

SOFTBALL



FUNDAMENTALS IN PHOTOS FIELDING GROUND BALLS

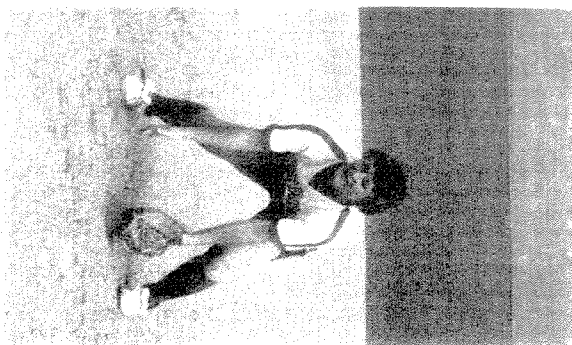


Fig. 11

THE READY POSITION (Fig. 11): -Relaxed balanced stance. -Knees slightly bent. -Hands low. -Weight forward on balls

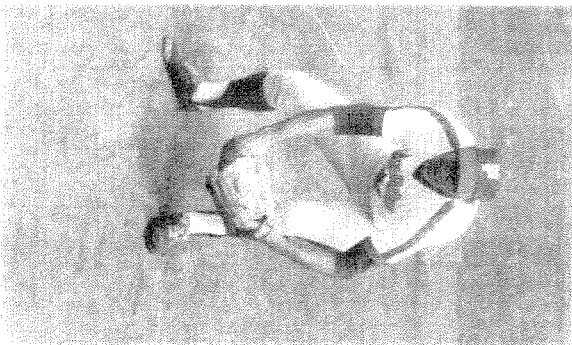


Fig. 12

FIELDING GROUND BALLS

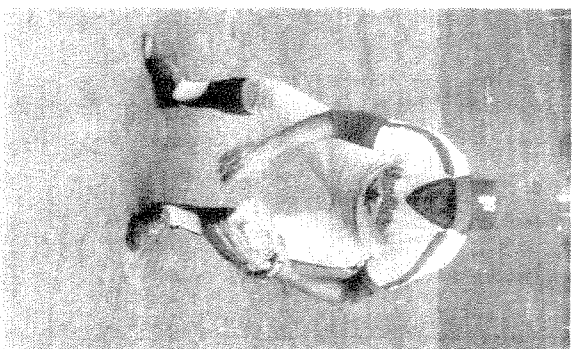


Fig. 13

of feet to enable easy movement in any direction. GET IN FRONT OF THE BALL (Fig. 12 to 16).

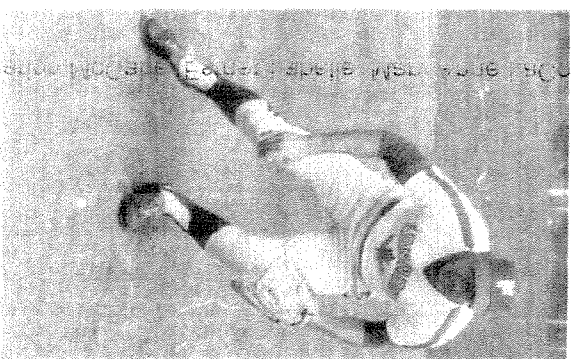


Fig. 14

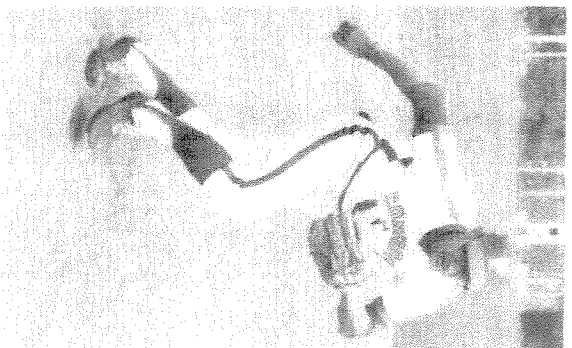


Fig. 15

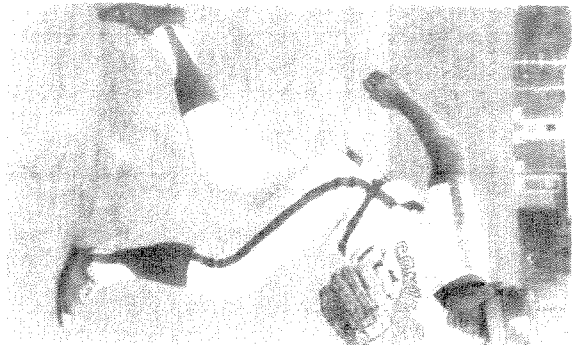


Fig. 16

WHILE PREPARING TO RECEIVE (Fig. 17 & 18): -Keep hands low. -Field ball from ground up. -Keep eyes on the ball watching it right into glove. -Throwing hand covers the ball to prevent it coming out. -Note that back or throwing foot is now

