

SOFTBALL



FUNDAMENTALS IN PHOTOS HOOK SLIDE

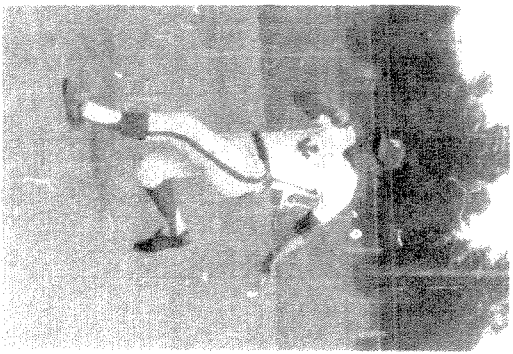


Fig. 63

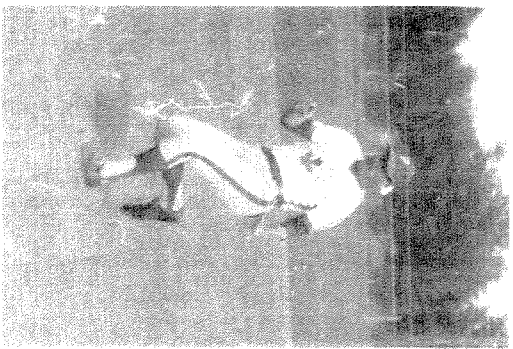


Fig. 64

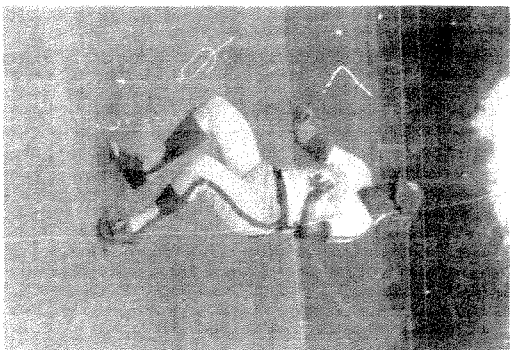


Fig. 65

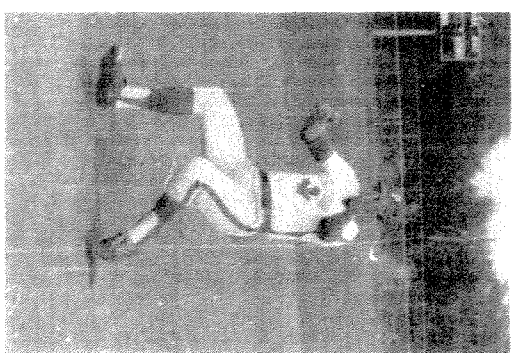


Fig. 66

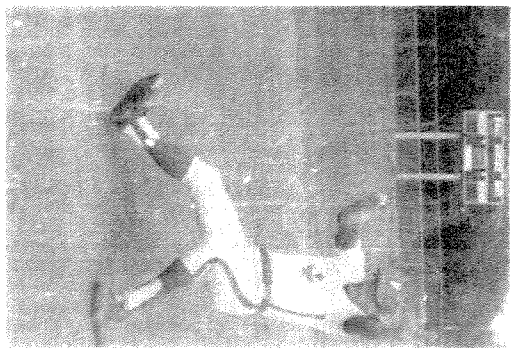


Fig. 67

THE HOOK SLIDE (Fig. 63 to 71): -This slide allows defensive ball player a very small area to tag. -On throws in the in-

SLIDING

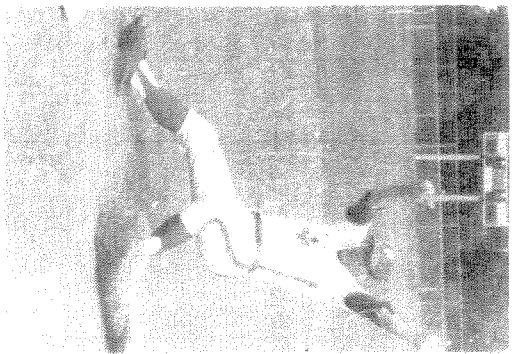


Fig. 68

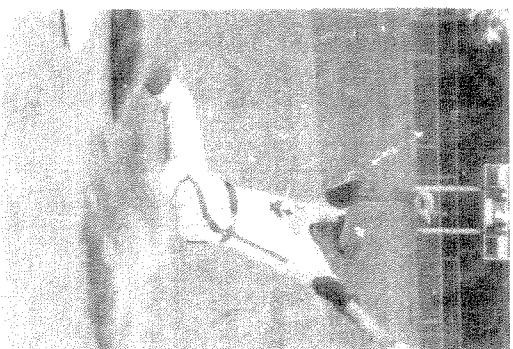


Fig. 69

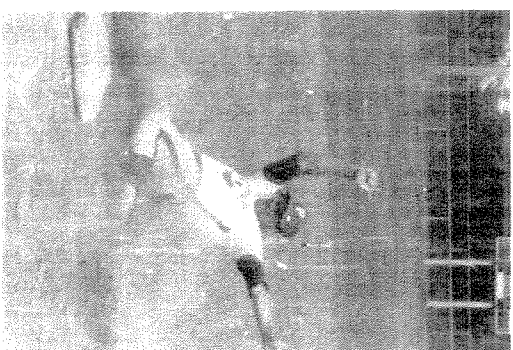


Fig. 70



Fig. 71



Fig. 72

field, baserunner should throw his body to outfield side of the base, sliding on his right side while hooking his left leg into the bag. Fig. 72 shows the finished "hook" slide.