



Everydays

CATCHING THE BALL

1

1. Athletic position...**Pre Pitch Dance (PPD)**"Light and Loose"
2. Step to ball with glove foot (**right-left rhythm...ball hits the glove as the foot hits the ground**)
3. Nose to knuckle (*fingers pointing UP*)
4. Butt below the ball
5. Turtle

THROWING

2

1. **Grip**....fingers across the laces....across the "C" & thumb at the **BOTTOM** of the ball
2. **Common Starting Ground (CSG)**....**ALL THROWS START WITH HANDS IN THIS POSITION**
3. **Power position**
 - a. Hands and knees separate together
 - b. Front elbow points to target
4. **Stretch**....to create elbow lead and generate forearm lag
5. **Stride, Rotation, Release and Follow Through**
 - a. Stride
 - b. Shoulders rotate
 - c. Ball is **OUTSIDE** of elbow
 - d. Release when throwing hand passes stride foot
 - e. Thumb down, relaxed arm finishes to opposite thigh, back leg releases....**"dangle, dangle" with throwing arm**
 - f. Head remains on target
 - g. **STRONG** front side....."Pull the rope"

THROWS

3

1. **Bow and Arrow: (Common Starting Ground (CSG))**
2. **Power Step (Skate board)**
 - a. Start with ball in glove away from your body (**glove side to your left**)
 - b. Right foot crosses behind left foot
 - c. Rotate hips and shoulders clockwise to point to target
 - d. Stride with left foot and throw
 - e. **DO NOT BRING THE BALL TO YOUR BODY....GO TO THE BALL**
3. **Jab Step**
 - a. Start with ball in glove across your body (**backhand to your right side**)
 - b. Step across the front of your body with your left foot to the right towards the ball
 - c. Step back (jab step) with your right foot
 - d. Stride with left foot and throw
 - e. **DO NOT BRING THE BALL TO YOUR BODY....GO TO THE BALL**
4. **Jump Turn OUTSIDE**
 - a. Turn sideways with glove **AWAY** from your target WITH the ball in your glove extended from your body
 - b. Spin on left foot **TOWARD** your glove side (*counter clockwise*)
 - c. Jab step right and stride with left foot and throw
5. **Fake Throw**
 - a. Turn sideways with glove **AWAY** from your target
 - b. Pump fake throw away from your target
 - c. Spin on left foot **TOWARD** your glove side (*counter clockwise*)
 - d. Jab step right and stride with left foot and throw

If can't throw and catch.....you can't play softball!!



6. **Instep Kick**

- a. Start with ball in glove straight out in front of you (glove side)
- b. Kick right foot to left foot
- c. As you kick, bring hands to Common Starting Ground
- d. Stride step with left foot and throw

Instep Kick and Instep Shuffle can be done together

7. **Instep Shuffle**

- a. Start with ball in glove straight out in front of you (glove side)
- b. Right foot steps out past left foot
- c. Push off right foot and stride with left foot

8. **$\frac{3}{4}$ Sway Throws**

- a. Turn sideways with glove **TOWARD** your target
- b. Rock and sway, throwing to your target **WITHOUT** taking a stride step

9. **Dart Throws**

- a. Turn sideways with glove **AWAY** from your target
- b. Rotate and twist to face your target
- c. Throw to your target **WITHOUT** taking a stride step

10. **Throw on the Run**

- a. Put the ball on the ground in front of you (right side)
- b. Charge ball and scoop ball inside glove foot
- c. Throw to target while running through throw
- d. **DO NOT STOP AT BALL....GET LOW AND STAY LOW**

11. **Forehand Flips**

- a. Turn sideways with glove **TOWARD** your target
- b. Put the ball on the ground out in front of you, even with your FRONT foot (**left foot**)
- c. Scoop the ball with your glove and throwing hand together
- d. Under hand toss to your target
- e. **Follow through throw**, stepping with the **right** leg
- f. **GET LOW AND STAY LOW THROUGH THE THROW**
- g. RECEIVE BALL WITH A TAG

12. **Backhand Flips**

- a. Turn sideways with glove **AWAY** your target
- b. Put the ball on the ground out in front of you, even with your FRONT foot (**right foot**)
- c. Scoop the ball with your glove and throwing hand together
- d. Back hand toss to your target
- e. **Follow through throw**, stepping with the **left** leg
- f. **GET LOW AND STAY LOW THROUGH THE THROW**
- g. RECEIVE BALL WITH A TAG

13. **Glove Flips**

- a. Put the ball on the ground in front of you (glove side)
- b. Charge ball and scoop ball
- c. Flip ball **FORWARD** to your target from your glove
- d. Turn sideways with glove **TOWARD** your target
- e. Flip ball **BACKHAND** to your target from your glove
- f. **GET LOW AND STAY LOW THROUGH THE THROW**
- g. RECEIVE BALL WITH A TAG

If can't throw and catch.....you can't play softball!!