

BASIC THROWING STRATEGY**COACHES**

Throwing is the most important single skill in the game of softball. More games are lost by bad throwing, than by all the other fundamentals combined. The more your players work on their throwing technique and strategy, the better equipped they will be to execute your team on defence.

Here are a few ideas to help improve your team throwing in game situations.

THROWING TIPS

- 1. KEEP WORKING ON MAKING THE BALL SPIN BACKWARD, ESPECIALLY ON LONG THROWS.**
- 2. ALWAYS THROW THE BALL DOWNWARD. THERE ARE NO PLAYS REQUIRING THE BALL TO GO UP.**
- 3. WORK ON THROWING ACCURACY. GET USED TO THROWING AT A TARGET.**
- 4. ALWAYS THROW AHEAD OF THE BASE RUNNER, NEVER BEHIND.**
- 5. WHEN THERE ARE TWO RUNNERS ON BASE, KEEP THE BACK RUNNER FROM REACHING 2ND BASE. (THREE 1ST'S)**
- 6. WITH A RUNNER ON 1ST OR 2ND BASE AND A SINGLE TO THE OUTFIELD, THROW THE BALL TO 2ND BASE.**
- 7. ON ALL FORCE PLAYS, THROW CHEST HIGH TO THE BASE PLAYER.**
- 8. ON TAG PLAYS, THROW DOWN, AT ABOUT THE RECEIVER'S KNEES**