

SOFTBALL



FUNDAMENTALS IN PHOTOS SACRIFICE BUNT

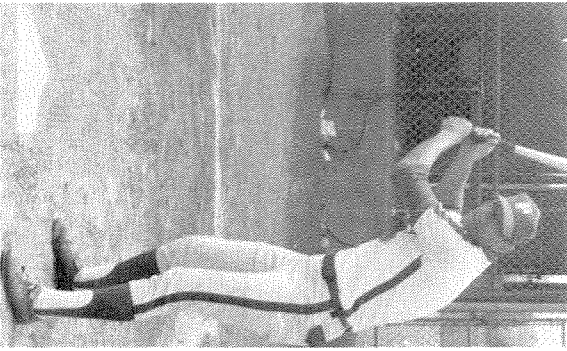


Fig. 58

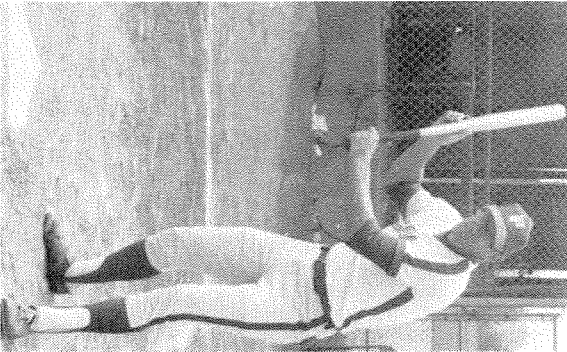


Fig. 59

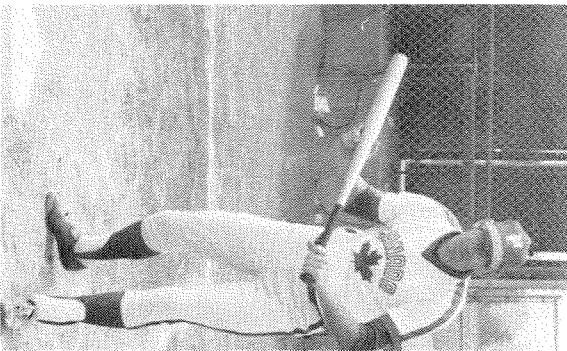


Fig. 60

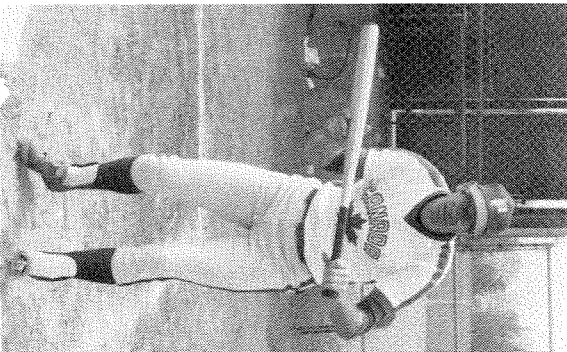


Fig. 61

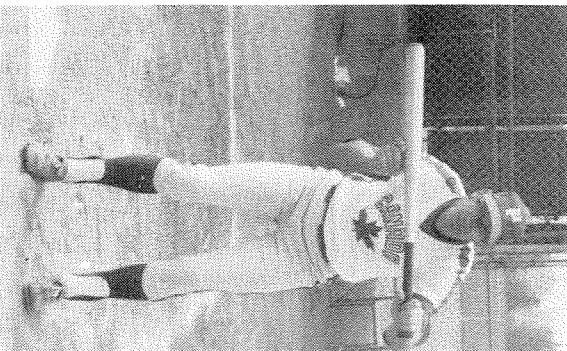


Fig. 62

SACRIFICE BUNT

PRIOR TO PITCH (Fig. 58): -Take normal batting stance towards front of batter's box. -Knees relaxed, slightly bent to enable easy shift of feet. ON PITCHER'S MOTION (Fig. 59 to 61): -Front foot facing pitcher as weight shifts forward. -Back foot moves up in line with front foot facing square to the pitcher. -Top hand slides up the shaft of the bat. -Cradle bat in top hand by forming a "V" with thumb and forefinger. COMPLETE STANCE (Fig. 62): -Arms extended in front of the body and home plate. -Body in slightly crouched position bending forward at the waist. -Bat held level parallel to the ground. On making contact with the ball, arms recoil slightly so that ball drops in fair territory without too much roll. -Keep bat level at all times. -Raise and lower body to make contact with high and low pitches.