



Welcome to the Softball Pitching Mechanics Cheat Sheet!

On the following page, you'll find a simple, step by step method for teaching windmill pitching mechanics. Each step is broken down with simple tips and illustrations to help simplify the process and accelerate your learning curve.

Feel free to print this cheat sheet out, or save it to your mobile device, so you can use it directly on the field.

If you're looking for drills to help reinforce these mechanics, make sure you check out the [Ultimate Softball Pitching Drills eBook](#).

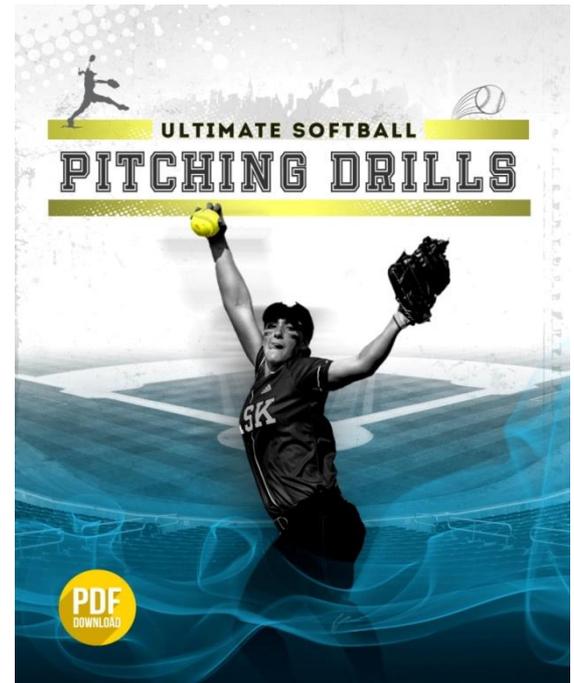
You get instant access to 29 game-tested drills for developing an unstoppable pitcher. Plus, 12 pre-designed workout plans you can take right to practice, or use at home in the back yard.

Here's what's included:

- 10 mechanical drills
- 3 control drills
- 5 velocity drills
- 4 mental training drills
- 4 dynamic conditioning drills
- 3 troubleshooting drills

Click here to check out Ultimate Softball Pitching Drills:

<https://go.softballspot.com/ultimate-pitching-drills>



Softball Pitching Mechanics “Cheat Sheet”



Fastball - C-Grip



Fastball - Horseshoe Grip



Stance



Back Swing

- ✓ **Fastball Grip:** Pads of the fingers and thumb resting on the seams.
 - ✓ **“C” (4-Seam) Grip:** recommended for new pitchers - no tailing action
 - ✓ **“Horseshoe” (2-Seam) Grip:** ball breaks slightly back toward pitcher’s throwing arm.
- ✓ **Presentation:** Step onto the rubber from behind, with the hands apart, and the ball in your bare hand. Show the batter you are getting ready to pitch.
- ✓ **Stance:** Comfortable and relaxed. Hips closed (parallel to the catcher), shoulders back and feet shoulder width apart.
 - ✓ Throwing side (push-off) foot is at the front of the rubber (check league rules).
 - ✓ Glove side (stride) foot is behind or touching back edge of rubber.
- ✓ **Back Swing:** take the ball out of the glove, and swing it back to roughly 9 o’clock, so the pitching arm is level with the ground



Arm Circle and Stride

- ✓ **Arm Circle and Stride:** as the pitching arm begins to move forward, raise the stride leg and begin to drive forward off the rubber, using your push-off foot
 - ✓ As your stride extends to the plate, the pitching arm continues forward and completes a full windmill circle. Arm remains relaxed and straight, not stiff.
 - ✓ Drive forward off the rubber and push the stride leg out front, allowing the heel of the push off foot to come up off the ground.
 - ✓ As the stride leg lands, the knee is flexed, but firm, with the stride foot at a 45° angle to the power line.
 - ✓ **X position:** Glove arm is extended out front at around 3 o’clock. Pitching arm is cocked back at 11 o’clock and slightly bent.



Release and Follow Through

- ✓ **Release and Follow Through:** As the arm comes down past the hip, keep the wrist back, then allow it to whip forward as the ball is released
 - ✓ The stride leg stays flexed but firm, while the push-off foot drags across the dirt towards the first baseline
 - ✓ Follow through by keeping the arm loose at the joint and finishing with the arm bent upward in an L-shape, the elbow in front of the body and the hand pointing straight up
 - ✓ Finish in an athletic position, ready to make a play fielding the ball