

# Ball on a Stick Drills

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[www.SoftballPitchingTools.com](http://www.SoftballPitchingTools.com)

## 1. Fastball

- Hold stick parallel to ground in glove hand. Place fingers of pitching hand under ball. Grip on seams and never in palm. Snap using fingers and wrist to create and feel fast topspin.
- Catcher holds stick with ball at pitcher's release point. Pitcher rips the ball off her fingers and spins the ball as fast as possible.
- Catcher holds ball tightly and prevents it from spinning. Pitcher rips several finger scrapes and feels the optimal finger pressure necessary for fast spin.

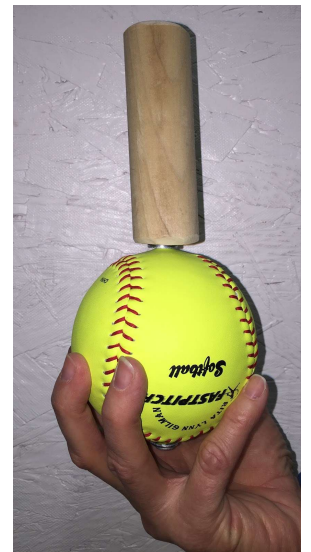


## 2. Curve Ball

- Get curve ball grip and hold ball below waist with wrist cupped up. The stick will be pointing straight up. Just like snapping your fingers, twist the ball like a curve. If your sidespin is perfect, the stick will remain perfectly upright while the ball will spin tightly.

### 6 Curve Ball Drills:

1. Self spin
2. High self spin
3. Half toss to self
4. Windmill to self
5. Half toss to catcher at 10 feet
6. Windmill to catcher at 10 feet and progress further back



### 3. Rise Ball

- Get your rise ball grip and hold ball below waist with fingers under the ball. The stick will be parallel to ground and pointing away from hip. Just like snapping your fingers, twist the ball like a rise. If your backspin is perfect, the stick will remain perfectly still while the ball will spin tightly. This is very difficult!!!

### 6 Rise Ball Drills:

1. Self spin
2. High self spin
3. Half toss to self
4. Windmill to self
5. Half toss to catcher at 10 feet
6. Windmill to catcher at 10 feet and progress further back



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