

# 10 - Hone Your Moving Fastball

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**[00:00] Rei**

Pitcher change.

**[00:02] Rei**

Get off the mound, right now.

**[00:07] Chris**

Bear the loss you had today in your heart.

**[00:10] Chris**

If you do, you can go much higher.

**[00:16] Chris**

Good ball control and faster pitches...

**[00:19] Chris**

aren't something you  
can achieve overnight.

**[00:23] Chris**

But if you can be patient and  
focus on building the foundation,

**[00:28] Chris**

you'll slowly but surely  
set yourself apart.

**SIGN** Hone Your Moving Fastball

**[02:10] Enemy1**

Yes!

**[02:10] Enemy2**

It's a hit!

**[02:15] Umpire**

Three outs!

**[02:16] Umpire**

Change!

**[02:19] Haruichi**

That should do it.

**[02:22] Enemy1**

How did he get to that ball?

**[02:23] Enemy2**

And he's on the second-string?

**[02:24] Enemy2**

Just how many good players does Seido have?

**[02:29] Rei**

*Haruichi Kominato.*

**[02:30] Rei**

*He has amazing baseball talent.*

**[02:33] Rei**

*In terms of fielding alone,*

**[02:35] Rei**

*he's on par with his brother, Ryosuke-kun.*

**[02:41] Furuya**

*I want to play, too...*

**[02:44] Nakata**

*Only two spots open in the first-string.*

**[02:47] Nakata**

*I don't have any time to waste.*

**[02:49] Maezono**

*I'm going to make it to the first-string!*

**[02:54] Maezono**

*Why?*

**[03:00] Nakata**

*You're too stiff.*

**[03:03] Sawamura**

*How was that one?*

**[03:08] Chris**

*Third one in a row to the scoreboard.*

**[03:11] Sawamura**

*Why?*

**[03:13] Chris**

*The batters were Randy Bass, Kakefu, and Okada.*

**[03:15] Sawamura**

*But it sounds good when it hits the mitt!*

**[03:18] Chris**

*People don't change so quickly.*

**[03:21] Chris**

*You have to be patient.*

**[03:24] Chris**

*Haven't I told you that enough?*

**[03:26] Sawamura**

*I know what you're saying,*

**[03:28] Sawamura**

*but I'm doing the exercises you gave me,*

**[03:30] Sawamura**

*and you haven't told me my qualities yet.*

**[03:34] Chris**

*You're flexible and have a good pitching form.*

**[03:38] Chris**

*How do you grip the ball?*

**[03:41] Sawamura**

The ball?

**[03:43] Sawamura**

Uh...

**[03:45] Chris**

I see,

**[03:47] Chris**

so you've put absolutely no thought into it.

**[03:50] Chris**

How deep you grip,  
how it feels on your fingertips,

**[03:53] Chris**

and how you place  
your fingers on the stitches.

**[03:56] Chris**

Because you don't think about  
holding the ball in a certain way,

**[03:59] Chris**

your point of release changes every time.

**[04:01] Chris**

Your inconsistent throwing  
style creates the moving effect.

**[04:05] Sawamura**

But I'm just trying to throw a fastball.

**[04:08] Chris**

But that moving ball  
is the quality that defines you.

**[04:19] Chris**

Furuya throws his fast and heavy fastball

**[04:22] Chris**

by putting his entire weight  
on the tip of his fingers.

**[04:26] Chris**

By contrast, the subtle  
inconsistencies at your fingertips

**[04:29] Chris**

cause your pitches to break in ways  
that a batter can't predict.

**[04:34] Chris**

Maybe it's worked for you in the past,

**[04:36] Chris**

but in high school baseball, we use  
a metal bat that makes for easier contact,

**[04:40] Chris**

so you'll just be overpowered.

**[04:45] Chris**

You don't have speed or breaking balls.

**[04:47] Chris**

There's only one way for someone  
like you to survive on this team.

**[04:52] Chris**

Hone your moving fastball.

**[04:56] Chris**

Once you get the physical  
strength you need to throw faster,

**[05:01] Chris**

your fastballs will be even crazier.

**[05:06] Sawamura**

*Wait a minute...*

**[05:09] Sawamura**

*Then all this time...*

**[05:12] Sawamura**

*he'd been giving me exercises to help me?*

**[05:22] Chris**

Your goal is to become the ace, right?

**[05:27] Chris**

Knowing Miyuki...

**[05:28] Chris**

he'll catch any moving fastballs you throw.

