

Softball Pitching Mechanics “Cheat Sheet”



Fastball - C-Grip



Fastball - Horseshoe Grip

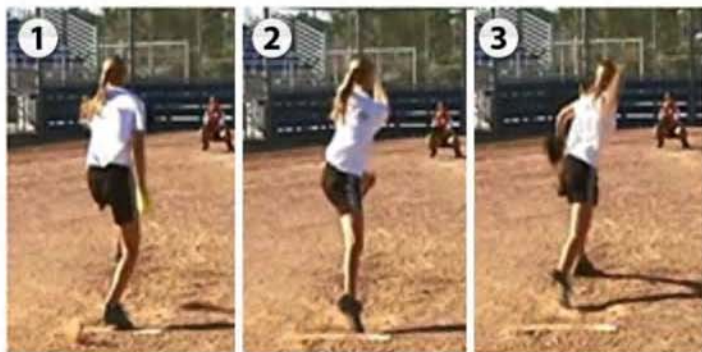


Stance



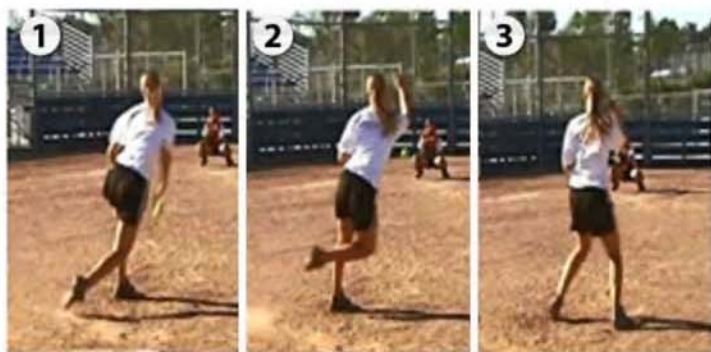
Back Swing

- ✓ **Fastball Grip:** Pads of the fingers and thumb resting on the seams.
 - ✓ **“C” (4-Seam) Grip:** recommended for new pitchers - no tailing action
 - ✓ **“Horseshoe” (2-Seam) Grip:** ball breaks slightly back toward pitcher’s throwing arm.
- ✓ **Presentation:** Step onto the rubber from behind, with the hands apart, and the ball in your bare hand. Show the batter you are getting ready to pitch.
- ✓ **Stance:** Comfortable and relaxed. Hips closed (parallel to the catcher), shoulders back and feet shoulder width apart.
 - ✓ Throwing side (push-off) foot is at the front of the rubber (check league rules).
 - ✓ Glove side (stride) foot is behind or touching back edge of rubber.
- ✓ **Back Swing:** take the ball out of the glove, and swing it back to roughly 9 o’clock, so the pitching arm is level with the ground



Arm Circle and Stride

- ✓ **Arm Circle and Stride:** as the pitching arm begins to move forward, raise the stride leg and begin to drive forward off the rubber, using your push-off foot
 - ✓ As your stride extends to the plate, the pitching arm continues forward and completes a full windmill circle. Arm remains relaxed and straight, not stiff.
 - ✓ Drive forward off the rubber and push the stride leg out front, allowing the heel of the push off foot to come up off the ground.
 - ✓ As the stride leg lands, the knee is flexed, but firm, with the stride foot at a 45° angle to the power line.
 - ✓ **X position:** Glove arm is extended out front at around 3 o’clock. Pitching arm is cocked back at 11 o’clock and slightly bent.



Release and Follow Through

- ✓ **Release and Follow Through:** As the arm comes down past the hip, keep the wrist back, then allow it to whip forward as the ball is released
 - ✓ The stride leg stays flexed but firm, while the push-off foot drags across the dirt towards the first baseline
 - ✓ Follow through by keeping the arm loose at the joint and finishing with the arm bent upward in an L-shape, the elbow in front of the body and the hand pointing straight up
 - ✓ Finish in an athletic position, ready to make a play fielding the ball