

# SOFTBALL



# FUNDAMENTALS IN PHOTOS THROWING



Fig. 31



Fig. 32



Fig. 33

THE GRIP (Fig. 31 to 33): -The four fingers over the seam of the ball ensures better control and accuracy particularly with youngsters who have small hands. THE BODY AND ARM

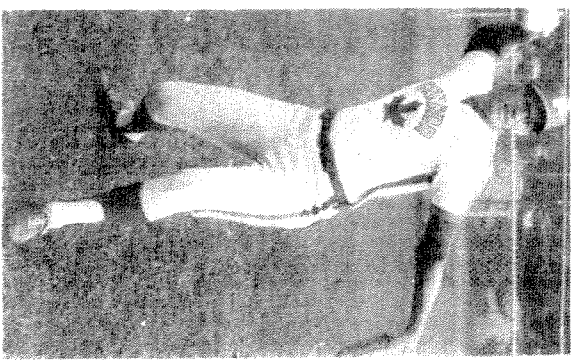


Fig. 34

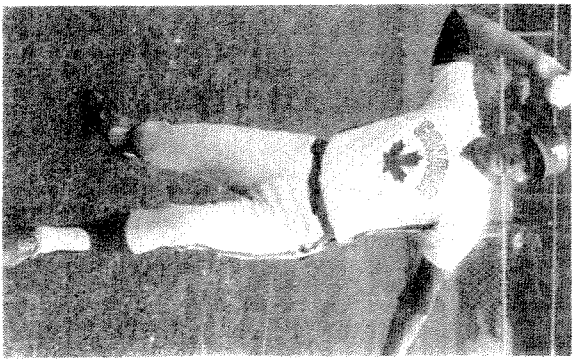


Fig. 35



Fig. 36

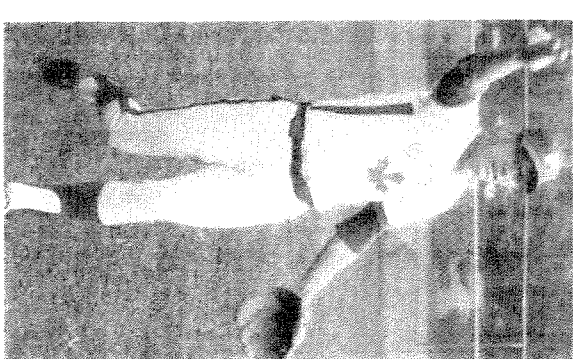


Fig. 37

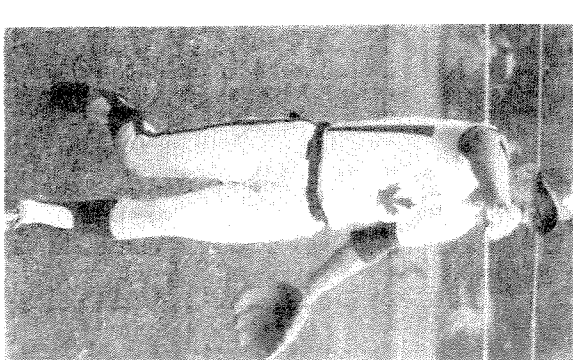


Fig. 38

POSITION (Fig. 34 & 35): -Front foot striding towards the target. -When arm is brought back, note the area from the shoulder to the elbow is parallel to ground. -Elbow is bent so forearm is at a right angle. COMMENCING THE THROW (Fig. 36): -Weight of body is on back or target. COMPLETING THE THROW (Fig. 37 & 38): -Weight now on front foot as ball is brought forward. -Extend the wrist with a snap as you release the ball. -Hand and arm completely extended, with fingers pointing to the target when throw