



# Softball Pitching Basics Guide

## 1. Proper Grip - How to hold the ball:

- Place your fingers on the “C” **across the seams**
- Your thumb supports underneath
- Keep a **light grip**—don’t squeeze too tight

*Tip: A relaxed grip helps create better spin and control.*



## 2. Stance & Starting Position

- Stand with your **drag foot on the rubber** (right foot if you throw right, left foot if you throw left)
- Your leap or jump foot **slightly behind the mound**
- Keep your **body tall and balanced**
- Eyes on your target (catcher’s glove)

**3. Stride and Arm Circle Motion** These go together hand in hand, this is one of the hardest things to accomplish is a windmill circle while leaping forward the timing needs to be just right

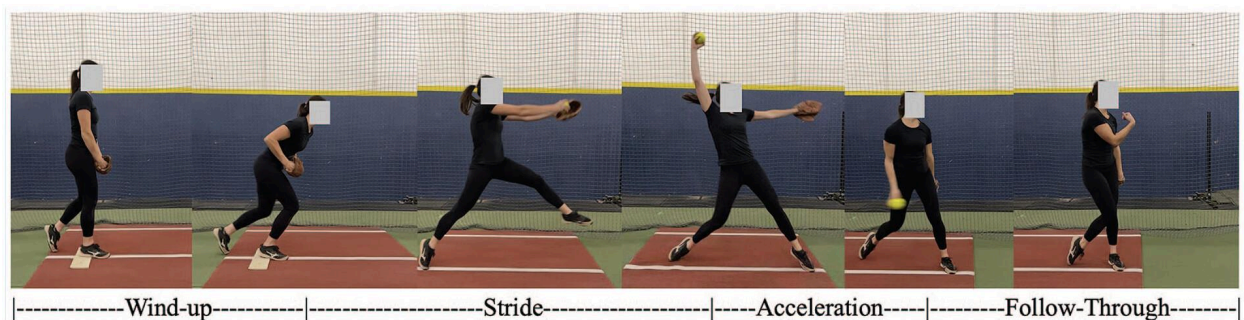
- Start with hands together in glove
- **Stride forward** towards the plate with your leap foot, glove and hand together
- Point your glove hand to the catcher your throwing hand continues around
- Open your body to the so your **hips face the third base line**
- Bring your arm **straight back and up**
- Make a full **360° windmill circle**
- Keep your arm **loose and fast**
- **Close your hips** to be facing forwards when your arm swings down

## 4. Release Point

At release:

- Let go of the ball **near your hip**
- Snap your wrist forward at your hip (“**wrist snap**”)
- Follow through with your elbow Let your arm continue naturally
- Bring your **back leg forward**
- Finish in a **balanced, athletic position**

## Putting it all together!



## Coaching Tips for Girls

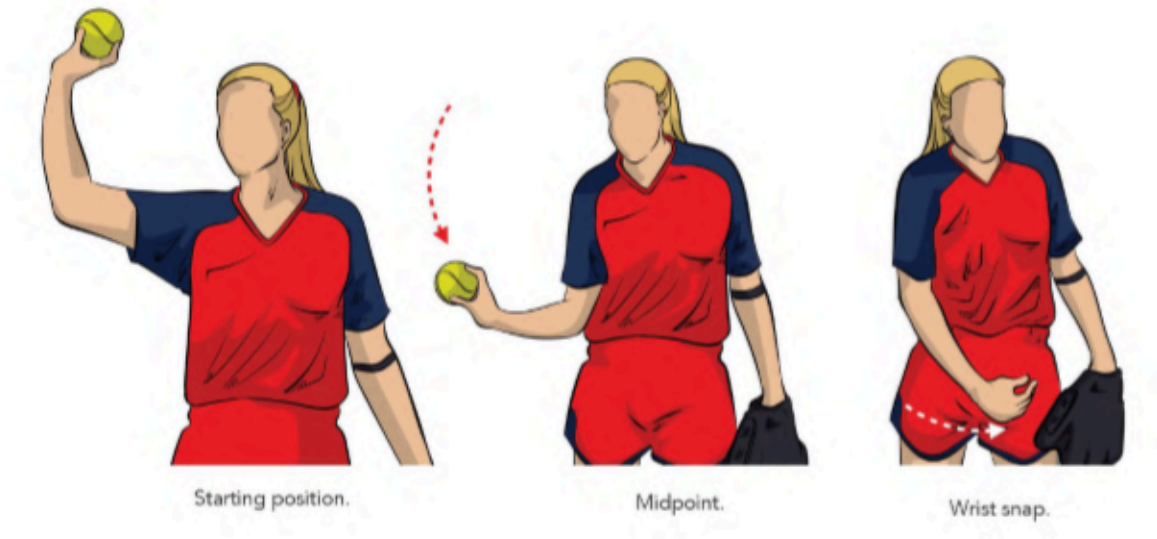
- **Confidence is key!!**—pitching takes time to learn, be patient with them and be nothing but encouraging
- Focus on **progress, not perfection**
- Keep practices **short and positive**
- Celebrate small improvements



# Simple Drills for Beginners

## 1. Wrist Snap Drill

- The pitcher stands with a ball and glove.

