

SOFTBALL



FUNDAMENTALS IN PHOTOS BENT LEG SLIDE

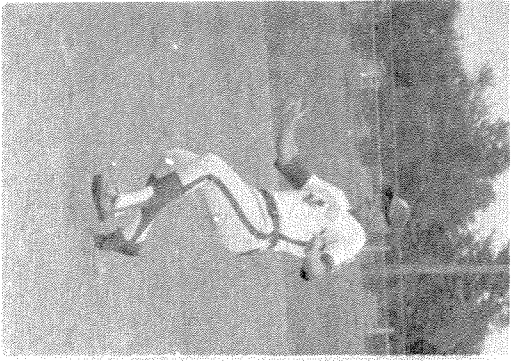


Fig. 73

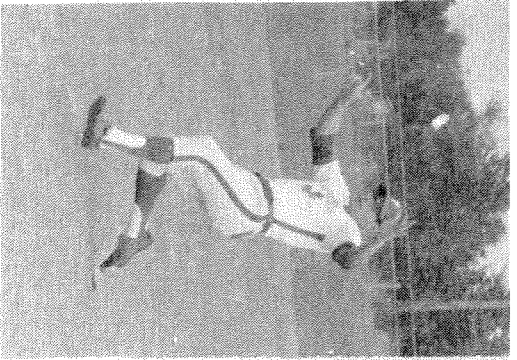


Fig. 74

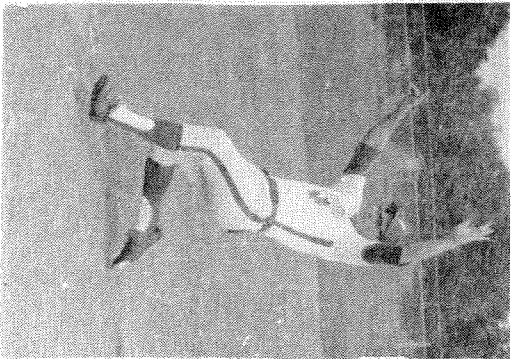


Fig. 75

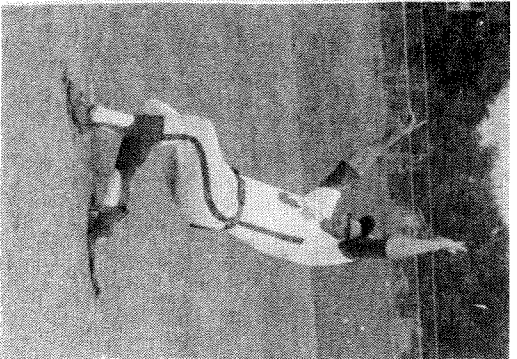


Fig. 76

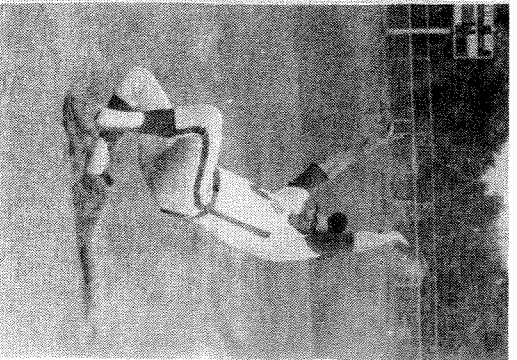


Fig. 77

THE BENT LEG SLIDE (Fig. 73 to 80):
-This slide allows the baserunner a quick standup recovery if ball is overthrown.
-Bend one leg under the other as you slide.
-Hold hands up

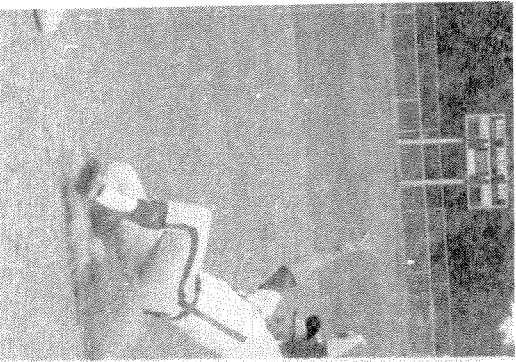


Fig. 78

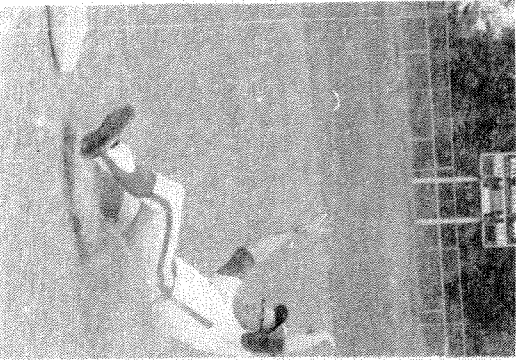


Fig. 79



Fig. 80

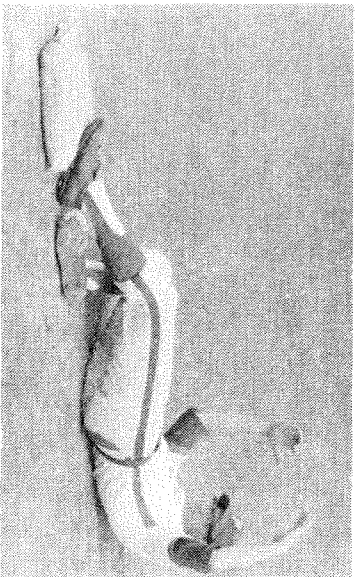


Fig. 81

high. -Throw weight back. Fig. 81 shows the finished "bent leg" slide.