



TRAINING TRILOGY

SOFTBALL PLAYERS

— w/PICs & IMAGEs

- A **VISUAL** Guide to Improving
Basic, & Fundamental Softball
SKILLs

SKILLS to Develop & Improve:

- **HITTING**
- Playing **INFIELD** Defense
- Playing **OUTFIELD** Defense
- **BASERUNNING**



*w/ “**PICTURE-Perfect**” Techniques /
Mechanics

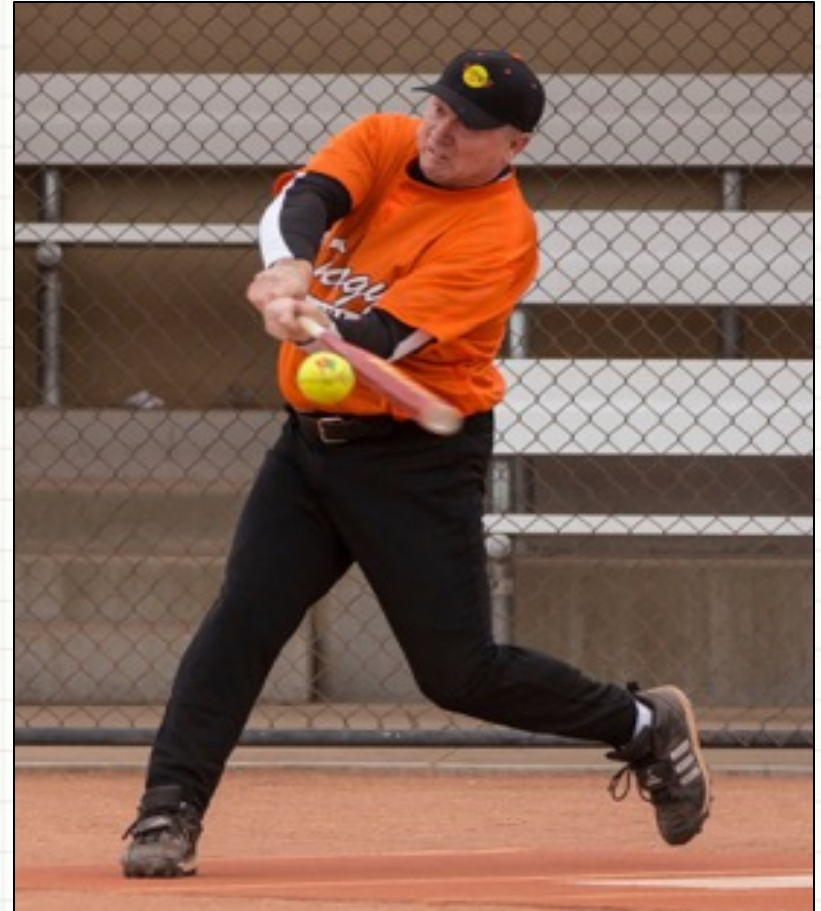
“HITTING”...Part 1



‘Braced’ (Straight) **Front** Leg / ‘Bent’ **Back** Leg
just B4, at, or just after ‘**Contact**’

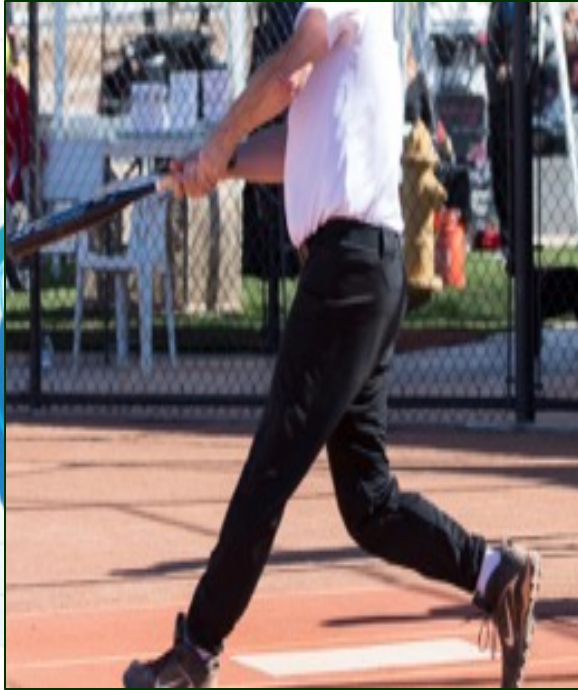


RH'd HITTER



LH'd HITTER

The Power “V” / TRIANGLE at, or just B4 ‘CONTACT’



“**TRACKING**” the ball to the bat; Eyes
‘down’ the barrel; from the ‘delivery’ of
the pitch all the way thru ‘**CONTACT**’



The “**FOLLOW-THROUGH**” w/a **HIGH** ‘Finish’;
the bat should ‘finish’ **ABOVE** the front shldr.



