

Softball throwing

Basics:

Point toward your target with glove hand shoulder; arm should not be locked

Step toward your target; typically one step with each foot, first the throwing arm-side foot, then the glove-side foot; get feet in line with direction of target

Ball behind ear, throwing elbow close to shoulder-height vs. down near the waist (which will encourage a shock-put type throw, which you don't want)

Throw across body

Use your whole body; weight transfer, back to front

Both feet on the ground until ball is released, then can pick up back foot for follow-through

Breaking it down, more technical:

Gripping the softball; have fingers close together vs. far apart, grip the seams (four seam, if hand big enough), grip in fingers, not palm

Funneling; field the ball, then bring glove to middle of body (chest)

Footwork; right ankle (inside of foot) toward target, then left foot (for right handed players)

Hand break; hands together (ball in glove), crack egg, palm above ball, ball facing "out"--same direction as chest (ball not facing backwards)

Shoulder blades pinch; elbows pull back (superman ripping off shirt)

Arm action; arm doesn't come up and "over top" until arm is going forward and hips rotate

Glove arm; shoulder on glove side points to target, elbow can point to target or arm can be straight (but arm shouldn't be locked). Pull glove in toward body as throwing hand starts going forward

Shoulder tilt; "uphill", weight on backside at first, then weight shifts toward front as throwing arm goes forward

Front side; help hips accelerate faster, use glove arm to crunch torso

Finish and follow through

6-minute video:

<https://www.youtube.com/watch?v=URcUxaCEpYU>

- Towel drill
- Double knees, go back slow, throw across body
- Stand up, feet square, throw across body
- Step, step slowly, throw across body