

2008 Friday Softball Pitching Sessions

Shelby Hillview South Field

Beginning Pitchers

5:30 - 6:15

Intermediate / Advance Pitchers

6:15 - 7:00

May 2nd / May 23rd / May 30th

***PLEASE BRING YOUR OWN CATCHER!!
ATTEND ONE SESSION OR ALL THREE SESSIONS***

- Open-to-all SYB Softball teams
- Balls will be supplied

Schedule:

- Warm-up start: *5 minutes*
- Topic of the day: *20 minutes* (maybe 2 topics, per session)
 1. Proper/legal stance on the pitching plate before the delivery (that's what the rule book calls the rubber).
 2. Crowhopping vs Leap-and-drag (illegal vs legal)
 3. How to throw a changeup.
 4. Getting more speed
 5. Warmups before a game
 6. Drills to improve your pitching
 7. Pitching to location
 8. Rise and drop - when to start developing
 9. Common ouchies from pitching
 10. Troubleshooting the delivery
- General pitching work: with Jim Paulus circulating to give tips and assistance:
20 minutes

If you have any questions; please call call Jim Paulus at 787-0817 or e-mail Jim at jpaulus@charter.net