‘**ATTACKING**’ the **LOW** pitch; Two(**2**) Approaches ...
‘Drop the Barrel’ on the ball [a downward swing];
‘Drop the back shldr.’ & swing **UP**

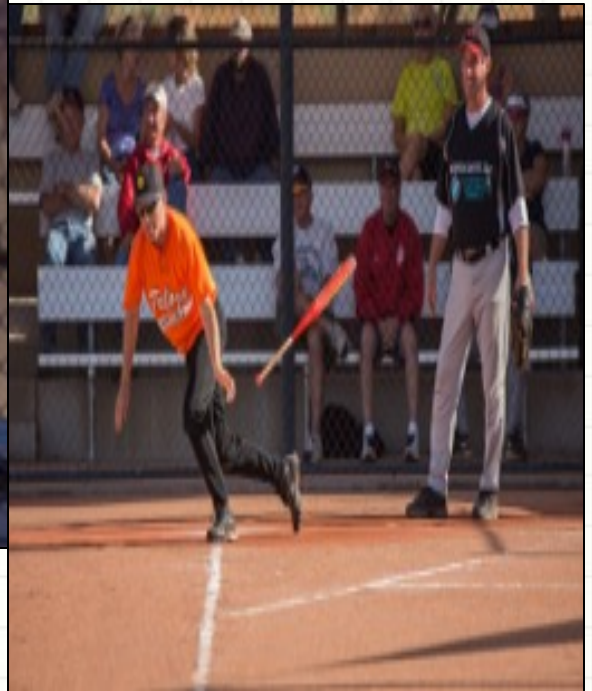




GOING “OPPO” = HITTING TO THE ‘OPPOSITE FIELD’

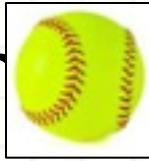
Let the ball travel **deeper** in the hitting zone, ‘**throw the hands**’ [bat] @ the ball & ‘**spank**’ it to the opposite field; ‘**shifting**’ the feet is optional; it is preferable, & easier to hit an **OUT**side pitch

Getting out of the 'box' QUICKLY, & DIRECTLY
to 1B after 'CONTACT' & the 'FOLLOW-THRU'



'Target' 1B ASAP; note the *focus & concentration!*

The 12" SLO-Pitch



“Home Run” Swing



“HITTING” ... PART 2

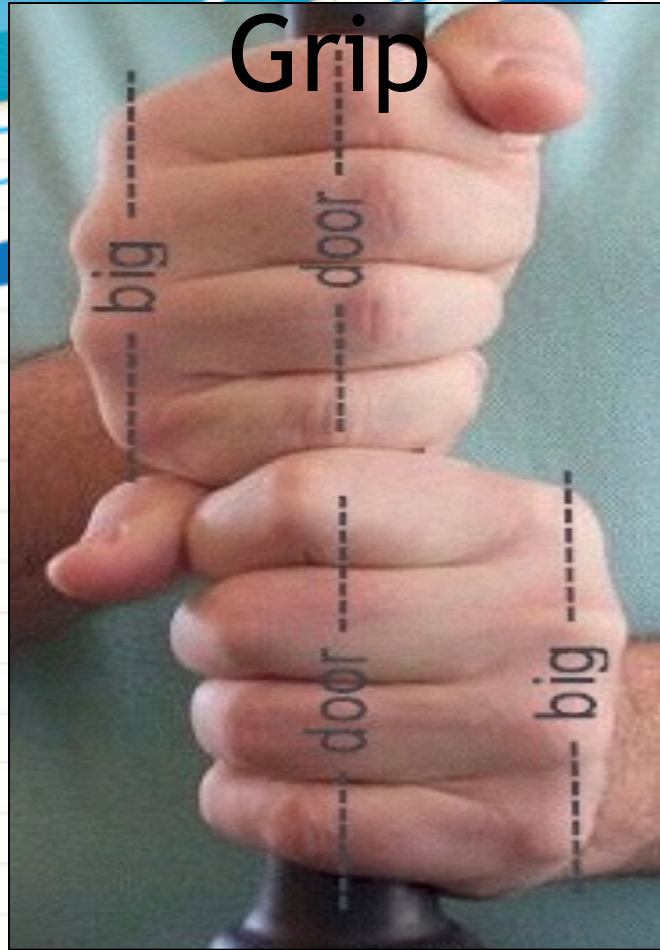
SPECIFIC MECHANICS OF “**HITTING**” A SOFTBALL