**[05:35] Sawamura**

B-But...

**[05:36] Sawamura**

What about you, Chris-senpai?

**[05:41] Chris**

With graduation right  
around the corner for me,

**[05:44] Chris**

this is the best advice I can give you.

**[05:48] Chris**

Be patient, and aim for the top.

**[05:51] Chris**

You still have a long road ahead of you.

**[05:59] Chris**

And don't forget to ice after you work out.

**[06:19] Kataoka**

*We have a month until  
the qualification tournament.*

**[06:22] Kataoka**

*With their fatigue peaking,*

**[06:24] Kataoka**

*it's time we start the training camp.*

**[06:38] Sawamura**

Ten more.

**[06:42] Kataoka**

Your form is going wild.

**[06:45] Kataoka**

Your body is opening because  
you're trying to throw fast.

**[06:49] Sawamura**

Crap, Shades!

**[06:52] Sawamura**

I mean... Good evening, Sir Head Coach.

**[06:57] Kataoka**

What time do you think it is?

**[06:59] Kataoka**

You'll only hurt yourself  
by practicing recklessly.

**[07:03] Kataoka**

Didn't Chris tell you that  
the key is building the foundation?

**[07:09] Kataoka**

True, there have been  
many pitchers who gave up

**[07:13] Kataoka**

because they couldn't  
understand what Chris wanted.

**[07:15] Kataoka**

But his method of  
prioritizing physical strength,

**[07:18] Kataoka**

as he learned through bitter experience,

**[07:21] Kataoka**

is, by no means, wrong.

**[07:23] Kataoka**

If you can't listen to  
your catcher any further,

**[07:27] Kataoka**

I'll have to split you two apart.

**[07:33] Sawamura**

From the moment we met,  
he communicated with me as a catcher.

**[07:38] Sawamura**

"Hone your moving fastball."

**[07:41] Sawamura**

"Be patient."

**[07:45] Sawamura**

But...

**[07:46] Sawamura**

At this rate,

**[07:49] Sawamura**

I won't be able to repay my debt.

**[07:52] Sawamura**

I don't know what  
I can do in just a few months,

**[07:56] Sawamura**

but before he graduates,

**[07:58] Sawamura**

I want to show him the fruits of my training.

**[08:09] Kataoka**

*I have no words for him.*

**[08:12] Kataoka**

*He's completely forgotten  
that there are two open spots*

**[08:16] Kataoka**

*in the first-string.*

**[08:19] Kataoka**

Either way, you shouldn't overwork  
yourself by throwing recklessly.

**[08:22] Kataoka**

If you're going to train by yourself,

**[08:24] Kataoka**

you should do towel drills.

**[08:26] Kataoka**

Get this.

**[08:27] Kataoka**

No matter how strong you throw,  
you can't throw fast.

**[08:31] Kataoka**

What's important is your glove hand.

**[08:35] Kataoka**

Watch.

**[08:38] Kataoka**

It's about how well you transfer  
all your strength to your fingertips.

**[08:42] Kataoka**

As a southpaw,

**[08:44] Kataoka**

you must create a wall with your right arm.

**[08:51] Kataoka**

Your right leg supports your body  
as you shift your weight.

**[08:54] Kataoka**

Your right hand creates  
the wall that stores all that power.

**[09:00] Kataoka**

Like shooting an arrow, you hold  
that pull for as long as you can.

**[09:03] Kataoka**

With all of your energy being  
transferred from your lower body,

**[09:07] Kataoka**

you swing it down in an instant.

**[09:13] Sawamura**

Wow.

**[09:14] Sawamura**

The wind...

**[09:19] Kataoka**

You try it.

**[09:24] Sawamura**

*The right-hand wall  
and the pull with my body.*

**[09:29] (Flashback) Chris**

Hone your moving fastball.

**[09:33] Sawamura**

*Make a wall with my right hand, and...*

**[09:37] Sawamura**

*Swing it down!*

**[09:43] Sawamura**

I'm sorry! It was an accident!

**[09:44] Sawamura**

It wasn't on purpose!

**[09:51] Sawamura**

*The right-hand wall*

**[09:53] Sawamura**

*and the pull with my body...*

**[09:55] Sawamura**

*The right-hand wall-pull for short.*

**[09:58] Guy1**

Heads up!

**[10:04] Sawamura**

Who's sending it this far?

**[10:05] Sawamura**

I accidentally screamed like a little girl!

