



### Advanced Pitching

Once a pitcher is able to throw strikes consistently, they are ready to vary their pitches by changing the height and depth, as well as inside or outside placement. Also adding spin is another advanced skill.

NOTE: Good placement of pitches can keep a hitter at a disadvantage.

#### Skill Progression – Advanced Pitching

Your Athlete Can	Never	Sometimes	Often
High- inside pitches (near the batters elbows or front shoulder) prevent many batters from fully extending their arms, resulting in poor placement and/or less power	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is better to work from a strong position than a weak disadvantage. Throwing the first pitch for a strike will keep the pitcher ahead of the batter, allowing for better strategy and placement of pitches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When the pitcher has a large advantage (two strikes and either not or one ball court) the next pitch should be away from the strike zone, either high and deep, low and short, or outside. This may entice the batter into swinging at the “bad” pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Different types of pitches will keep the hitter from establishing their timing. Differing heights, “long” short” pitches, inside and outside pitches will throw the timing off a batter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The positions of the defense may dictate the placement of the pitch. If the defense is pulled towards left field, the pitch must be inside to a right handed batter. A pitch on the outside portion of the plate could be hit to the opposite field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

#### Teaching Points – Advanced Pitching

1. Place buckets just outside the four corners of the strike zone, in front of, and behind the plate. Practice pitching. Into these areas to develop accuracy as well as strategy.
2. Many hitters “take” (do not swing the bat) until the first strike is thrown. If the first pitch is a strike, it is a distinct advantage to the pitcher. The next pitch they wouldn’t want to throw a perfect strike, thus making the batter swing at a less desirable pitch, hopefully resulting in a poorly hit ball.
3. Pitchers need to make sure all players are in their ready positions before beginning to pitch. The pitcher may help other defensive players with their positioning, if they know batters’ tendencies or if they know they are going to try to keep it inside etc.
4. If a pitcher is able to learn the other teams’ batting abilities, as well as their own teams’ fielding capabilities, then he/she can change their pitching style based on who is coming to the plate. For instance, if the right fielder is a weaker outfielder and a big strong left-handed batter is coming to bat, the pitcher may want to pitch the ball outside, hoping to achieve a ball placement that won’t go deep to right field.

# Special Olympics Softball Coaching Guide

## Teaching Softball Skills



### Faults & Fixes Chart – Advanced Pitching

<b>Error</b>	<b>Correction</b>	<b>Drill Reference</b>
Pitches are all the same height and depth	Try altering your release point to change the height of the pitch	Arc Drill, Ladder Drill
Pitches don't vary with the ball/strike count	Try throwing balls to specific locations	Bucket Drill
Pitcher doesn't alter pitches based on the batter	Study batters' tendencies and pitch accordingly	Ground ball Drill, Bucket Drill



## Advanced Pitching Drills

### Pitches to induce Ground balls

A common grip used to induce grounders is the over-the-top grip. For this grip, hold your palm facing down, the back of your hand facing directly up. Place the ball in the palm of your hand and then grip it with all four fingers facing forwards with your thumb behind the ball. Use the same pitching motion, but flick your hand and wrist forward when you release the ball. Practice this pitch to several batters to establish consistency.

### Arc Drill

Practice releasing the ball at different points to achieve high arc pitches as well as shorter flatter pitches. This will help to throw off the batter's timing.



### Ladder Drill

Use different height step ladders to create a visual pitching height you wish to achieve. Place the ladder between the pitcher's mound and home plate. Practice pitching over the ladder with the ball landing on home plate. Vary the ladder height to achieve arc variation.



### Bucket Drill

Place a small bucket just behind home plate. Move the bucket to the corners and try to pitch the ball into the bucket from the pitcher's mound. This helps with accuracy as well as arc level.

Also, vary the bucket in front of and behind the plate to vary short and deep pitches.