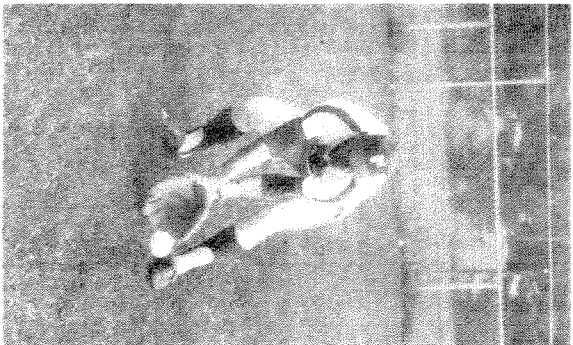


Fig. 17

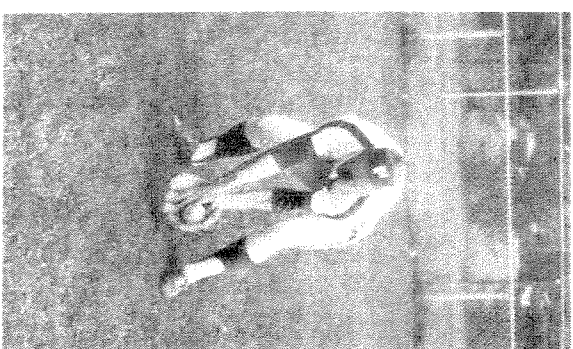


Fig. 18



Fig. 19



Fig. 20

slightly behind stride foot as weight shifts backward. IN PREPARING TO THROW (Fig. 19 & 20): -Have full control of the ball as you straighten up. -Weight is fully on the back foot. -Front foot commences stride to target.