**[10:09] Furuya**

Oh, sorry.

**[10:11] Furuya**

I hit it too hard.

**[10:12] Sawamura**

It was you?!

**[10:14] Guy1**

Whoa! Did you see how far that went?

**[10:16] Guy2**

He hits like a monster, too?

**[10:20] Ota**

You really can't see the limit of his talent.

**[10:24] Ota**

It would be a waste  
to keep him on the bench.

**[10:28] Furuya**

*I just really want to throw.*

**[10:32] Makihara**

He sure hits well for a first-year.

**[10:36] Makihara**

Makes me sick.

**[10:37] Kuwata**

Yeah,

**[10:38] Kuwata**

when we're stuck on the second-string

**[10:41] Kuwata**

despite being the best players  
on our teams in junior high.

**[10:44] Saito**

Not to mention...

**[10:45] Saito**

It doesn't help when  
all the monsters on this team

**[10:47] Saito**

practice harder than anyone else.

**[10:59] Makihara**

Yeah, I don't know what to say.

**[11:02] Makihara**

Everyone here is crazy and stupid.

**[11:04] Kuwata**

But we don't want  
to regret being on this team.

**[11:08] Saito**

Yeah,

**[11:09] Saito**

even if we can't be on the field,

**[11:11] Saito**

we want to fight it out  
until the end with these guys.

**[11:14] Makihara**

In fact...

**[11:16] Makihara**

We can't quit after coming so far!

**[11:17] Kuwata**

We didn't go through three years  
of strenuous training for nothing!

**[11:21] Saito**

I haven't even had a girlfriend  
for these past three years!

**[11:24] Both**

You idiot!

**[11:25] Both**

Don't say that!

**[11:27] Makihara**

Send more flying, you newbie first-years!

**[11:31] Saito**

You'd better work so hard at baseball  
that you don't have time for a girlfriend!

**[11:34] Kuwata**

And, second-years,  
you guys aren't being loud enough!

**[11:38] Kanemaru**

Looks like they're suddenly in the mood.

**[11:43] (Flashback) Chris**

A pitcher

**[11:45] (Flashback) Chris**

must stand on the mound

**[11:47] (Flashback) Chris**

with everything on his shoulders,  
including the benched players.

**[11:51] (Flashback) Chris**

I would never...

**[11:53] (Flashback) Chris**

want to entrust the three years  
we spent here to you.

**[11:57] (Flashback) Sawamura**

I'm here to become the ace!

**[12:00] (Flashback) Sawamura**

And I'm confident that  
I want it more than anyone here!

**[12:06] Sawamura**

Damn it.

**[12:07] Sawamura**

I feel ashamed about saying that.

**[12:11] Sawamura**

*It's not about proving myself.*

**[12:14] Sawamura**

*The one everyone recognizes...*

**[12:17] Sawamura**

*is the ace.*

**[12:21] Chris**

Sawamura.

**[12:23] Chris**

I'm heading out.

**[12:25] Chris**

Do scroll B today.

**[12:27] Chris**

Do three sets of each exercise.

**[12:30] Sawamura**

Yes, sir!

**[12:31] Sawamura**

Have a nice day!

**[12:33] Chris**

*He hasn't pestered me to catch lately...*

**SIGN** A tad bit lonely...

**[12:41] Sawamura**

Hey, that one felt good!

**[12:48] Chris**

*That drill...*

**[12:49] Chris**

*I don't know if he came up with that,*

**[12:52] Chris**

*but his center is looking more stable.*

**[12:56] Chris**

*Looks like it's the perfect  
exercise for him right now.*

**SIGN** National Training Center

**[13:13] Animal**

Hey, Yu.

**[13:15] Animal**

Maybe I shouldn't be  
saying this, as your parent,

**[13:19] Animal**

but how about thinking about  
the future and quitting high school?

**[13:24] Animal**

Your shoulder is pretty much healed.

**[13:27] Animal**

But I really don't want to let you play Japanese high school baseball.

**[13:32] Animal**

The Japanese fighting  
spirit principle is ludicrous.

**[13:35] Animal**

Letting developing pitchers  
pitch under the sun for so long

**[13:41] Animal**

is just unthinkable in America.

**[13:43] Animal**

I asked the school to let you quit the team,

**[13:48] Animal**

so why did you go back?

**[13:49] Animal**

What are you going to accomplish

**[13:52] Animal**

by finishing school  
as a second-string player?

