



THE SOFTBALL EXPRESS

ALL ABOUT SLOWPITCH SOFTBALL!

10 Quick Tips Checklist What All Slowpitch Players Should Know

Whether you've been playing for years or just dusted off your glove, these quick tips will keep your game sharp and fun.

- 1 - Choose the right bat weight.** Heavier isn't always better — pick what lets you swing quick and smooth.
- 2 - Keep your stance balanced.** Feet shoulder-width apart, knees bent, weight slightly forward.
- 3 - Watch the pitcher's release, not their windup.** The ball tells the story, not their motion.
- 4 - Don't chase junk pitches.** Wait for your pitch — patience gets better hits.
- 5 - Use a short, compact swing.** Slowpitch rewards control over power swings.
- 6 - Back up your teammates.** Always be ready to cover a base or back a throw.
- 7 - Call the ball loud and clear.** Avoid collisions by communicating early.
- 8 - Warm up, even if it's just 5 minutes.** A few stretches and swings prevent pulled muscles.
- 9 - Run to each base every time.** Force errors and keep pressure on the defense.
- 10 – Most importantly, have fun, win or lose.** On and off the field, having fun is what you'll remember most.

Keep this list handy and review before games or practices, even the most simple adjustments can lead to big improvements.

Want more tips? Signup at the Softball Express [Strike Zone](#) for more Softball action!