



Softball Pitching Mechanics

- Fastball Grips
 - 4-Seam (Recommended first pitch. Easier to control)
 - Fingers across “C”
 - Ball Goes Straight
 - 2-Seam
 - Fingers with the “Train Tracks”
 - Movements dependent on finger placement and release
- Steps 1-x Emphasis: Balance and Power
- Step 1: Hands Apart. Right heel on front of rubber. Left Toe on back of rubber. (LH is opposite) Shoulder width apart
- Step 2: Bring Hands Together
- Step 3: Break Hands, stride with left foot to “K” position (Body Sideways toward 3rd base(1st Base for LH), Glove pointing to target, Ball above head, Wrist cocked backward, Eyes on target)
- Step 4: Ball completes circle, Snap wrist at hip, spin ball off of fingertips
- Step 5: Follow Through with fingers pointing up, drag right foot with slight curl to finish square to left foot (Opposite for LH) to establish good fielding position.
- Emphasize good mechanics while throwing hard. Accuracy will come with good mechanics. If accuracy is emphasized, velocity is hard to teach later.
- Drills to improve mechanics:
- Wrist Snaps The snap is the most important part of the pitch and where a majority of velocity comes from.
- Open Snaps: From 10 feet away, pitcher stands sideways with both feet facing 3rd base (1st for LH). Pitcher cocks wrist backward and releases ball by snapping wrist. Ball should bounce to catcher. If ball makes it in flight, the pitcher is using too much of their arm. The more spin on the ball, the better. Spin is Speed
- K Drill: From 20 feet away, pitcher stands sideways with both feet pointing to 3rd base (1st for LH). Glove pointing toward target, ball above head facing behind pitcher. Pitcher throws ball with wrist snap to catcher.
- Open Close Drill: From 30 feet away, pitcher faces catcher with feet even. Both hands pointed out toward catcher (like a zombie). From this position the pitcher finishes the pitch delivery.
- Windmill Drill: From “K” Position, pitcher creates 2 circles with arm and releases on 3rd time past the hip
- Changeup
- Only teach those pitchers who have mastered their throwing mechanics with the fastball
 - Grip behind and around the “U” of the ball. Grip as much of the ball as you can
 - Lock Wrist, Grip Ball as tight as possible
 - Thumb and Index finger should point to catcher on release
- Pitch with same mechanics as fastball except locked wrist and tight grip will take spin off of the ball. Pitcher needs to maintain same arm speed as fastball, the lack of spin will reduce the speed of the ball.