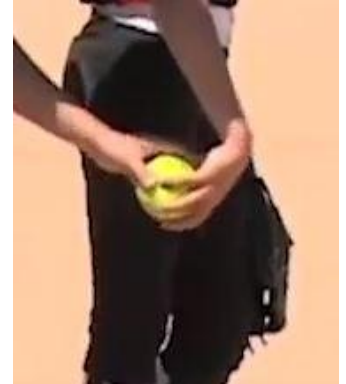


Youth Softball Pitching Grips

- **Back-Handed Changeup** – The benefit of this pitch is that the pitcher can keep the same arm action as with the fastball but the pitch will come out slower. The pitcher should grip the ball just like with a fastball – that means the tips of the index and middle finger on the horseshoe seam. To throw the pitch bring the back of the hand through first and snap the wrist so that the ball is thrown with back spin. To get the pitcher used to throwing this pitch you can have them stand with feet shoulder width apart and just flip the ball to the catcher. Once they are comfortable, you can move to having them go through the full motion. Coaching point: make sure the pitcher’s shoulders do not lean or go forward when she is throwing a changeup.



- **Knuckleball** – The pitcher should raise her knuckles on the flat part of the ball in the horseshoe area (don’t hold the ball on the seam). It should feel like she is pressing her nails into the ball. When throwing the ball the pitcher should keep her wrist stiff and push the ball forward to the catcher. The goal is to try and not get any spin on the ball.



- **Turnover Drop** – Grip the ball across where the two seams come closest together with the index finger pressing down on its seam. When throwing the pitch the pitcher rotates her wrist like she is turning a door knob and then brings her hand down. With this pitch, the pitcher’s weight should be a little more forward than when throwing a fastball so that she can get on top of the ball.



- **Rise Ball** – Grip the ball on two seams and apply pressure with the inside of the index finger. On the pitch, the pitcher brings her hand underneath the ball and rotates her hand like she is turning a door knob to get spin on the ball. On the follow-through, the fingers should end up pointing up at the chin.



Youth Softball Pitching Grips

- **Curve Ball** – This pitch should be thrown with the same grip as the rise ball. On the pitch, the pitcher’s hand should be underneath the ball and flat like the back of the hand is being brushed across the top of a table. The fingers should curl on the throw and end up pointing across the pitcher’s body.
- **Drop Curve** – With this curve, the pitcher gets her hand on top of the ball instead of underneath it and sweeps her arm across her body.
- **Screwball** – This pitch is to softball what the curveball is to baseball. That means without proper technique this pitch could cause a pitcher to hurt her throwing arm. When throwing the pitch, the pitcher should step a little off the power line and dip the back shoulder. The throwing arm stays tight to the body and the pinky goes through first.

