

Softball Pitching Tips

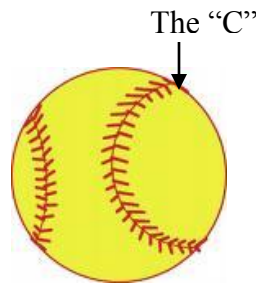
1) Before pitching

Always do a pre-pitching routine that includes:

- Jogging 5-10 minutes
- Stretching
- Loosen the arm by going through the overhand throwing phases
- Longer distance overhand throwing

2) Ball Grip

Place the pads of your fingers on the seams on the side of the “U” or directly on the top curve of the “C”



3) Wrist Snap

* This is one of the most important parts of pitching. It's how you get spin & speed on the ball.

- Flex your wrist all the way back.
- Snap or flick the ball. The ball will come off of each finger and you should end with your pointer finger pointing toward the sky and the rest of your fingers touching the back of your palm.
- During the pitching motion, the wrist snap will take place during the open phase close to your body and at your hip.

4) Arm Circle

- During the full arm circle, keep your arm relaxed and straight...not stiff.
- Keep arm speed consistent and fast the whole way around.
- As the arm is making the circle, your body should go to the open position and will close at the release of the pitch (snapping of the ball)

5) Legs or The Stride

- Step forward with your glove-side foot
- As a beginning pitcher, practice the basic stride. As you progress, you can begin lengthening your stride.
- There should not be a leaping motion with your legs.

6) The Open & Closed Phases

- You will start closed, go to open, and finished closed.
- When you are standing on the rubber facing the catcher, you are in a closed position.
- As you take the step or stride forward, approximately halfway through your arm rotation, you will be in an open position.
 - o Your hips are open (facing) toward the 3rd base line if you are right-handed. Your head is still looking at the catcher.
- Then as the arm comes down in the final swing toward the release, the upper body, then the hips will start to close.

BEGIN CLOSED



OPEN



FINISH CLOSED



7) The Full Motion

- Begin with both feet on the mound and the ball in your hand with the “C” grip.
- Bring together the ball into your glove with your weight back.
 - o After you have the basic mechanics mastered, you can begin to swing your arm backward as part of your windup. This will help your arm circle become quicker.
- Step/Stride forward with your glove hand leg as your arm begins the circle and the start of the open phase.
- In the open phase, your arm will continue moving in the full circle and your weight will transfer onto your front leg.
 - o Make sure to keep your body standing tall and not leaning forward.
- As you approach your hip, you will begin the snapping of your wrist. Never stop your arm to snap the ball - the snap will happen naturally.
- After the ball is released, your body will be closed and you will start the follow-through phase.
 - o After the ball has left your hand, let your arm relax, bend, and follow through straight ahead. Your arm should finish above the waist with your hand moving toward your shoulder.

~ Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it. ~ Lou Holtz