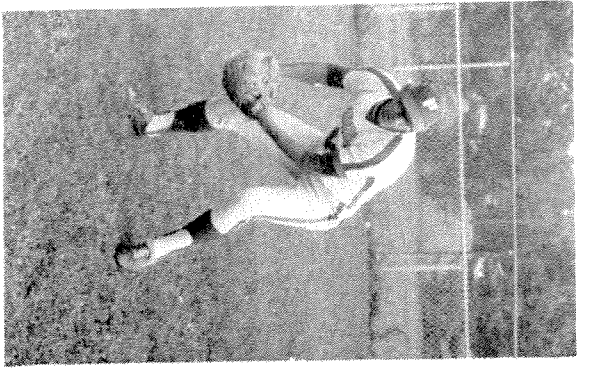


Fig. 21



Fig. 22

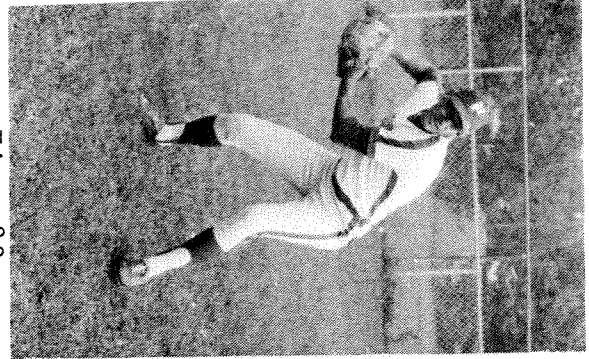


Fig. 23

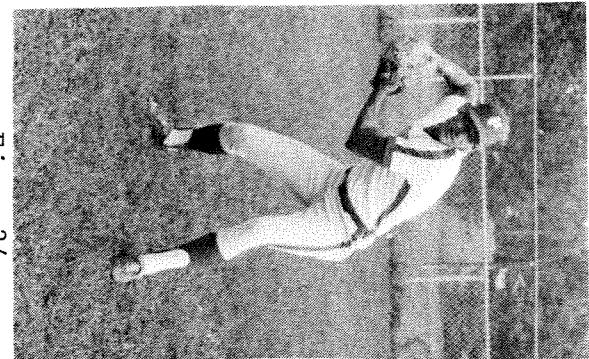


Fig. 24

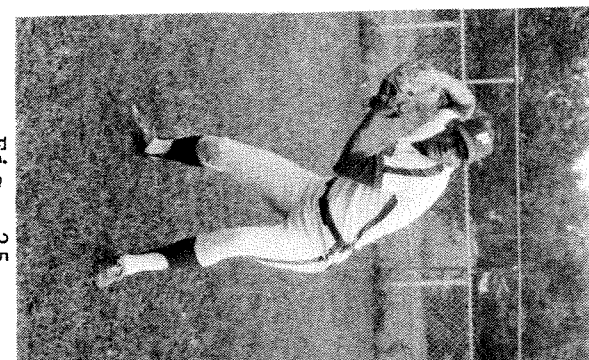


Fig. 25

IN RELEASING THE BALL (Fig. 21 to 29): -Front foot strides toward the target as arm commences forward movement. Point stride toe at target. -Weight shifts forward to gain maximum throwing velocity.

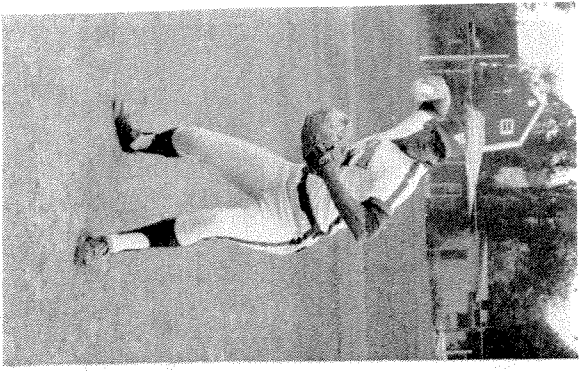


Fig. 26

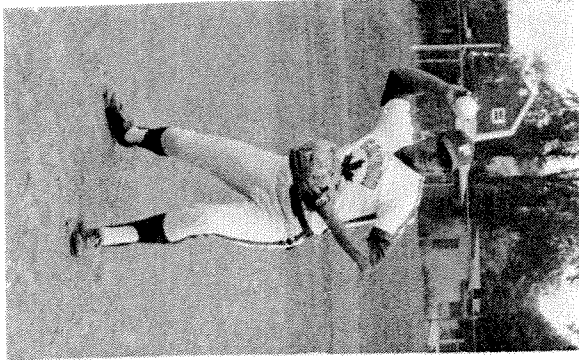


Fig. 27

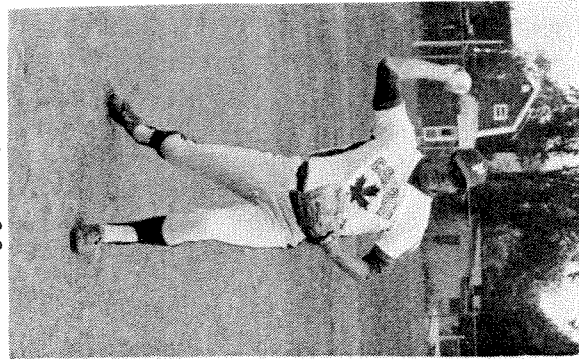


Fig. 28

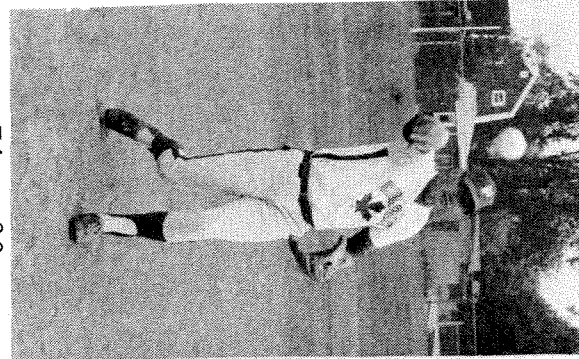


Fig. 29

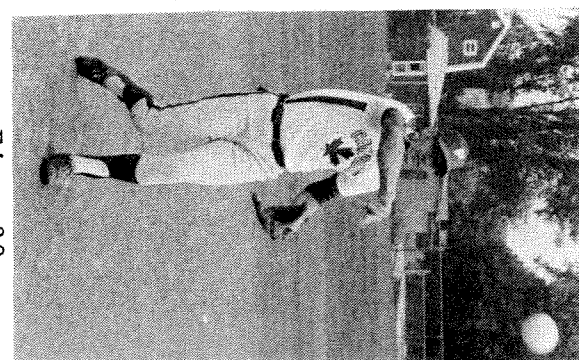


Fig. 30

IN COMPLETING THE THROW (Fig. 30): -Arm is fully extended on follow-through facing target. FOOTNOTE: To ensure consistently accurate throws have players point to target after releasing the ball.