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What People are Saying:

**"If you coach softball you should take advantage of the knowledge Cindy Bristow is offering through Softball Excellence. I have been involved in fast pitch softball for more than 35 years as a player and coach, and she is the most knowledgeable coach I have worked with. Cindy's basic approach to teaching sound fundamentals, without a bunch of gimmicks, will greatly assist in the preparation of your players to compete physically and mentally. The material she produces is direct, to the point, and easy to absorb."**

- Ernie Yarbrough  
Associate Director  
Georgia High School  
Association

**"There is a ton of information out there, but I couldn't really tell what was good and what was just selling. Someone recommended softball excellence as a sight for information. I checked it out and have done all the eclinics and bought several**

## THE 1, 2, 3'S OF SUCCESSFUL SLAPPING

By: Cindy Bristow

*Do you have a slapper that's fast, and pretty good but can't quite get her timing down and seems to hold back when she's slapping the ball? Check out a simple and effective 3 step approach to creating more speed, explosiveness and timing for your slappers.*

Lots of slappers are fast once they get going out of the box but really great slappers can create that great speed in the box as they approach the ball. Learn a great 3 step approach to slapping that will help improve your slapper's speed, quickness, power, and timing.

While using the Running Slap effectively can prove a very dangerous offensive weapon, too many slappers either destroy their timing early or limit the speed they can get in the box and the power they can ultimately have.

The main way that slappers hurt themselves is by destroying their timing in the box. This happens when the slappers hands and feet don't work together and they get to the contact point too late.

To help improve the timing, the speed in the box and ultimately the power of your slappers try working with them on this very simple 3 Step Approach to Slapping:

### Step 1 - Slide a Little:



- Slappers don't have to slide their front foot (right foot) back before moving forward, but many do. Doing so helps get the slapper in motion and can make the whole act of slapping more comfortable.
- The key to this first motion part of the slap is for the front foot slide to be a little slide, no more than about 6 inches (as seen in picture 2). Too



hard back books and drills. You are very good at explaining this wonderful sport. You put it all in common sense terms and use video and pictures very well. - Thanks again!"

- Dee Swartz  
Fastpitch Softball mom/coach

"I just wanted to write and thank you for the outstanding clinic last weekend. I've attended many coaching clinics with the likes of Bob Knight, Coach K., Rick Pitino, Doug Collins, Larry Brown, and I have to say that your thoughts and philosophies were every bit as insightful, valuable, and entertaining as were these coaching legends. Thank you also for all that you do and have done for the great game of fastpitch softball and our athletes."

- Mike Maguire  
Lake County Liberty

many slappers slide their front foot all the way back to the back foot which means when they stride with their back foot they end up right where they started - that's not fast or efficient.

- So if your slappers use a front foot slide (and not all do nor is it mandatory) make sure they only Slide a Little, and that they turn their toes toward the pitcher as they slide their foot back (picture 2).

### Step 2 - Back Foot & Hands Together:

- This step is crucial to help slappers get contact on time. They should move their back foot and hands forward together. Instead of moving the back foot forward and then outrunning their hands, slappers should instead work on moving their hands forward as they move their back foot forward. (as shown in picture 3)
- This step can be too early which means the slapper will have a slight pause prior to hitting the ball, but early is far better than too late.
- Step 2 is hands and back foot move forward together.



**PICTURE 3**

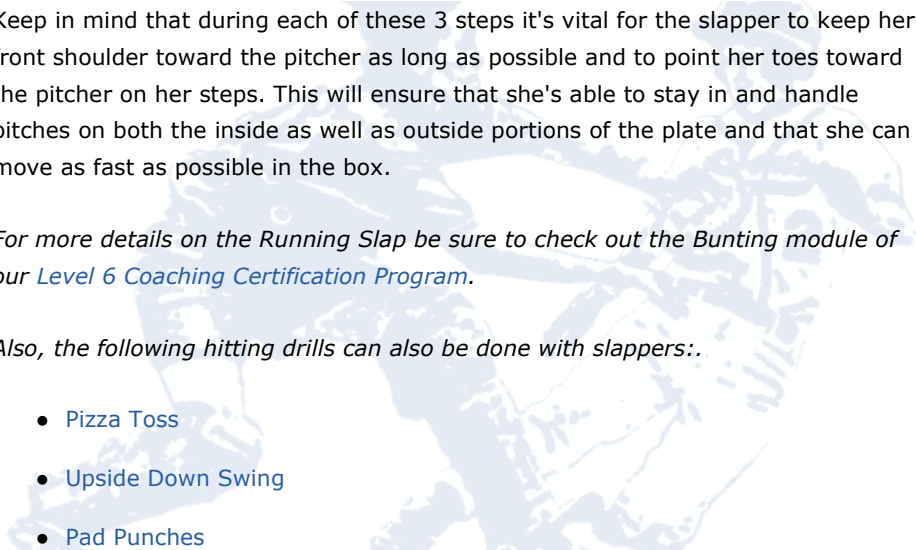
### Step 3 - Top Hand Explodes Bat Through Ball:



**PICTURE 4**

- In general, the slappers Top Hand (Left hand) needs to explode the bat through the ball. Too many young and beginning slappers are far too passive with their top hand and thus the bat head stays back too far causing either fouls balls, pop ups or both. (as shown in picture 4)
- To help your slappers get better bat control, ball placement and ultimately more power have them work on exploding their top hand to and through the ball as they finish their slap.
- Slappers can learn to control where their bat head is pointing at contact to control where the ball is hit on the infield, as well as controlling

the force they put on the ball at contact to control how hard or how soft they slap the ball.



Keep in mind that during each of these 3 steps it's vital for the slapper to keep her front shoulder toward the pitcher as long as possible and to point her toes toward the pitcher on her steps. This will ensure that she's able to stay in and handle pitches on both the inside as well as outside portions of the plate and that she can move as fast as possible in the box.

*For more details on the Running Slap be sure to check out the Bunting module of our [Level 6 Coaching Certification Program](#).*

*Also, the following hitting drills can also be done with slappers:.*

- [Pizza Toss](#)
- [Upside Down Swing](#)
- [Pad Punches](#)