

Regan League 4-Step Softball Pitching Drill (by Janelle Carlson)

WRIST SNAPS

- Grip ball on seams in a “C” shape
- Feet squarely under shoulders, square hips to catcher
- Short distance from catcher, maybe 15 feet.
- Snap ball from hip, pointing elbow up toward catcher, releasing the ball
- Continue movement so throwing hand touches shoulder, glove hand up.

BUTTERFLY

- Feet at 90-degree angle, front foot points toward catcher, heels together.
- Both arms up in V-shape (“butterfly.”) Pitch from proper distance (35-40 ft.)
- Step toward catcher, front foot straight, begin delivery.
- Drag back foot forward toward target as you snap wrist to shoulder.
- Hips turn and end square to catcher, with feet shoulder width apart.

AROUND the WORLD

- Feet in starting position for “butterfly,” with body facing catcher.
- Hold ball in glove, and push out toward catcher, stepping into “butterfly.”
- In butterfly, reach up long and tall. Begin by pulling glove around.
- Finish butterfly drill (wrist to shoulder, drag back foot, hips face catcher.)

FULL MOTION

- Arms down by side, feet under shoulders facing catcher.
- Start with your ball-side foot slightly ahead of glove-side foot.
- Bring ball up into glove, while moving weight onto ball foot.
- Pivot front foot, bring glove and ball down, push off with big step forward.
- Bring ball around in windmill; always follow through with elbow up.

IMPORTANT POINTS

- Elbow-up on follow-through. Don’t end with arm extended toward catcher.
- Front foot finishes pointing toward catcher. Ball goes in direction of foot.
- Glove hand pushes out and around, out of the way, giving body “torque.”
- Don’t rush beginning of delivery, but do “explode” around in windmill.

Regan League Pitching Video: <http://www.youtube.com/watch?v=LszcTlH1r7c>

Speed vs. Accuracy: Pitchers need both speed and control. If the delivery is not consistent, pitches will not be accurate. By building arm strength and developing speed, pitchers develop the feeling and timing required to throw the ball hard. The correct release point depends on the velocity of each thrown ball. Decreasing speed does not necessarily improve accuracy. Only consistent delivery and hours of practice produce accuracy. (“Softball Skills & Drills,” by Judi Garman.)