

10u softball practice drills

10u softball practice drills are essential for developing fundamental skills in young athletes aged 10 and under. These drills focus on improving hitting, fielding, throwing, base running, and overall game awareness. Incorporating a variety of practice routines helps players build confidence, enhance coordination, and foster teamwork. Effective 10u softball practice drills emphasize proper technique while keeping sessions engaging and age-appropriate. Coaches and trainers benefit from structured plans that balance skill development with fun, ensuring players remain motivated throughout the season. This article outlines key drills designed specifically for 10u softball teams, covering offensive and defensive skills critical to success on the field. Below is a comprehensive overview of the main practice areas covered in this guide.

- Hitting Drills for 10u Softball
- Fielding Drills to Improve Defense
- Throwing Techniques and Drills
- Base Running Skills and Drills
- Pitching Drills for Young Players
- Incorporating Fun and Teamwork into Practice

Hitting Drills for 10u Softball

Hitting is a fundamental aspect of softball that requires hand-eye coordination, timing, and proper mechanics. For players in the 10u age group, drills should focus on building consistent contact, improving swing mechanics, and developing bat control. Structured hitting drills help young athletes establish muscle memory and confidence at the plate.

Tee Work

Tee drills are a staple for 10u softball practice drills because they allow players to focus on their swing without the pressure of a moving ball. Setting the tee at different heights and locations encourages proper bat path and weight transfer. Coaches should emphasize stance, grip, and follow-through during tee sessions.

Soft Toss Drill

The soft toss drill involves a coach or teammate gently tossing the ball underhand from the side. This drill develops hand-eye coordination and timing while simulating a live pitch. It is crucial to maintain consistent toss height and speed to build confidence in young hitters.

Front Toss Drill

Front toss drills introduce players to hitting a pitched ball with controlled velocity. The coach tosses the ball from in front of the batter, allowing hitters to practice tracking and adjusting to pitches. This drill bridges the gap between soft toss and live pitching, enhancing reaction time and bat speed.

- Use tee work to reinforce swing mechanics
- Incorporate soft toss to improve timing
- Practice front toss for pitch recognition and adjustment
- Encourage proper stance and follow-through during all drills

Fielding Drills to Improve Defense

Strong defensive skills are vital for 10u softball players to prevent opponents from scoring. Effective fielding drills build fundamental techniques such as glove work, footwork, and throwing accuracy. Repetition and proper coaching cues help young athletes develop reliable defensive habits.

Ground Ball Drills

Ground ball drills focus on teaching players how to field balls hit along the dirt. Coaches should emphasize proper body position, glove placement, and smooth transitions from fielding to throwing. Drills can include rolling balls toward players from different angles to simulate game situations.

Fly Ball Drills

Fly ball drills train players to track and catch balls hit in the air. Proper footwork, glove positioning, and communication are key elements of these drills. Incorporating live fly balls or using soft toss machines can help players gain confidence in catching pop-ups.

Double Play Drills

Double play drills are advanced but beneficial for 10u teams aiming to improve infield coordination. These drills teach quick transfers, accurate throws, and teamwork between middle infielders and other players. Drills should be broken down step-by-step to ensure comprehension and execution.

- Emphasize glove positioning and body mechanics
- Practice fielding ground balls from various angles

- Incorporate fly ball tracking and catching techniques
- Introduce basic double play concepts for infielders

Throwing Techniques and Drills

Accurate and strong throwing is crucial for defensive success in softball. Teaching proper throwing mechanics safeguards players from injury and enhances performance. 10u softball practice drills should include exercises that develop arm strength, accuracy, and consistency.

Warm-Up Throws

Proper warm-up throws are essential to prepare young athletes' arms before intensive practice. Warm-ups should include gentle tosses at increasing distances to gradually build arm strength and flexibility.

Target Practice

Target practice drills improve throwing accuracy by having players aim at specific spots or catchers' mitts. Coaches can use cones, buckets, or designated zones to create targets. Repetition helps players develop muscle memory and confidence in their throws.

Long Toss Drill

The long toss drill builds arm strength by progressively increasing the throwing distance. This drill must be monitored carefully to avoid overuse injuries in young players. Proper mechanics and rest periods are vital during long toss exercises.

