
RECOGNIZING
PITCHING
PROBLEMS
&
HOW TO CORRECT
THEM

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First step is –

KNOWING WHAT TO LOOK FOR ...



*Your catcher's at
the pitching rubber
as often as your
pitcher....*

The Score...

*...if you still can't tell,
then player body
language is a good
clue...*



Next step – ISN'T AS OBVIOUS...

Common PITCHING PROBLEM CATEGORIES:

Control / Accuracy

Speed

Attitude

Work Ethic

Pitch Movement & Consistency

Adjustment Ability

Tips on Diagnosing problems -

- **Some are present most of the time**
- **Identify the BIGGEST problem** (*not EVERY problem*)
- ***ONE BAD PITCH DOESN'T MAKE A PROBLEM!***

Some Key's to know before we Start

WHAT MAKES THE BALL MOVE?

- Spin
- Speed of Spin

THE NUMBER OF PITCHES:

- The more pitches she has, the less chance she'll have to master any of them.
- How's the catcher signaling all of those pitches?
- Ask her, when she's behind in the count, what pitch will she throw? (These are the only pitches she really has)

TYPES OF PITCHES:

TYPE:

Change Up

Drop Ball

Rise Ball

Curve Ball

Screw Ball

MOVEMENT:

Much slower speed (15-25mph slower)

Moves down

Moves up

Moves away from right handed hitter (if lefty pitcher, moves away from righty batter)

Moves into right handed hitter (if lefty pitcher, moves into righty Batter)

FASTBALL

	PROBLEM	REASON	CORRECTION
1.	PITCH IS TOO HIGH	Release is too late	<ul style="list-style-type: none"> ■ Release sooner ■ Aim lower ■ High-Low Drill
2.	PITCH IS TOO LOW	Release is too soon (common after previous pitch was too high)	<ul style="list-style-type: none"> ■ Release later ■ Aim Higher
3.	TOO FAR RIGHT	Hips are shutting too soon	<ul style="list-style-type: none"> ■ Relax the hips and use the hand more (hand beats the hips) ■ overhand – underhand
4.	TOO FAR LEFT	Afraid of hitting batter	<ul style="list-style-type: none"> ■ trash cans and ladder drill
5.	NEEDS MORE SPEED	GREED	<ul style="list-style-type: none"> ■ Lighter ball ■ Bag Drill/Sock ■ Mound Drill ■ Release when foot hits the ground
6.	GOOD IN PRACTICE – BAD IN GAMES	Practice is too predictable and not game-like at all	<ul style="list-style-type: none"> ■ Alternate locations ■ eliminate JUST ONE MORE and END ON A GOOD ONE ■ A consequence for every pitch

DROP

	PROBLEM	REASON	CORRECTION
1.	TOO HIGH	Release zone is too long	<ul style="list-style-type: none">■ Release the ball within the width of your leg
2.	TOO HIGH	Elbow bends at release	<ul style="list-style-type: none">■ Throwright
3.	TOO HIGH	Shoulder rolls at release vs wrist snapping	<ul style="list-style-type: none">■ Snap downs■ Back snaps■ Foam balls
4.	TOO HIGH	Grip too tight	<ul style="list-style-type: none">■ Relax and loosen grip
5.	TOO HIGH	Ball too deep in your hand	<ul style="list-style-type: none">■ Relax grip■ Be aware of grip tension especially under pressure
6.	TOO HIGH	Release is too late and too high	<ul style="list-style-type: none">■ Shorten stride slightly■ Release ball as stride foot hits
7.	TOO HIGH	Target is too high	<ul style="list-style-type: none">■ Visually aim at something lower – catcher's feet, the plate, in front of plate.

DROP, continued

	PROBLEM	REASON	CORRECTION
8.	TOO LOW	Trying to throw too fast	<ul style="list-style-type: none">■ throw at about 75%■ more SPIN than speed
9.	TOO LOW	Visually target is too low	<ul style="list-style-type: none">■ Aim at something higher – feet, knees, top of glove...
10	TOO LOW	Wrist snap is too aggressive	<ul style="list-style-type: none">■ slightly raise visual target