**[13:59] Animal**

I've already asked my high school  
if you could transfer in.

**[14:02] Animal**

We can go to America any time you're ready.

**[14:11] Sawamura**

That's my tire!

**[14:14] Furuya**

It was on the ground.

**[14:15] Sawamura**

Well, I didn't give you  
permission, so give it back!

**[14:18] Sawamura**

Also, that's my style!

**[14:21] Sawamura**

Oh, were you secretly  
admiring the way I did it?

**[14:24] Furuya**

Yeah.

**[14:24] Sawamura**

What?!

**[14:26] Tanba**

Brings back memories.

**[14:28] Chris**

Tanba.

**[14:30] Tanba**

We wanted to make the team.

**[14:32] Tanba**

That was all we wanted.

**[14:34] Tanba**

Looking at them reminds  
me of how we used to be.

**[14:41] Tanba**

Chris, can you check my pitching form?

**[14:45] Tanba**

My control becomes rough  
after I pitch seventy times.

**[14:49] Chris**

Sure.

**[14:51] Chris**

Looks like remaining the ace isn't so easy.

**[15:01] Tanba**

How's your shoulder feeling?

**[15:04] Tanba**

It's gotten a lot better, right?

**[15:08] Tanba**

Are you gonna be ready by summer?

**[15:11] Tanba**

It's thanks to you noticing my injury

**[15:14] Tanba**

that I can still pitch today.

**[15:21] Tanba**

The more games I win,

**[15:24] Tanba**

the longer our summer will be.

**[15:27] Tanba**

You'd better come back to the first-string.

**[15:39] Chris**

I know that, deep inside, you already know.

**[15:43] Chris**

I haven't played for a year,

**[15:45] Chris**

and I finish up practice early.

**[15:47] Chris**

Seido isn't forgiving enough  
to give a guy like me a chance.

**[15:53] Chris**

But...

**[15:55] Chris**

You've sure learned to talk  
when you used to have stage fright.

**[15:59] Chris**

I'm more worried that you'll give  
your ace title over to someone else.

**[16:04] Tanba**

Shut up!

**[16:05] Tanba**

I'm not letting anyone take it from me!

**[16:08] Chris**

Yeah, that's the spirit.

**[16:15] (Flashback) Animal**

What are you accomplish

**[16:18] (Flashback) Animal**

by finishing school  
as a second-string player?

**[16:22] Chris**

*I'm sure Dad has some sense in his words.*

**[16:26] Chris**

*But...*

**[16:27] Chris**

*I have friends I've been*

*fighting alongside with.*

**[16:31] Chris**

*I want to graduate laughing  
with my friends, Dad.*

**[16:38] Furuya**

I didn't know those two could laugh like that.

**[16:42] Sawamura**

Yeah...

**SIGN** Seido High School Practice Field

**[17:00] Sawamura**

Squeeze the glove hard right here,

**[17:05] Sawamura**

and throw like kaboom!

**[17:08] Sawamura**

Squeeze and kaboom!

**[17:09] Sawamura**

And right-hand wall-pull for short!

**[17:11] Sawamura**

Yes!

**[17:12] Sawamura**

I finally feel it now!

**[17:17] Chris**

Sawamura.

**[17:20] Chris**

We have the pitcher  
line-up for the next game.

**[17:22] Sawamura**

What?

**[17:23] Rei**

This will be your last  
chance in the second-string,

**[17:26] Rei**

so make sure you throw your heart out.

**[17:29] Sawamura**

Last?

**[17:30] Sawamura**

Already?

**[17:31] Rei**

We'll pick two people to join  
the first-string after the game,

**[17:34] Rei**

and we'll train until summer, having the camp focused on those twenty people.

**[17:41] Sawamura**

Last...

**[17:43] Chris**

Well, don't feel rushed.

**[17:45] Chris**

Lately, you've acknowledged your weakness, and you've been doing well.

**[17:50] Chris**

Just try to pitch to learn.

**[17:53] Sawamura**

Chris-senpai,

**[17:55] Sawamura**

are you not playing in any games?

**[18:00] Sawamura**

It's only been several days,  
and I probably haven't improved much,

**[18:05] Sawamura**

but in the next game,

**[18:07] Sawamura**

please catch my pitches.

**[18:10] Sawamura**

I want

**[18:13] Sawamura**

to form a battery with you!

**[18:23] Guy1**

It sure is big.

**[18:25] Guy2**

I wonder if that hard-throwing  
Furuya is playing today.

