider is the most difficult to hit. Others cited the San Francisco Giants Tim Lincecum's fastball and change-up to be the best. Lincecum's change-up is also known as "the invent-a-pitch."

In his first 100 career games, Lincecum had 10 or more strikeouts 22 times. The *TWIBIA* question is who had the most double-digit strikeout games in his first 100 games pitched. The answer is Doc Gooden of the NY Mets, who had 10 or more strikeouts 31 times in his first 100 games.

The *Winning Road Trips* segment salutes the teams and players that are able to win away from home. Clay Buchholz of the Boston Red Sox has won his last eight starts on the road. This is the longest current streak in MLB.

Educational theme: History is a vital aspect of sport, especially providing standards of achievement and evaluation, while providing year round fun and interest for both players and fans.

Educational theme: Recognition is earned through superior performance, service, merit or longevity. This formal acknowledgement is meant to show appreciation by reward of public honor.

Educational theme: Trivia is a seemingly superfluous and insignificant event; however, it is an important component of baseball legend, lore and tradition. For both fans and players, trivia is a source of fun and interest in the American institution called baseball.

Act Three - "Pepsi Refresh": *The Pepsi Refresh Program* recalls the men and moments in MLB history that helped change the world by breaking down barriers and building communities. On this Memorial Day weekend, the country honors those who fought for the nation. TWIB looked back at the life of baseball's only true prodigy, Bob Feller. Bob was only 17 in 1936 when he struck out 17 in his fifth major league start. Before he turned 23, Bob had fanned 1,233 batters, 525 more than the great Walter Johnson of the Washington Senators at the same age. When the Japanese bombed Pearl Harbor in 1941, Feller immediately enlisted in the U.S. Navy serving as a Chief Petty Officer on the battleship Alabama. Feller missed four years at the peak of his career, and then returned to the mound in 1945 where he continued to put together a Hall of Fame career. Feller once

said, "I don't care about my legacy in baseball. I just want to be called a good American who happened to be a ball player and fought for his country, the greatest on earth."

The *XM Radio Call of the Week* comes from Washington, D.C., where the Nationals have become an exciting team. The Nationals defeated the Baltimore Orioles to win the "Beltway Series," when Josh Willingham's long walk off home run won the game.

The *Gillette Rookies of the Month* honors the top rookies in both leagues during the season. In his first nine starts this season Jamie Garcia of the St. Louis Cardinals has a 1.14 ERA, which is the second best of all MLB starting pitchers.

Educational theme: This is a particularly good lesson for teaching civic education. Respect and appreciation for their country and its ideals are important. Patriotism is love and devotion to one's country, and a willingness to sacrifice for it.

Educational theme: Documenting important events in a career create the history of the present, for if you lose sight of the past, you will lose sight of the future.

Act Four - "Diamond Demos": TWIBs Diamond Demos is a lesson of baseball fundamentals taught by experts at the MLB Network. Former MLB pitcher Al Leiter explained the balk rule from the "set position." Leiter showed how various illegal techniques and faults can deceive or confuse the base runners; therefore, those are called balks.

The *State Farm Big League Blast* features Brandon Phillips of the Cincinnati Reds reaching a milestone when he hit his 100th home run.

In Stepping Up To the Plate, Pittsburgh Pirates Ryan Doumit is hitting home runs late in games. Doumit's first five home runs this season came in the eighth inning or later.

The *Going All Out* segment is a close up look at players who have gone the extra mile. Here, TWIB paid tribute to Jose Lima of the Houston Astros, who played the game with both passion and flair, but died of an apparent heart attack this week at the age of 37. Obviously, Jose enjoyed playing the game and was fun to watch. The 13 year veteran made friends on every team in baseball because of his positive attitude and eternal optimism.

Educational theme: To play good baseball, you must learn the fundamentals of the game. The 'set position' is one of two legal pitching positions. The "set position" is most commonly used with runners on base. As a penalty to the pitcher for balking, the runner is awarded the next base.

Educational theme: Sports pedagogy is an important aspect of the learning process. Demonstration and explanation are initial steps in the process. Children learn best by watching and mimicking athletic performance.

Educational theme: Landmark performances are those that mark a turning point in history. An athletic accomplishment with historical significance is one that is marked for preservation by aficionados, players and national governing bodies of sport.

Educational theme: Clutch performances occur when a player delivers prime efforts time after time.

Educational theme: Aficionados are enthusiastic devotees to a sport, team and/ or player. Sports fans particularly have fun watching baseball.

Educational theme: A healthy attitude is contagious and is a little thing that makes a big difference.

Act Five - "How 'bout that!": The plays of the week were presented to the music of *Orange Avenue* and their song "*Just Refrain.*" Several outfielders' catches while crashing into fences and falling into the stands were shown. Numerous arguments with umpires that resulted in ejections were shown, as were infielders making sensational leaping and diving catches of line drives and ground balls. The many aspects of the game were captured for the viewer to see.

Educational theme: The artistic value of sport can be found in the beauty, grace, and rhythmic movements of elite athletes. The aesthetic quality of a well-executed play enhances the appreciation of baseball.

Educational theme: Once the student-learner has carefully observed the required effort and the bio-mechanics of the premier athletes, then the movements can be more easily duplicated and performed by the learner. The student is then physically educated.