

The purpose of this document is to summarize into checklists the information in several other documents that define Fastpitch Softball. These checklists make it easier to get a team up and running with everyone understanding the team's strategy. They also help hitters understand the difference 46 feet and a larger ball makes, forcing us to hit on the side of the ball to stop the spin, and cover balls coming at a greater angle which enlarges the strike zone. They also help pitchers realize the relationship between underhand and overhand, and how just throwing and pitching around the horn will teach one to throw underhand. Same footwork, just upside down. Except for running, these checklists define Fast Pitch Softball.

To see online, search: [TeamsWin Blogs Fastpitch](#) for number 63.

[Checklist for Hitting](#)

[Checklist for Throwing](#)

[Checklist for Giving Receiving Signs](#)