

## **Softballs 3 seasons**

There are three training seasons in softball: off-season, pre-season and in-season.

Each season should have particular goals and contribute to the improvement of the competitive pitcher.

### **Off-Season**

(April – July)

Emphasis: Velocity & Movement

Velocity - Off season is the ideal time to improve physical strength and flexibility. Weight training offers the pitcher the chance to improve their overall physical strength. By increasing the strength in the legs and core area the drive and stride in the pitching motion can be performed more explosively.

Pitching mechanics are also a consideration in the off season. This is when the pitcher has time to break the mechanics down and ensure he/she is performing the pitching motion in the correct sequence. Make sure all young pitchers are leaping. If they don't start now, they will be left behind.

Movement - The off season is the best time to work on developing a new pitch and to improve the spin on your other pitches.

### **Preseason**

(August/September)

Emphasis: Control, Movement, Mental Approach

Preseason is the time to begin working toward control; concentration automatically becomes a focus when working on accuracy.

The emphasis should firstly be put on the ability to throw called strikes.

If your pitcher cannot consistently throw the ball in the strike zone they will never be consistent at hitting the corners.

For the first 4 -5 weeks of the preseason have your pitcher throwing all their pitches as a called strike. Particular emphasis is given to the pitchers dominant pitch. Make sure the spin is correct on this 'go to pitch'.

For the remaining 3-4 weeks the pitcher can also work the corners and throw percentage pitches and balls.

### **In-Season**

(October-March)

Emphasis: Control, Movement & Mental Approach

Precision in pitching and attention to the spin is the biggest priority in season.

Control of all the pitches and having the accuracy to pitch to a specific location is a must. The pitcher needs to become a perfectionist to ensure their pitches have the 'right spin and a tight spin'.

In-season provides the pitcher with feedback. Game results and statistics provide valuable information which the pitcher will need to use in order to continue improving. Game time will help your pitcher to develop their mental approach, concentration, coping strategies and confidence in the position.