



**MAXIMUM SPORTS
CONDITIONING**



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SOFTBALL TRAINING PHILOSOPHY

Maximum's philosophy on training softball players stems from the sport-specific actions they need to build, and the tools that college coaches and professional scouts use to judge the ability and potential of pitchers and position players.

These are:

POSITION PLAYERS

- Ability to hit for average
- Ability to hit for power
- Ability to throw (arm strength)
- Ability to defend (position specific)
- Ability to run

PITCHERS

- Arm strength
- Ability to locate
- Movement on the ball
- Change of speeds
- Ability to throw a 3rd and 4th pitch for a strike
- Mound presence, focus, control of running game

Based on these skills, softball players must develop **joint stability and connective tissue strength** through the shoulder and elbow (to support and stabilize the arm action), **core strength and rotary speed** (to support the lower lumbar spine during throwing and hitting motion, and ability to create torque through separation of hips and hands to generate bat speed and arm speed), **posterior chain strength and power** (to develop strength through glutes, hips, and legs), **reactive ability and quickness** (for starting speed and defensive ability), and **grip/forearm strength** (to create bat speed and rotation on the ball when throwing).

Although each position has its unique demands, all softball players must improve these essential basic motor abilities. A softball player's ability to run is most often judged by her times from home to first and her 40 yd dash. Although the application of a 40 yd dash to softball specific speed is questionable, it is important because coaches use it as a solid measurement of overall speed.