- Begin with gentle warm-up throws to avoid injury
- Use target practice to enhance throwing accuracy
- Incorporate long toss for gradual arm strength development
- Reinforce proper throwing mechanics throughout practice

Base Running Skills and Drills

Effective base running can turn hits into runs and influence the outcome of games. 10u softball practice drills focus on teaching players how to run bases efficiently, slide safely, and understand

game situations. Speed, agility, and awareness are key components of these drills.

Running the Bases

Drills that involve running the bases help players learn proper running paths, when to advance, and how to round bases smoothly. Coaches should emphasize staying low and maintaining balance during turns.

Sliding Techniques

Teaching safe sliding techniques reduces injury risk and improves base stealing ability. Players should practice feet-first slides and learn how to avoid collisions while maintaining speed.

Lead-Off and Stealing Drills

Lead-off and stealing drills introduce players to taking proper leads and timing their runs to steal bases. These drills develop quick reactions and strategic thinking.

- Practice running bases with focus on efficient paths
- Incorporate sliding drills for safety and effectiveness
- Teach lead-off and stealing fundamentals
- Encourage awareness of game situations during base running

Pitching Drills for Young Players

Pitching at the 10u level emphasizes developing proper mechanics, control, and consistency. Pitching drills should focus on building muscle memory, improving accuracy, and teaching safe arm care. Coaches must ensure that drills are age-appropriate and emphasize gradual progression.

Balance and Delivery Drills

Balance drills help players maintain stability during the pitching motion. Proper delivery drills break down the pitching sequence, focusing on foot placement, arm angle, and follow-through.

Target Practice for Pitchers

Pitchers benefit from drills that improve their ability to throw strikes consistently. Using targets within

the strike zone helps players develop control and confidence.

Strength and Flexibility Exercises

Complementing pitching drills with strength and flexibility exercises promotes arm health and overall athleticism. These exercises include light resistance training and stretching routines suitable for young athletes.

- Focus on balance and smooth delivery mechanics
- Use target practice to improve strike accuracy
- Incorporate arm care exercises to prevent injury
- Progress drills gradually to match player development

Incorporating Fun and Teamwork into Practice

While skill development is critical, maintaining player engagement through fun activities enhances learning and team cohesion. 10u softball practice drills should balance structured skill work with games and group challenges that promote communication and sportsmanship.

Relay Races and Team Challenges

Relay races encourage speed, agility, and teamwork. Dividing players into teams for competitive drills fosters camaraderie and motivation. These activities can be integrated into warm-ups or cool-downs.

Game-Like Situations

Simulating real game scenarios helps players apply skills in context. Scrimmages and situational drills improve decision-making and reinforce teamwork under pressure.

Positive Reinforcement and Encouragement

Consistent positive feedback creates a supportive environment where young athletes feel valued. Encouragement boosts confidence and promotes a growth mindset essential for long-term development.

- Include relay races to build teamwork and agility
- Use game-like drills to enhance strategic understanding

- Encourage positive communication among teammates
- Balance skill work with enjoyable activities to maintain interest

Frequently Asked Questions

What are some effective warm-up drills for 10u softball practice?

Effective warm-up drills for 10u softball include light jogging, dynamic stretching, arm circles, and simple throwing drills to prepare muscles and improve flexibility.

How can coaches improve fielding skills in 10u softball players?

Coaches can improve fielding skills by incorporating ground ball drills, catching pop flies, and practicing proper footwork and glove positioning to build fundamentals and confidence.

What are good hitting drills for 10u softball practice?

Good hitting drills for 10u softball include tee work to develop swing mechanics, soft toss to improve hand-eye coordination, and live pitching practice to simulate game situations.

How can 10u players enhance their base running during practice?

10u players can enhance base running by practicing leads, stealing bases, sliding techniques, and running the bases in game-like scenarios to build speed and awareness.

What drills help improve pitching skills for 10u softball players?

Pitching drills for 10u softball focus on proper grip, pitching mechanics, balance, and accuracy through repetitive practice of slow and controlled pitches, gradually increasing speed.

