

Wrist Snapping Drill (12-15 reps)

Getting the wrist activated where the hand is behind the ball and the fingers are peeling off the seam, is softball pitching 101. And yet, wrist snaps are one of the most overlooked and underutilized drill that is often skipped over, not taken seriously, or performed incorrectly.

This document explains how to do wrist snaps for the fastball, but wrist snaps can and should be utilized when warming up each individual pitch!

- Follow up warming up overhand with wrist snaps!
 - Make sure when you are throwing over-hand you are coming overtop (4 seam rotation) to get wrist engaged
- Use spinner or ball with stripe going across 4 seams
- 5-10 feet from catcher/net
 - Face your catching shoulder towards the catcher
 - Engage wrist directly in front of back thigh
 - Keep wrist locked on thigh
 - NO swing back!
 - Peel finger tips off seam
 - Pitching hand thumb should be towards side/front
 - Try to get as many rotations (6 to 12—4 seam rotations) out of the ball as you can from 6-8 ft distance



This document was prepared by Coach Michaela owner of 8kFastpitch. It is intended only for the use of the selected recipient.
Do not share or duplicate with the intention to distribute.

[Date]