



Softball Throwing Fundamentals

1. Grip

Across 4 seams

- threads in shape of horseshoe or 'U'
- top knuckles on top seam
- thumb under ball
- ball in fingers, not in palm of hand
- firm grip that allows wrist flexibility

2. Arms

Point glove to target

- front elbow leads glove
- front shoulder towards target

Throwing arm circles up

- Ball behind, above head
- Ball facing away, fingers up wrist cocked
- Elbow shoulder high
- 'L' Position

3. Throw

overhand

- elbow leads arm forward elbow stays shoulder high
- Palm turns forward
- wrist snaps forward on release ball rotation 12 to 6

4. Lower Body

balls of feet (not flat footed)

throwing side (back) foot

- start at 45 degree angle
- drive foot and pivot foot

Glove Side (front) Foot

- leads forward into throw
- weight transfer from back to front
- steps on line to target
- lands at 45 degree angle

5. Follow through

Glove comes close to body

- down and tucks to chest
- helps torso rotation - IMPORTANT

back shoulder to target

throwing elbow to opposite knee

back leg continues forward

- drag foot to complete
- laces to ground