

SOFTBALL



FUNDAMENTALS IN PHOTOS UNDERHAND THROW

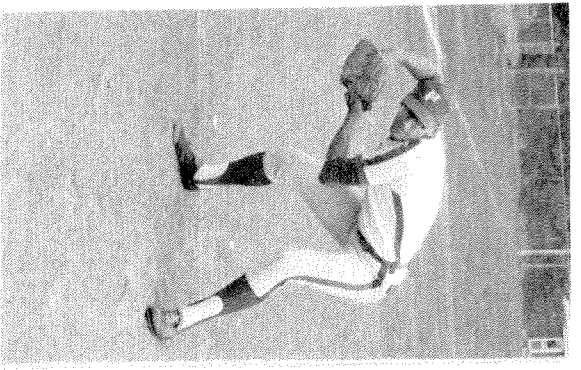


Fig. 39

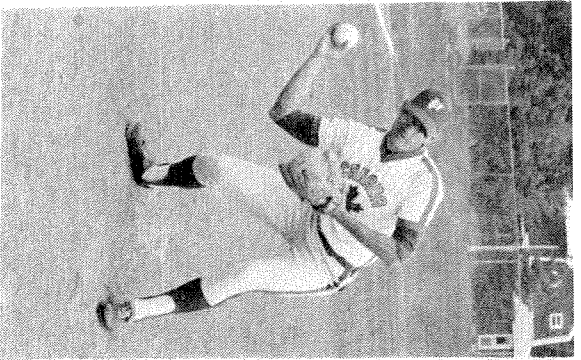


Fig. 40

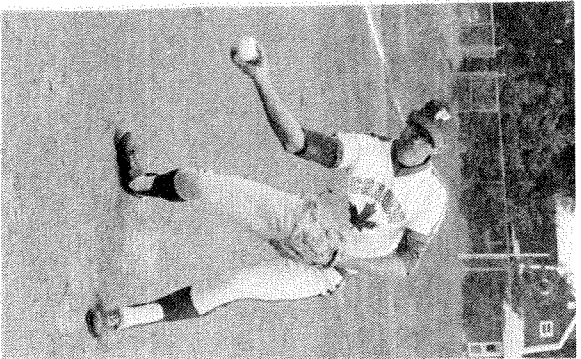


Fig. 41

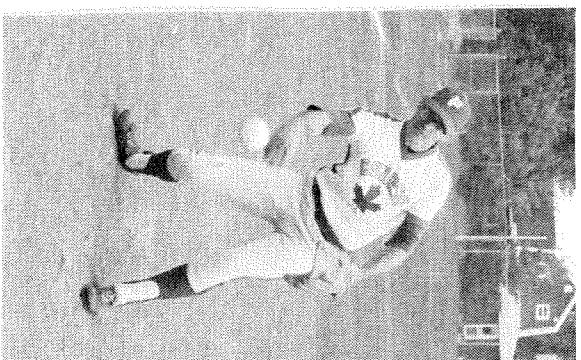


Fig. 42

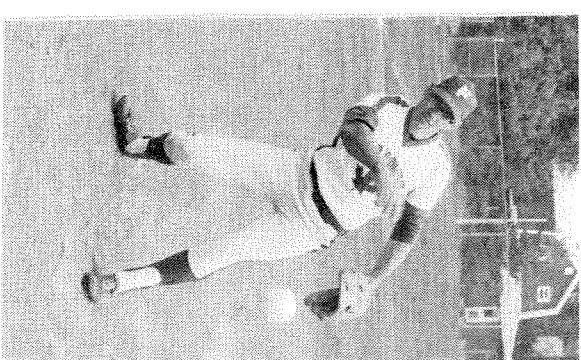


Fig. 43

OTHER THROWS THAT ARE REQUIRED: -Underhand (Fig. 39 to 43)

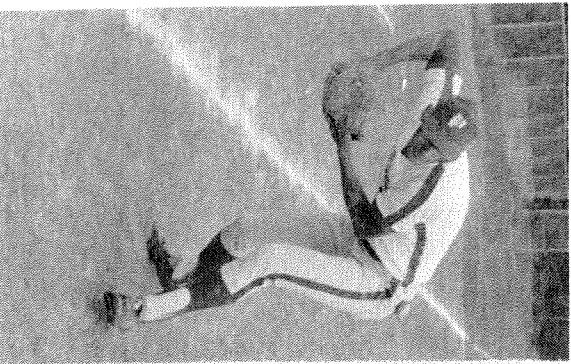


Fig. 44

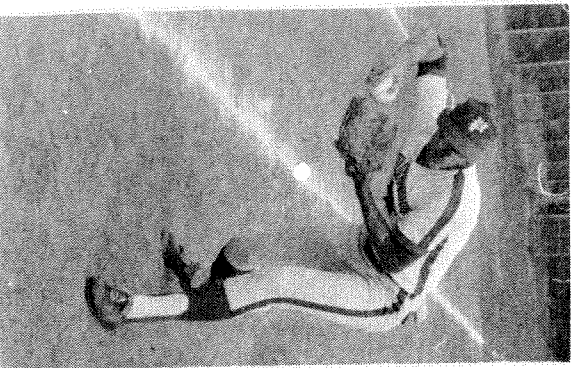


Fig. 45

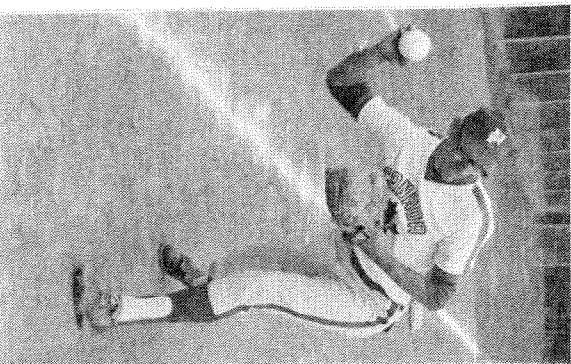


Fig. 46

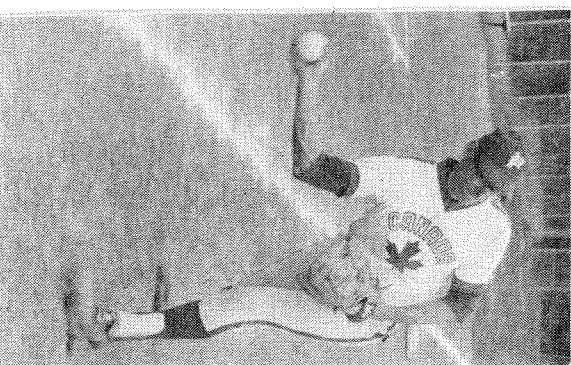


Fig. 47

OTHER THROWS THAT ARE REQUIRED: -Sidearm (Fig. 44 to 47)