How often should 10u softball teams practice these drills to see improvement?

10u softball teams should practice these drills at least 2-3 times per week, with each session lasting 60-90 minutes, to ensure consistent skill development and player engagement.

Additional Resources

1. *10U Softball Fundamentals: Mastering the Basics*

This book focuses on essential drills tailored for 10U softball players to build a strong foundation. It covers throwing, catching, batting, and base running with age-appropriate techniques. Coaches and parents will find easy-to-follow practice plans that keep young athletes engaged and motivated.

2. *Fun and Effective 10U Softball Drills*

Designed to make practice enjoyable, this book offers a variety of creative drills that enhance skills while keeping players excited. It emphasizes teamwork, coordination, and game awareness through interactive exercises. Each drill includes step-by-step instructions and tips for modification based on skill levels.

3. *10U Softball Hitting Drills for Power and Precision*

This guide specializes in batting drills aimed at improving swing mechanics and hitting consistency for 10U players. It includes visual aids and progressions to help young hitters develop timing and hand-eye coordination. Coaches will appreciate the focus on building confidence at the plate.

4. *Pitching and Catching Drills for 10U Softball Teams*

A comprehensive resource focusing on the critical battery positions of pitcher and catcher. The book offers drills to improve accuracy, speed, and communication between players. It also covers injury prevention and proper warm-up techniques to keep young athletes safe.

5. *Defensive Drills to Sharpen 10U Softball Skills*

This book provides drills that enhance fielding, throwing, and situational awareness for young players. Emphasis is placed on footwork, glove work, and quick decision-making. The drills are designed to be adaptable for different field positions to round out defensive abilities.

6. *10U Softball Base Running and Agility Drills*

Focused on improving speed and base running intelligence, this book breaks down drills that develop quick starts, sliding techniques, and smart base paths. It integrates agility exercises that boost overall athleticism. Coaches will find practical advice on teaching game strategies related to base running.

7. *Team Building and Communication Drills for 10U Softball*

Recognizing the importance of teamwork, this book offers drills that promote trust, communication, and cooperation among young players. It includes fun exercises that encourage positive interaction on and off the field. These drills help build a cohesive team atmosphere essential for success.

8. *Season-Long 10U Softball Practice Plans and Drills*

This resource provides a structured approach to planning practices throughout the softball season. It integrates skill-building drills with conditioning and game preparation tailored for 10U teams. Coaches can follow weekly schedules that balance development and fun to keep players engaged.

9. *Softball Drills for 10U Developing Confidence and Sportsmanship*

Beyond physical skills, this book emphasizes drills that nurture confidence, resilience, and good sportsmanship in young athletes. It includes activities designed to teach respect, focus, and positive attitude during competition. The combination of mental and physical training supports well-rounded player development.

10u Softball Practice Drills

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10u softball practice drills: The Complete Book Of Softball Drills Gary Leland, 2013-12-16
Great practice drills for fastpitch softball players. This book has drills for base running, pitching, hitting, catching, and fielding. Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network. Gary's teams won the 14 and under, and the 15 and under Texas USSSA State championships back to back. His teams came in fourth and fifth in the USSSA National Championships for 14 under, and 15 under. Now he shares some of the drills his team used while training his fastpitch softball team. It seems like a lifetime ago, but I still remember when I started coaching my daughters fastpitch softball team. I had played a little baseball growing up, and some slowpitch softball along the way too. I soon found out two things. One is that fastpitch softball was a sport of its own. While so many thing are the same. There are many thing that are different in fastpitch softball than baseball, or slowpitch softball. Two is that I knew nothing about coaching fastpitch softball players at all. Playing sports had not really taught me how to coach. One of the main things new coaches are looking for is information. This book is my attempt to provide another source for that information. While I admit I did not come up with these fastpitch softball drills. Many of them have probably been used for years, and years. What I did was find many of the great drills I used with my players while coaching. Then I wrote them in an easy to understand format. Trying to make them easy to learn and use. While this may be a guide for coaches to help their young players, this is also be a great resource for parents hoping to help their daughters become better fastpitch softball players.

