

# Watching Our Showcases

I am one of three tournament directors for our three Showcases in St. Louis.

1-One of the first things I notice even during their warmups is the lack of follow-through on the throws. What do I mean "lack of follow-through". That means that when the player throws the ball, their throwing hand **foot** stays put on the ground or it drags on the ground. The hips of the players do not trade places-meaning for a righthanded, the left hip leads and the right hip basically trades places with the left one in regards to being in front towards the target. The hips should pivot: righthander-left side of body leads toward target, right side comes around so it is now leading to the target.

Lack of follow-through on the throws lead to: shoulder injuries, lack of speed on the throw, the ball literally "dies" in the air going to the target. Just like when a hitter stops their swing and doesn't follow through around their body, the ball dies in the air.

Teach them to get that throwing hand leg off the ground and pivot the hips towards the target.

2-Another is the player's glove. PLEASE try this with your players. I changed every player that played for me at St Louis CC/Meramec to this method. At first, I got a lot of "that's weird". I made them do it for a week and then they loved it. In fact, I had lots of players coaching summer teams and they make their kids change to it also.

Put you little finger and ring finger in the last slot of the glove. Move middle finger down to second last slot and index finger to the third last or some like it out of the glove slot. And that's fine. Female hands are smaller than male hands. This makes the female hand a little stronger on the grip. Females are stronger in the lower half of their body, males are stronger in the upper half-shoulders to the waist.

This also allows the glove to open wider, will keep their hand partially out of the glove for more range and it snaps shut when the ball goes into it. That

secures the ball on the catch. I have seen so many kids have the ball bounce out or just miss a ball to their left or right. We this type holding of the glove, they will have more range and the ball rarely bounces out.

Try it and make them use it for a couple of weeks.

Another that was not an option for my teams was wearing a visor on defense. Some teams may wear hats which is the same difference.

3-Softball is usually played in the sun. How many times do we see a player miss a ball because they do not wear a hat nor visor nor sunglasses.

I do not like sunglasses alone especially if they wear "fashion" glasses versus athletic sunglasses. I visor/hat will always keep the head a little cooler and there will be less glare.

This again is not an option for me. If we are playing in the sun, you are wearing a visor/hat-period.

You are the coach!!! You know more than they do!!! Teach!!!