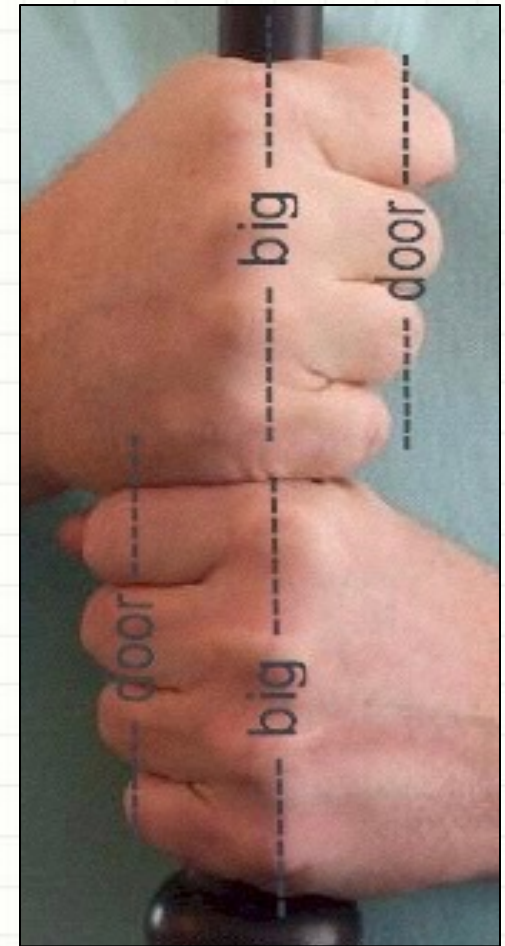
_ Checklists

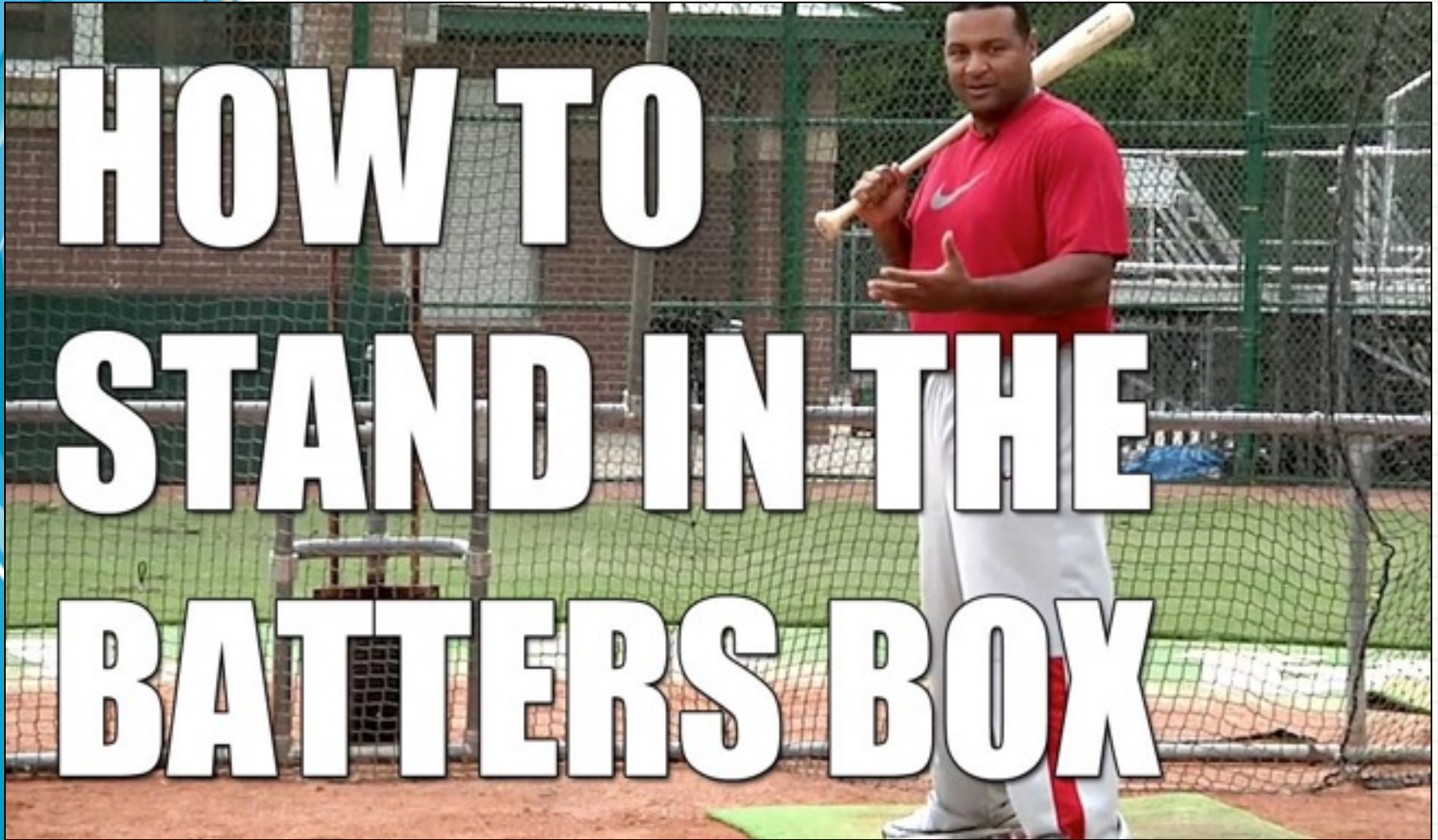
‘GRIPPING’ the Bat Line Up the MIDDLE CORRECT KNUCKLES

