



PORTAGE YOUTH SOFTBALL

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Softball Cues to Use With All Levels

Throwing

- Glove hand/shoulder pointing towards target
- Elbow at shoulder height
- Make a relaxed "T." Thumbs down
- Hand/wrist higher than the ear
- Lead with the elbow
- Snap wrist
- Weight shifts off back leg and follows arm through
- Rotate body to end up facing target
- Follow through to the target

Fielding

Ready position

- Butt down
- Knees bent
- Feet wide and forming a solid base
- Glove and hand ready and open above the knees

Fielding a grounder

- Glove in the dirt
- Field ball in the middle of legs (move to the ball)
- Head following ball into glove (coach can see the top of the head)
- Throwing hand is up and then covers ball into the glove
- Gather ball up into stomach area, pivot, turn and throw

Fielding a fly ball

- Field ball on throwing hand side, in front of the body
- Keep throwing hand near glove, catch with 2 hands
- Get behind the ball



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Hitting

Hands

- Fingers on the bat - not palms
- Hands high by the chest - armpit level
- Check for a 90 degree angle at front elbow

Feet (stance)

- Start at shoulder width and then go 3" more
- Knees bent
- Waist bent slightly
- Weight on balls of feet

Trigger/Load, Pivot, Chop

- Hands in and head still
- Pivot
- Extend hands out toward the ball

Bunting

- Get in the front of the batter's box (more chance to be a fair ball)
- Pivot feet before pitcher pitches the ball
- Square up to the pitcher
- Bat at top of strike zone (armpit level)
- Bat at slight angle up (motorcycle grip, other hand has fingers protected by the bat)
- Half of plate should be covered
- Knees bent
- Squat down to meet the ball if lower than the bat
- Lean out to get an outside pitch
- Let the ball meet the bat - do NOT reach for the ball- but absorb the pitch

Pitching

- Front foot on front of rubber, back foot with toe on back of rubber
- Weight shifts back before the pitch
- Step on the power line
- Arm circle - doesn't need to be a perfect circle
- Chest up
- Open with ball facing towards 3rd (or 1st)
- Wrist snap, follow through
- Close stance so facing the batter in a fielding position