

Softball Fundamental Tips

Hitting

Step 1 – Find the right grip.

When gripping the bat the hitter applies pressure with the fingers, not the palms. The bottom hand which is the left hand for right handed batters controls the bat, while the top hand supports the bat. The bottom hand grips the bat like it was gripping a hammer. Arms are not crossed and the bat is gripped loosely and the wrists have some flexibility.

Step 2 – Hand Position

Hands start close to the body about 3-4 inches in front of the chest and between the shoulders. Both elbows are down, and shoulders are tension free.

Step 3 – Stance

Player stands in the center of the batter's box, so they can swing at pitches in the strike zone. The feet are parallel to the direction home plate is pointing and dig them in shoulder width apart. The knees are bent slightly and their weight is evenly distributed on the balls of the feet. Hands are placed about 5-7 inches away from the body and even with the shoulders.

Step 4 – Swing

Swing begins with the leg and hips. The hitter pushes off the ball of the back foot as the softball approaches the plate. When the movement of the legs and hips begin, the head must remain level and still.

Step 5 – Follow Through

After contact with the ball, the hitter must concentrate on hitting through the ball. The bat continues to move in the direction the ball is hit. After contact is made and the follow through is complete the hitters weight is balanced between both feet with the hitters ear, back shoulder, hip and back knee in line with one another.

Fielding

General tips for fielding

1. Have a wide base
2. Butts down
3. Hands out in front
4. Have the tip of the glove on the ground.

Glove work for fielding ground balls!

Be aggressive!

Make sure that your glove is always presented from the beginning of the approach. Presentation requires the wrist to be broken so that the back of the glove is parallel with your legs, instead of the wrist being straight and having the back of the glove parallel to the ground.

This eliminates the ball that rolls up the arm or off the heel or front of the glove causing the ball to go elsewhere. Focus on trying to get the ball to hit the palm of the glove giving way to the "alligator jaw" formation. Alligator jaw is what is called when the throwing hand and glove are together.

Fly Balls

General Tips for Fly balls

Ball, Glove, Eye!

Ten fingers to the sky catch it over your head!

Step 1 – Keep your eye on the ball

Step 2 – If you see the ball coming your way, yell out "mine" or "I got it" This will avoid collisions with teammates

Step 3 – Get under the ball!

Step 4 – Use two hands! As soon as your ball lands in the mitt, immediately cover it with your free hand. This traps the ball in your mitt and prevents the ball from bouncing back out.

Drills:

Throwing Drills:

T-Drill:

Purpose: To become familiar with the proper throwing position, achieve a good follow-through and develop an efficient hand break. This will help fielders lessen their errors. Teaching correct fundamentals is the most important thing to remember when coaching youth softball.

Procedure: Players set up with a partner or a target at a distance of about 30 feet with one softball. Start with your toes about shoulder-width apart, pointing at the target and with your knees flexed comfortably, With your hands together, rotate your shoulders and assume the "T" or throwing position. Continue your arm action and throw the softball. Make sure that your arm and head are out in front of the body when you finish- Bend at the waist during the follow-through. Your feet will remain stationary throughout the drill in order to isolate your upper body and your throwing-arm action.

