



1<sup>st</sup> to teach grip. 3 fingers on the seam and the pinky beside it, the thumb is underneath. The kids' hands might be too small so 4 fingers on seams are ok.



Glove hand under elbow and elbow at same height as shoulder. They then snap their wrist to throw the ball. The ball should spin.



After snap fingers are always pointed forward and down. Not sideways or up.



Now working on throwing the ball. Reach behind and is in a L position. Hips and shoulders open. Glove hand pointing to target.



Throw the ball with good wrist snap and closing of hips and shoulders finishing with her arm in front of her body across her knee and down at the ground.



Stand the players up and have them throw with NO STEP. Just practicing exactly what was above. Reach behind and is in a L position. Hips and shoulders open. Glove hand pointing to target.



Again repeating the motion done above. Throw the ball with good wrist snap and closing of hips and shoulders finishing with her arm in front of her body across her knee and down at the ground.



Now with the added steps. We step with the foot that is ball hand with a small 40 degree angle.



Then step with the glove hand foot towards the target and release the ball at the same time using all the techniques above. The ball hand leg will automatically come forward as the hips and shoulder close.



The ball hand leg will automatically come forward as the hips and shoulder close. Your throwing hand will then follow thru to across your body like in the steps above.