

Catching a Thrown Ball



**Softball
Catching a
thrown ball
Fundamentals**

1. Ready ⊕

2. Hands ⊕

3. Catch ⊕



Softball Throwing



Softball Throwing Fundamentals

1. Grip

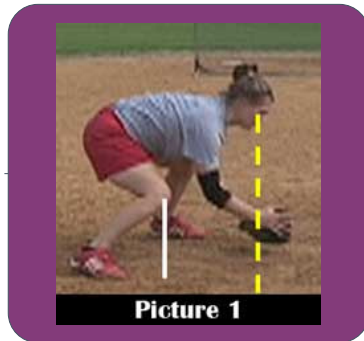
2. Arms

3. Throw

4. Lower Body

5. Follow through





Picture 1

Softball Fielding Ground Balls Fundamentals

1. Ready ⊕

2. Field Ball ⊕

3. Concentration ⊕





**Softball
Fielding Fly
Balls
Fundamentals**

1 1. Ready ⊕

2 2. Track Ball ⊕

3 3. Catch the Ball ⊕

4 4. Concentration ⊕





Softball Base Running Fundamentals

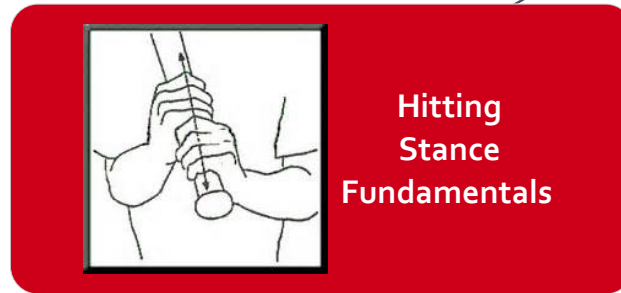
1. Run through first base

2. Ready position when on base

3. Base Coaches

4. Sliding (8U and above)



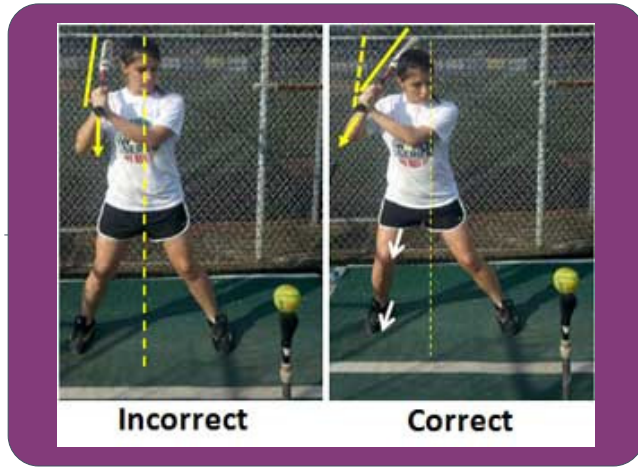


1 1. Grip ⊕

2 2. Stance ⊕

3 3. Ready Position ⊕





Hitting Swing Fundamentals

1 1. Load (+)

2 2. Stride (+)

3 3. Swing (+)

4 4. Finish (+)



