

PITCH HEIGHT

Follow as below:

Work on your technique and spin to warm up for 15 minutes of pitching.

Stay loose and relaxed and work on your drop spin and your rise spin.

Once you are warm and have thrown your pitches at full speed put down the home plate and measure the pitching distance. The catcher is in full catchers gear. The rectangular shape below indicates the strike zone i.e. the width of the plate and the height of the strike zone between the batters knees and armpit.

Called strikes

Pitch called strikes so the whole ball is in the strike zone.

Throw your dominant pitch (For most of you this is the drop).

Try to pitch it somewhere between the batters hip and knee height and throw hard.

Catcher needs to set up as though it is a 0-3, 1-3 count. Give the pitcher a big target. Pitch 15 x pitches.

Now test yourself: How many strikes can you get out of 6 pitches?

Try to pitch the entire softball in the zone so the umpire has to call it a strike.

The next 3 diagrams indicate 3 different location/heights of the pitches. We want you to get good at pitching to these locations:

- drop over the plate to the batters knee height -
drop as a ball below the knee
- throw the rise above the strike zone.

After you have completed below then do 10 x change ups. Try to get it low to the bottom of the strike. It can be either a strike or a ball, but low is usually better than high for a change up.

Then alternate:

Drop strike on knee, drop ball below knee. Do 10 pitches

Rise ball, change. Do 10 pitches

To Finish: Pitch 10 dominant pitch through the middle of the zone.

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Strikes on knee - drop

Pitch your drop to the bottom of the strike zone. Try to pitch it so the entire softball is in the zone but the pitch is at the batters knee height. Pitch 15 x pitches under the rope.

Now test yourself: Hold a piece of rope across the front of the plate just above the batters knee height. How many can you get low on the knee out of 6 pitches?

Pitch your drop as a ball below the batters knees pitch 15 x pitches

Now test yourself: Hold the rope at the bottom of the strike zone. How many out of 6 pitches can you get as a ball below the rope?

Ball above strike zone - rise

Pitch your rise as a ball above the strike zone (batters shoulder/head high).

Pitch 15 x pitches.

Now test yourself: Hold the rope at the top of strike zone. How many can you get out of 6 pitches above the rope?