

# Softball Pitching Grips Cheat Sheet



## Fastball

'C'- Grip



- AKA the 4-Seam Grip
- Recommended for new pitchers
- Vertical rotation of all 4 seams forces ball to hold a straight line from the pitcher to catcher



## Fastball

Horseshoe  
Grip



- AKA the 2-Seam Grip
- Long seams rotate down, causing ball to break slightly back toward the pitcher's throwing arm
- Keep wrist back and allow it to whip forward at precise instant the ball is released



## Changeup

Knuckle Grip



- Effective when using the "Push Method"
- Pop grip open right at release point and push ball through to home with heel of hand
- Deeper the ball is in the hand, the more it will slow the ball down



## Changeup

Circle Grip



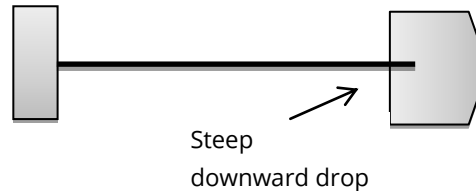
- Effective when using the "Flip Method"
- Turn hand during the final downward swing of arm, just before the release, so that outside of wrist is going toward the catcher
- Circle made by the index finger and thumb point directly at catcher

# Softball Pitching Grips Cheat Sheet



## Drop Ball

Peel Grip

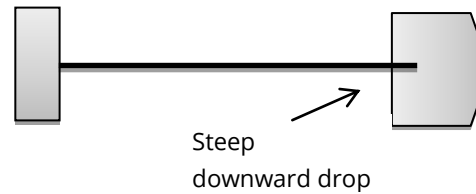


- Better for younger pitchers with limited experience
- Same grip as 4-seam fastball
- At release point, quickly pull backward and slightly up with the fingertips, "peeling" the ball off the hand and giving it a fast forward spin



## Drop Ball

Turnover Grip

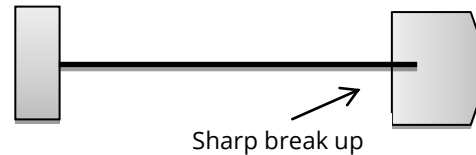


- Retains steep downward break, even when thrown at high speeds
- At release point, quickly snap the wrist over the top of the ball.
- Low follow through with pinky finger pointing up and thumb pointing down



## Rise Ball

Finger Rolled

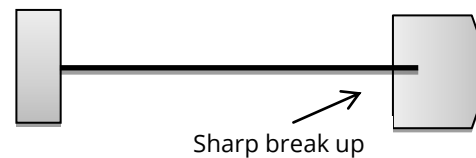


- Similar to circle change up grip, except the thumb stays underneath ball on seam
- Pitcher will feel slight pinching of index finger toward middle finger at the wrist snap
- Push the ball up off the heel of the hand to create backspin



## Rise Ball

Finger Tucked



- Index finger is tucked back towards hand
- Put pressure on ball with tip of index finger, pushing out and upward at release
- Needs quick snap, getting plenty of backspin on release, twisting the door knob and finishing off by scooping up toward body with thumb pointed upward

# Softball Pitching Grips Cheat Sheet



## Curve Ball



- Hips and shoulders initiate release, step slightly to right of power line, twist and release ball from right to left
- Keep it low and outside- the curve stays on the same plane so pitches should finish beyond the reach of the bat
- Speed of spin will determine how much and how severely the pitch will break



## Screwball Torpedo Grip



- Either index and middle fingers, or ring and middle fingers, placed lengthwise along the seams
- Come in as if throwing a rise ball but instead of coming up and forward at release, the pitcher should be crossing underneath the ball, moving right to left
- Focus on sideways movement to keep this pitch down in on the knees



## Rise Curve



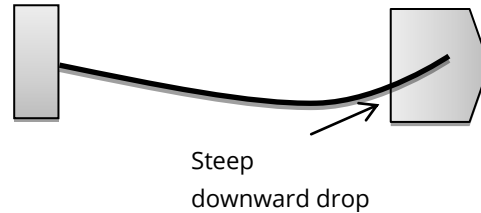
Sharp break up

- Same grip as regular curve ball
- Pull the pitching hand off the right hip and up across the body, finishing at the left shoulder
- Faster the backspin, greater the rise
- Combining movement on vertical and horizontal planes

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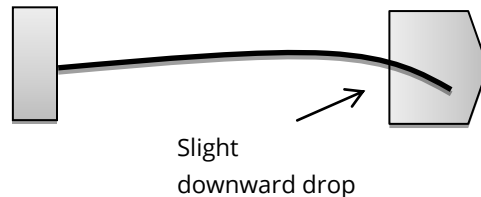
## Drop Curve



- Snap down and either across the left leg or inside into thigh
- Finish pitch by pulling and rotating whole body through to left
- Think curve first and drop second to get desired movement



## Sliding Screwball



- Gripped like a slightly skewed fastball
- Hand comes out to the right and up to the right shoulder through the release
- Back hip moves out to the right, toward the right handed hitter's batter's box
- Ball movement should be low and in, and left to right (right handed pitcher)

## More Training and Resources

If you haven't had a chance yet, you can still upgrade your order to include the Essential Pitching Grips online video clinic by going here now:

[www.softballspot.com/p/upgrade-grips](http://www.softballspot.com/p/upgrade-grips)

You'll get step by step video demonstrations for all the pitches explained here, plus dozens of useful drills and coaching tips to accelerate your results!

If you'd like to see my complete collection of drills and online clinics, please visit: <http://softballspot.com/catalog.html>

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