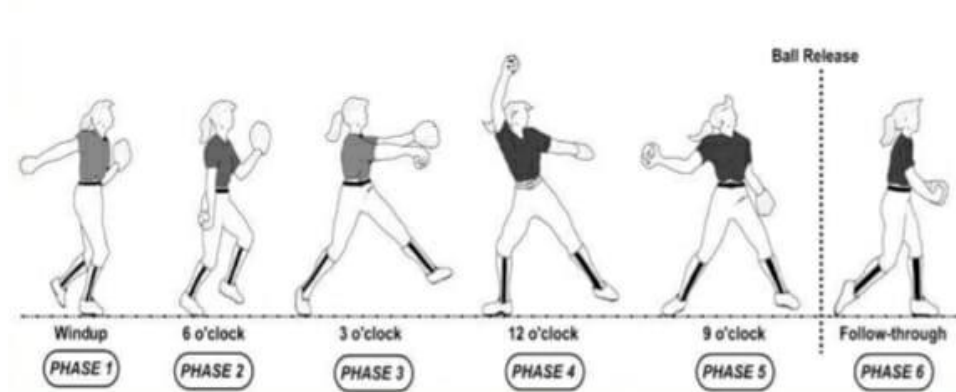


Softball Pitching Basics



How to Pitch Video: <https://www.youtube.com/watch?v=m4CV9vAs4xg&t=6s>

1. The Pitching Stance

- Stand on the pitching rubber with feet slightly apart and staggered (dominant/pitching side in front) and weight loaded on that front dominant leg
- Keep your body relaxed, facing the catcher
- Position your hands together in front of your body (resting your glove and ball together)
 - Glove/ball can be in front of chest or above head, depending on pitching preference)

2. Push-Off Position (building rhythm and preparing for the pitch)

- Bring both arms down, starting a half arm swing backwards with your pitching arm, bending your legs slightly
- Keep your head in front of your front knee and your knee over your toes
- Keep your movements fluid and consistent for optimal timing and power

3. The Drive

- Push off the pitching rubber with your back (push) foot while stepping forward with your stride leg
- Extend your stride leg toward home plate, landing with your toes pointing slightly toward your target
- Keep your body low and balanced during the stride, engaging your legs and core for power

4. The Arm Circle

- Perform a full arm rotation (clockwise for right-handed pitchers, counterclockwise for left-handed pitchers)
- Keep the arm straight and relaxed during the circle, ensuring speed and fluidity
- Snap your wrist at the bottom of the circle (at hip level) to release the ball with maximum spin and speed

5. The Release

- a. Release the ball at hip height as your throwing arm reaches the bottom of the circle
- b. Use a strong wrist snap to generate spin and control
- c. Your stride leg and glove arm should help guide your body toward home plate for better accuracy
 1. **Fastball:** Straight wrist snap
 2. **Drop Ball:** Snap with a downward motion
 3. **Rise Ball:** Snap with an upward motion

6. Follow-Through

- a. Allow your arm to continue its natural motion upward after releasing the ball
- b. Bring your stride foot back into a balanced position
- c. Maintain focus on the catcher until the ball reaches the glove

Other Video Resources:

[Quick Pitching Tips with Jennie Finch](#)

[2 Beginner Softball Pitching Drills For Proper Arm Path, Body Control & Accuracy Building](#)

[6 Best Softball Pitching Drills for Kids | Fun Youth Softball Drills from the MOJO App](#)

[Softball Pitching Drills For Warm Up](#)

[Softball Pitching Tips: Generating leg power - Amanda Scarborough](#)

[Youth Softball Pitching - T Position Drill - Coach Christina Steiner-Wilcoxson](#)