

SOFTBALL



FUNDAMENTALS IN PHOTOS FIELDING FLY BALLS



Fig. 1



Fig. 2

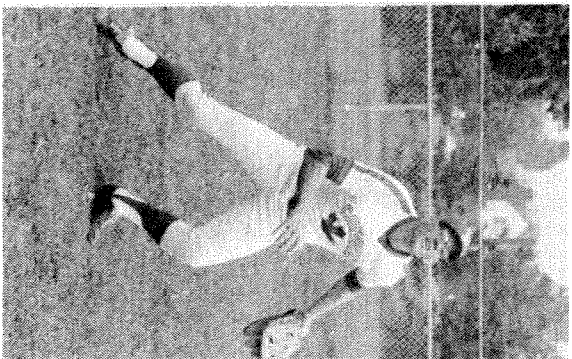


Fig. 3

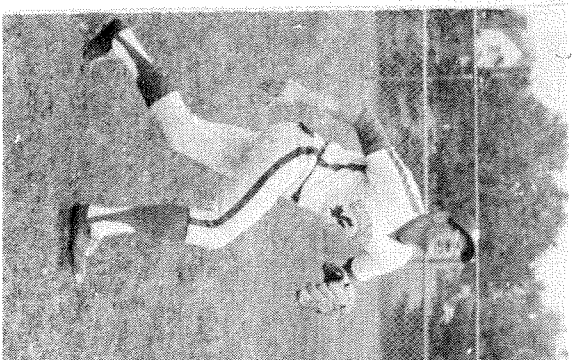


Fig. 4

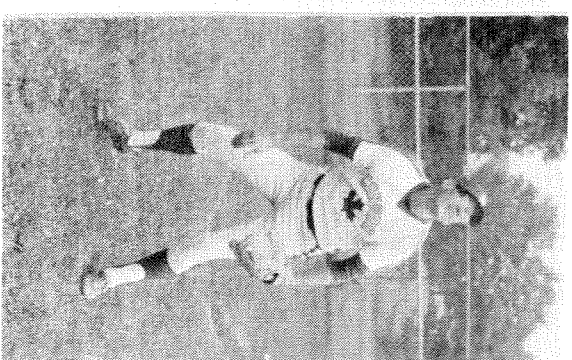


Fig. 5

PRIOR TO PITCH (Fig. 1): -Knees slightly bent and relaxed. -Weight forward on balls of feet to enable easier movement in any direction. DURING PITCH (Fig. 2): -Concentrate on

catcher's target. -Anticipate where ball will be hit. WHEN BALL IS HIT (Fig. 3 & 4): -Hustle. -Get under ball quickly. -Use cross-over stride to cover ground quickly. IN POSITIONING FOR CATCH (Fig. 5): -Position in path of

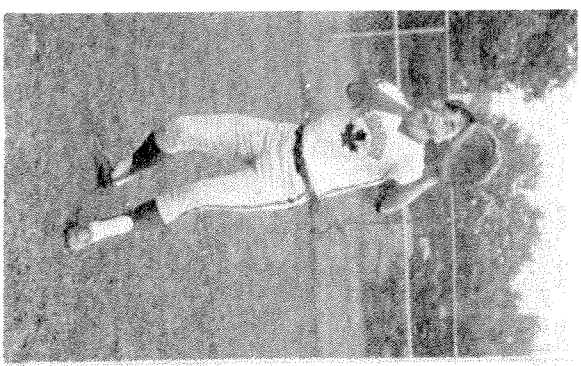


Fig. 6



Fig. 7

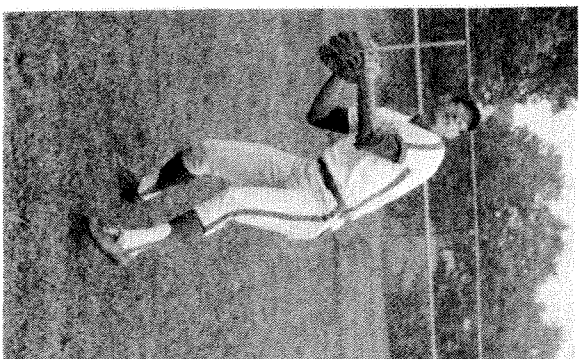


Fig. 8

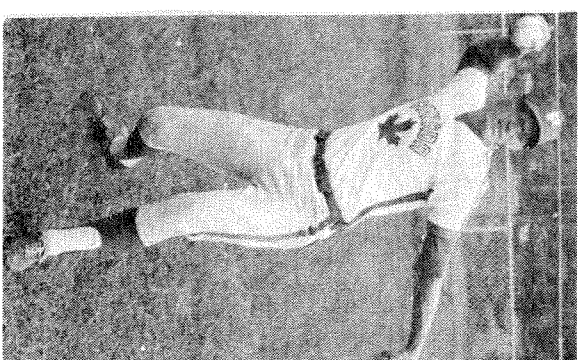


Fig. 9



Fig. 10

ball. -Eyes continuously on ball's flight. IN PREPARING FOR CATCH (Fig. 6): -Glove and throwing hand are held above shoulder level. -Fingers pointing upward and outward. -Feet in position to throw. WHILE CATCHING THE BALL (Fig. 7): -Elbows and wrists give a little on impact. -Throwing hand covers balls in glove preventing it from dropping out.

-Throwing hand grips the ball as weight shifts backward on to the throwing foot. -Catch ball on throwing side whenever possible. WHILE MAKING THE THROW (Fig. 8): -Front foot strides toward target. COMPLETION OF THE THROW (Fig. 9 & 10): -Throw over the top to achieve back spin.