



4 APPENDICES

4.1 APPENDIX A: KEY TEACHING POINTS FOR SOFTBALL SKILLS

Coaching Tip

- Make up cue cards with the key teaching points for each skill.
- Laminate the cue cards and put a hole in the corner and carry using a lanyard.
- Keep these cue cards with you for quick reference to ensure you have covered all the key points with your players during drills.

RECEIVING

Mechanics

- Stand in an athletic and balanced position to receive a throw:
 - Weight on the balls of the feet
 - Knees slightly bent
 - Feet staggered with the non-throwing foot slightly forward
 - Glove and throwing hand out in front of body
- Give a target to the thrower in centre of the body
- Use two hands to receive the throw
- Hands and glove work like the face of a clock (pinkies and thumbs)
 - When the ball is below the belly button, the pinkies should be together
 - When the ball is above the belly button, the thumbs should be together
- Move body so that the ball is caught on the throwing hand side to aid in a quick transfer to the throw
- When ball contacts the glove, the hands and elbows should give (Soft Hands)
- As you absorb, bring the ball and glove to the throwing shoulder

THROWING

Grip

- 2, 3, or 4 fingers (whichever is most comfortable depending on the size of the player's hand)
- Hold the ball in the fingers, not in the palm
- The fingers should cross the seams of the ball where the knuckles closest to the fingertips are
- Hold the ball firmly but not so hard that the wrist and arm become stiff

Throwing Mechanics

- Pre-Stride
 - Back (pivot) foot perpendicular to target
 - Weight on the pivot foot
- Stride
 - Step with foot opposite throwing hand (stride foot)