**[18:32] Zaizen**

So we're playing Seido...

**[18:40] Zaizen**

Looks like he's doing well.

**[18:43] Guy1**

Zaizen, here's your bag.

**[18:46] Zaizen**

Huh?

**[18:47] Zaizen**

Thanks, can you carry it out?

**[18:50] Guy1**

S-Sure.

**SIGN** Kokudokan Seido

**[19:03] Umpire**

Both teams, line up!

**[19:08] Crowd1**

They're putting the second-string  
up against Kokudokan?

**[19:11] Crowd1**

Coach Kataoka's being pretty bold.

**[19:14] Crowd1**

It's the last time the second-string  
team is playing, right?

**[19:17] Crowd2**

Look at all the Seido players.

**[19:18] Crowd2**

They look fierce while shooting for  
the remaining spots on the first-string.

**[19:24] Umpire**

Bow!

**[19:25] Players**

Let's have a good game!

**[19:28] Crowd1**

But they're bringing him  
out for this important game?

**[19:32] Crowd1**

Didn't he get clobbered by Komashiro?

**[19:34] Crowd2**

Is he gonna stand a chance  
against the Kokudokan batters?

**[19:37] Kokudokan1**

What? That's not Furuya.

**[19:40] Kokudokan2**

Man, I was looking forward to the battle  
with the infamous, hard-throwing pitcher.

**[19:46] Ono**

Hey, Sawamura.

**[19:48] Sawamura**

Yes, Ono-senpai?

**[19:50] Ono**

Uh, yeah.

**[19:52] Ono**

They're going to let you  
throw for three innings.

**[19:55] Ono**

If you throw like you did the last time,

**[19:57] Ono**

I'm having you switched out.

**[20:00] Sawamura**

Yeah!

**[20:01] Sawamura**

It's great to be playing with you, sir!

**[20:03] Sawamura**

I will throw like my life depends on it!

**[20:05] Ono**

It's good that you have energy.

**[20:06] Ono**

Make sure it's not the only thing you have.

**[20:10] Furuya**

I want to play a game, too...

**[20:13] Kuramochi**

I wonder what comical thing  
he's going to do today!

**[20:16] Kuramochi**

Depending on how he plays, he's not gonna  
get a chance for another year.

**[20:20] Miyuki**

*I wanted to see how  
Chris-senpai would lead Sawamura,*

**[20:25] Miyuki**

*but I guess his shoulder  
isn't feeling very well yet.*

**[20:34] (Flashback) Sawamura**

I want

**[20:35] (Flashback) Sawamura**

to form a battery with you!

**[20:42] Chris**

I'm not the one choosing  
who plays in the game.

**[20:48] Chris**

In any case,

**[20:49] Chris**

you've been given the chance.

**[20:53] Chris**

Don't throw in a way you'll regret, Sawamura.

**[21:06] Sawamura**

All right!

**[21:07] Sawamura**

I'll send these balls flying,  
so the rest is up to you!

**[21:10] Maezono**

Wh-What?

**[21:12] Nakata**

There's a difference between letting  
them hit and giving away hits.

**[21:17] Umpire**

Play ball!

**[21:22] Ono**

*Sawamura only has fastballs.*

**[21:25] Ono**

*I just gotta collect them low  
to prevent any long hits.*

**[21:32] Sawamura**

*I don't have speed or breaking balls.*

**[21:35] Sawamura**

*Just like Chris-senpai told me,*

**[21:37] Sawamura**

*all I can do is throw the best I currently can.*

**[21:44] Sawamura**

*The right-hand wall.*

**[21:50] Sawamura**

*Store all my energy for as long as I can,*

**[21:55] Sawamura**

*and release it at once!*

**[21:58] Sawamura**

*Go!*

**[23:36] Sawamura**

I need to show Chris-senpai  
the fruit of my training.

**[23:39] Sawamura**

But I can't throw any strikes!

**[23:41] Sawamura**

No outs and bases loaded right off the bat?

**[23:43] Miyuki**

There's only one person I know

**[23:46] Miyuki**

who can get him out of this pinch.

**[23:47] Chris**

I have a plan.

**[23:49] Chris**

We're gonna change...

**[23:50] Chris**

this pinch into our momentum.

**[23:53] Miyuki**

Next time on *Ace of the Diamond*:

Chris to the Field!

**SIGN** Chris to the Field!

**[23:56] Miyuki**

Let's win the national title!

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