RISE



RISE

	PROBLEM	REASON	CORRECTION
1.	NO BREAK	Not getting the correct spin or if	<ul style="list-style-type: none"> ■ Chalkboard drill ■ Football Drill ■ Backwards spin drill
2.	NO BREAK	Too much elbow at release	<ul style="list-style-type: none"> ■ Door knob drill ■ Spinners
3.	TOO HIGH	Bending back instead of into the release	<ul style="list-style-type: none"> ■ One knee drill
4.	TOO HIGH	Throwing the ball up first instead of out	<ul style="list-style-type: none"> ■ Net Drill
5.	SIDEWAYS SPIN	Turning palm toward catcher at release instead of leading with the little finger	<ul style="list-style-type: none"> ■ Football drill ■ Spinner Drill
6.	SIDEWAYS SPIN	Hand not under ball at release due to hips shutting too soon	<ul style="list-style-type: none"> ■ Eliminate the hips and follow-through ■ hand not hips

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CHANGE UP

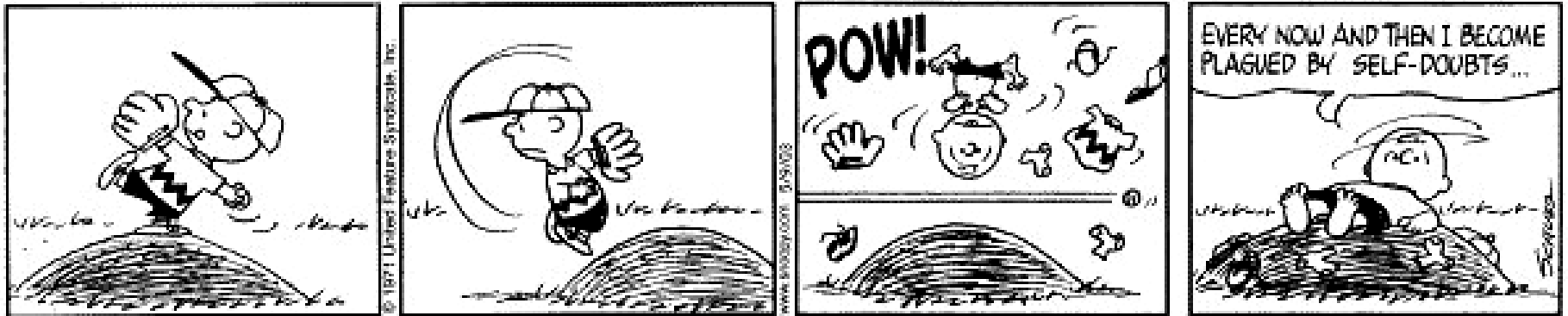
PROBLEM	REASON	CORRECTION
TOO HIGH	<p><i>Not getting the correct spin or if:</i></p> <ul style="list-style-type: none"> ■ Follow through is too high ■ Release at the hip instead of out in front of the leg <p><i>Back of the Hand:</i></p> <ul style="list-style-type: none"> ■ Turn the thumb to face down at the release 	<ul style="list-style-type: none"> ■ Keep the hand even with target on the follow through (instead of floating too high) ■ Foam Ball Drill
TOO FAST	<p><i>Stiff Wrist Change-up:</i></p> <ul style="list-style-type: none"> ■ Hand is too relaxed at release point creating too much hand speed <p><i>Back of Hand;</i></p> <ul style="list-style-type: none"> ■ Hand is turning over too late in the motion 	<ul style="list-style-type: none"> ■ Foam Pop Drill ■ Alternating speeds drill ■ Turn at top of circle

BASICALLY AWFUL	Never practices it	<ul style="list-style-type: none"> ■ PRACTICE! ■ Make one day's workout CHANGE-UP DAY ... nothing but Change-ups.
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CURVE

	PROBLEM	REASON	CORRECTION
1.	NO BREAK	Flipping elbow away from the side (snap the thumb at the target)	<ul style="list-style-type: none"> ■ Foam ball drill
2.	NO BREAK	Hand is staying in-line with the target on release point (instead of crossing the body to the opposite side hip)	<ul style="list-style-type: none"> ■ Door knob drill ■ Spinners
3.	TOO HIGH	Bending back instead of into the release	<ul style="list-style-type: none"> ■ One knee drill
4.	TOO HIGH	Throwing the ball up first instead of out	<ul style="list-style-type: none"> ■ Net Drill
5.	SIDEWAYS SPIN	Turning palm toward catcher at release instead of leading with the little finger	<ul style="list-style-type: none"> ■ Football drill ■ Spinner Drill
6.	SIDEWAYS SPIN	Hand not under ball at release due to hips shutting too soon	<ul style="list-style-type: none"> ■ Eliminate the hips and follow-through ■ hand not hips

And then, sometimes the biggest problem
isn't physical...



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