Two(2) INCORRECT Grips



“LOOSE” Grip in the stance;
‘Squeeze’ when you start your swing!





... In 12" SLQ-PITCH Softball, there is **NO** PERFECT, and/or CONSISTENT position in the batter's box

The “STANCE”



The “SWING”

**FOCUS ON
MINIMIZING
MOVEMENT.
THINK SHORT
AND COMPACT**



... Focus on a SHORT & COMPACT swing!

... PUTTING it all TOGETHER



‘STRIDE’ & ‘SWING’



“BASERUNNING”



_ A “Forgotten”
SKILL



RUN IN A **STRAIGHT** LINE; RUN 'THROUGH' 1B BASE



“Cutting” the corner @ 3B ... to Score !



* on the INside corner



INFIELD DEFENSE

“**READY**” Position for ALL IF’ers



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- _ FEET @ least SHLDR width apart
- _ Feet ‘Staggered’, w/the NON-glove side back
- _ KNEEs slightly Bent
- _ GLOVE @ the knees, or lower
- _ Glove slightly INside the knee
- _ EYEs to the hitter
- _ BEND @ the waist (nearly ‘flat’ back)
- _ THROWING hand near the glove

'Turning' the "DOUBLEPLAY" @ 2





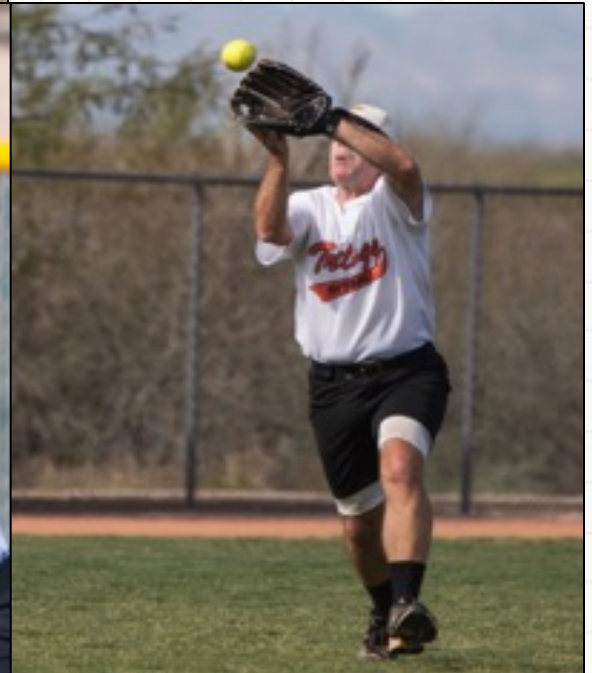
OUTFIELD DEFENSE



THE PROPER WAY TO CATCH A FLYBALL



- **ABOVE** the cap
- w/ 2 Hands
- “**Track**” the ball into the glove
- Get **BEHIND** the ball & catch it on your throwing hand side



FIELDING the GROUNDBALL



“Do-Or-DIE”
play



GETTING INTO **POSITION** TO **THROW**



“**CROW HOP**”,
or
“**STEP-THRU**”



Getting the
FEET
Underneath
You to **THROW**



Picking up
your
“**TARGET**”

Making the “**TOUGH**” Catches