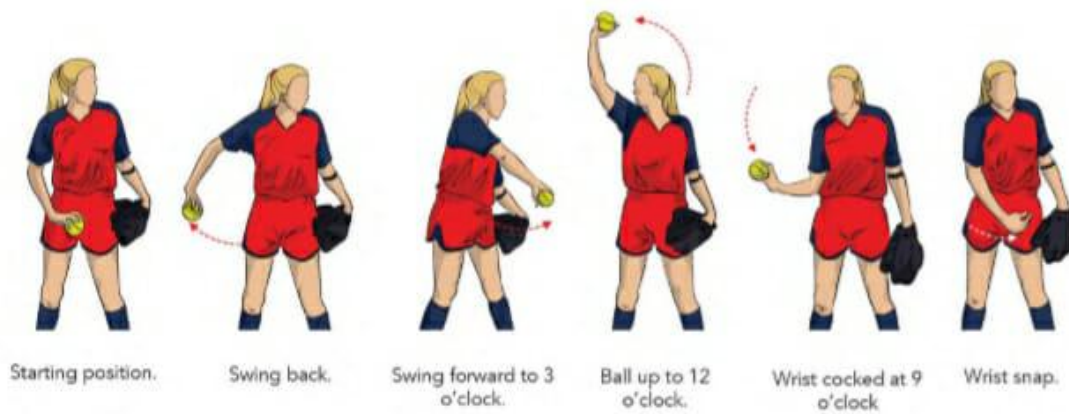


## How it Works

1. Pitcher starts with arm in the air forming a 90 degree angle, like she is flexing her biceps muscle.
2. The wrist is cocked so the ball is pointed toward the sky.
3. She then drops her arm so the elbow goes into waist and she executes a wrist snap sending the ball into her glove.
4. Complete 3 sets of 10-15 wrist snap.

## 2. Full Circle Drill

- The pitcher stands with a ball and glove.



## How it Works

1. The pitcher starts with arm down, wrist cocked, fingers pointed toward the catcher.
2. Arm swings back. Arm comes forward, wrist rotates so fingertips are toward the ground.
3. The ball goes up to the sky. Then it comes back down, elbow goes into waist and pitcher executes the wrist snap.
4. Complete 3 sets of 10-15 wrist snaps.

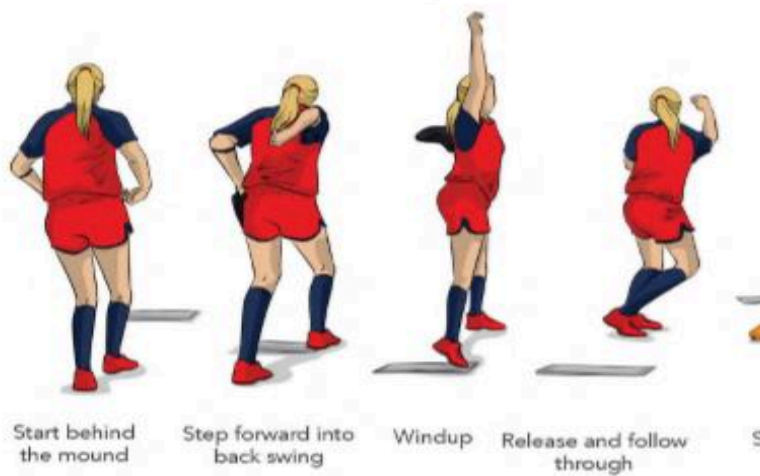
## 3. Knee Drill Works on a pitcher's arm motion and wrist snap.



1. The pitcher gets down on one knee about 15-20 feet from home plate. A catcher sets up behind the plate.
2. Resting on her throwing knee with her stride leg pointed toward the plate, the pitcher winds up and throws the ball to the catcher.
3. Repeat 10- 15 times

#### **4. Walk through Drill**

- Pitcher at regular pitching distance (35-40 feet)
- The catcher is in stance or sitting on a bucket.



## How it Works

1. The player gets a walking start behind the mound leading with the throwing side foot (right foot Pitcher starts behind the rubber and walks through the drill, meaning she takes a step forward toward the catcher onto the rubber and then goes through her pitching motion.
2. The pitcher throws the ball to the catcher aiming for the chest area.
3. Complete 10 -15 pitches