CANpitch DVD Launch

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Softball Canada announces launch of CANpitch DVD

(Ottawa, ON) Softball Canada is pleased to announce the release of a new pitching resource, Softball Canada's CANpitch Program DVD. This DVD is a supplement to the recent launch of Softball Canada's national pitching program, CANpitch, which has put into practice a standardized training program for young pitchers, aged 8-16 across Canada. This program aims to teach fundamental pitching skills while reinforcing proper mechanics through the use of key drills and progressions, and is open to all athletes wishing to learn or improve their pitching skills.

The DVD was created to correspond with Softball Canada's certified CANpitch Master and Regional pitching instructors' weekly lesson plans, ensuring that drills are introduced and performed correctly. The DVD outlines for coaches and trainers the CANpitch Program philosophy, describing in detail the program's important elements, such as the backward chaining method. The backward chaining method was chosen by a group of National Team Coaches, former pitchers, and other pitching experts for this program in order to reinforce the body mechanics and sensations at each phase of the pitching motion. By starting at the release and working backwards, CANpitch participants will develop body awareness, understanding what their legs, hips, arms and wrists are doing at each phase in the delivery of a pitch. Breaking the pitching motion down into phases and utilizing the backward chaining method will ensure that the CANpitch Program instills a sense of body and pitch control in young pitchers.

The CANpitch DVD focuses on breaking down each of the eighteen drills included in the CANpitch Program curriculum. Each one is introduced and explained, including which pitching skills the drill targets, while the correct form is demonstrated. Every drill is explained in phases for easy instruction and reference, including set up, proper technique, and key teaching points. As such, the DVD will be a staple resource for teams, parents and individuals to continue effective pitching practice outside of the weekly group sessions delivered by trained Softball Canada CANpitch Master and Regional Pitching Instructors.

The CANpitch DVD is available for purchase through the Provincial and Territorial Softball Associations for $19.95 plus applicable taxes.

For more information about participating in the CANpitch program or hosting a CANpitch clinic, see the CANpitch page on Softball Canada's website, www.softball.ca. Any questions about Softball Canada's CANpitch program can be directed to Angela Murdock, Manager of Domestic Programming, at amurdock@softball.ca or 613-523-3386 ext. 3107.

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