

SOFTBALL PITCHING PRACTICE

COACHES: Softball pitchers spend quite a bit of time practising on their own, away from their team. Quite often that takes place with a parent or sibling who volunteers to catch but is not conversant with what a complete practice looks like. Use these guidelines to ensure your pitchers get the best value for their practice time.

ACTIVITY	COMMENTS	WORKLOAD
WARM-UP	Never throw hard until you have warmed-up properly. Follow your normal warm-up program, do some running, stretch well, then throw easy until	Minimum - 15 minutes
DELIVERY	This means throwing technique. Work on your mechanics continually Always strive to throw more efficiently.	At least 20 pitches
CONTROL	This is the bread and butter of pitching. Measure your performance using targets and continue to set improvements goals	Minimum 50 pitches
PITCH VARIETY	Once you have mastered the Windmill mechanics, start learning the various pitches. We recommend you start with a slow ball, then the various pitches. We recommend you start with a slow ball, then the pitchers throw three basic pitches, the DROP, RISE, and SLOW BALLS:	20 - 40 of each pitch you are learning
SPEED	You need to be able to throw the ball past the hitters. Every pitcher has their own potential so strive to achieve that.	Start at 10- increase to 50 pitches
WEAKNESS	Allocate extra time to improving your personal weakness. To become a champion you need to build on your strengths and continually improve your weaknesses.	Sufficient to show improvement
FIELDING	After delivering a pitch you must become the 5th infielder, so learning to field you position is critical to team success.	10 to 15 minutes fielding ground balls and making plays
CONDITIONING	This is the key to longevity. The main components for softball conditioning are leg and arm strength, flexibility and anaerobic capacity. As a pitcher you must do lots of running plus supplemental work for upper body strength.	Minimum 30 minutes - 3 time/week

NOTE: The best way to measure workloads is to count pitches. The Practice Record on the next page will help you keep track of your practices.