

# Double Ball Drills

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

## 1. Fastball

- **Flips:** Prop the double ball up in the pads of fingertips so the two balls are stacked upright. Find your fastball grip on the bottom ball. Thumb should be opposite the middle finger. Using your fingers and wrist in a snapping action, flip the double ball to yourself end over end as fast as possible. This creates tight topspin for the fastball and drop ball. See how fast you can spin the double ball to your catcher at 10 feet using a half toss motion.
- **Rolls:** Lay the double ball flat in your hand with the middle finger in the gap below the balls and thumb in the gap above the balls. Using your fingers and wrist in a snapping action, roll the double ball evenly off all your fingertips. Your goal is fast spin while keeping the double ball level. If it's not level, read your error and make release corrections.



## 5 Drills with the “ROLL” Grip:

1. Self Flip
2. High self flip
3. High self windmill
4. Half toss to catcher at 15 feet
5. Windmill to catcher and progress further back



## 2. Backhand Change-Up

- Self Flip: Gripping the bottom ball, prop the double ball up behind your hip, arm fully extended with back of hand leading. Swing arm in front of body and flip the double ball backwards as fast as possible. This creates backspin. Be sure to catch the double ball in your pitching hand for additional dexterity work.
- Half toss to a catcher at 15 feet
- Repeat the two tosses above with the roll grip. Keep the double ball level for perfect backspin.



## 3. Curve Ball

- Grip the bottom ball and hold double ball below waist with wrist cupped up. Balls will be stacked up. Just like snapping your fingers, twist the double ball like a curve. If your side spin is perfect, the double ball will remain perfectly upright and will spin tightly. This is very difficult at first!!



## 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 5 feet
6. Windmill to catcher at 10 feet

## 4. Rise Ball

- **Flips:** Get your grip on the bottom ball with the two balls stacked straight up in front of your hip. Fingers will start behind the ball as if holding a cup. Flip the double ball end over end by driving the bottom ball under and up. Flip to yourself and then 10 feet to your catcher.
- **Twists:** Hold the double ball parallel to the ground with the top ball pointing away from your hip. Start with the double ball below waist with fingers under the ball. Just like snapping your fingers, twist the double ball like a rise. If your backspin is perfect, the double ball will remain perfectly level and will spin tightly. This is very challenging!!! Stick with it until perfect!!



## 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 5 feet
6. Windmill to catcher at 10 feet



## 5. Double Ball Variety

- At our pitching school we train with 6 different size/weighted double balls! Each challenges our pitchers in different ways. Be sure to try you spinning skill with the zip ball double and JUGS Lite Flite!



## 6. Grip Strengthening

- Tie a 4-foot rope around the middle of the double ball. Attach a 2.5-5 pound weight to the bottom of the rope. With elbows at your sides and arms at a 90 degree angle, grip both softballs in your fingertips. Twist the softballs with your fingertips until the weight winds all the way up. Repeat in the opposite direction for a fantastic finger, wrist and forearm workout that looks a lot like your rise ball action!!!



Get your Double Ball at  
[www.SoftballPitchingTools.com](http://www.SoftballPitchingTools.com)  
and start mastering these drills today to  
improve your spin on every pitch!!