10u softball practice drills: Complete Book of Softball Drills Gary Leland, 2014-05-15
Great practice drills for fastpitch softball players. This book has drills for base running, pitching, hitting, catching, and fielding. Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network. Gary's teams won the 14 and under, and the 15 and under Texas USSSA State championships back to back. His teams came in fourth and fifth in the USSSA National Championships for 14 under, and 15 under. Now he shares some of the drills his team used while training his fastpitch softball team. It seems like a lifetime ago, but I still remember when I started coaching my daughters fastpitch softball team. I had played a little baseball growing up, and some slowpitch softball along the way too. I soon found out two things. One is that fastpitch softball was a sport of its own. While so many thing are the same. There are many thing that are different in fastpitch softball than baseball, or slowpitch softball. Two is that I knew nothing about coaching fastpitch softball players at all. Playing sports had not really taught me how to coach. One of the main things new coaches are looking for is information. This book is my attempt to provide another source for that information. While I admit I did not come up with these fastpitch softball drills. Many of them have probably been used for years, and years. What I did was find many of the great drills I used with my players while coaching. Then I wrote them in an easy to understand format. Trying to make them easy to learn and use. While this may be a guide for coaches to help their young players, this is also be a great resource for parents hoping to help their daughters become better fastpitch softball players.

10u softball practice drills: Defensive Softball Drills Jacquie Joseph, 1998 66 drills for improved individual and team fielding.

10u softball practice drills: Winning Softball Drills Dianne I. Baker, Sandra S. Cole, 1989

10u softball practice drills: Practice Perfect Softball National Fastpitch Coaches

Association (NFCA), 2016-05-27 Add Practice Perfect Softball to your dugout and begin your journey to a championship season. The National Fastpitch Coaches Association (NFCA) has put together an all-star lineup of coaches, including Connie Clark, Jo Evans, Rachel Lawson, Ken Eriksen, Donna Papa, Julie Lenhart, Lonni Alameda, Dot Richardson, and Beverly Smith.

10u softball practice drills: *Softball Fundamentals* Rick Noren, 2005-02-03 The United States has more than 2 million fastpitch softball participants—500,000 of whom are under the age of 12. *Softball Fundamentals* provides an easy way for beginners of all ages to learn the basic skills of the game. Writer Rick Noren puts these skills together from the perspective of an award-winning coach who has posted a 320-79 (.802) record in his 10 years at Pacific Lutheran University. The 10th entry in the Sports Fundamentals series, this book covers all the bases of fastpitch softball, including throwing, catching, fielding, hitting, baserunning, sliding, and pitching, in an engaging format that makes learning easy and practicing fun. Each chapter presents a specific skill, leading the player through a simple, four-step sequence: You Can Do It: A basic skill or tactic is introduced with sequential instructions and accompanying photographs or diagrams. More to Choose and Use: Variations and extensions of the primary skill are covered. Take It to the Field: Readers learn how to apply the skill in competition. Give It a Go: Drills and practice games gauge, develop, and hone the skill. With its concise instruction, supplementary photos, and 48 skill-sharpening drills, *Softball Fundamentals* facilitates quicker comprehension by letting players spend less time reading and more time on the playing field.

10u softball practice drills: *Focused for Fastpitch* Gloria Solomon, Andrea Becker, 2004 *Annotation* *Focused for Fastpitch* combines the best qualities of a drill book and a softball-specific guide to sport psychology, ensuring that come game time everyone will play at peak performance. Informative yet easy to read, mastering the *Focused for Fastpitch* training principles requires no prior experience, and each chapter includes interactive exercises and charts to help monitor progress. Each drill clearly specifies the mental and physical skills targeted, the goal, proper execution, coaching tips, and variations for increasing or decreasing difficulty. And for additional insight into successful skill building, some favorite drills are included from these top coaches: -Gayle Blevins, University of Iowa-Tami Brown, All-American Softball School's College Prep Program-Connie Clark, University of Texas-Michelle Gromacki, California State University, Fullerton-Jacquie Joseph, Michigan State University-Brian Kolze, University of the Pacific-Patrick Murphy, University of Alabama-Coaching staff, University of California, Davis-John Reeves, University of California-Kathy Strahan, California State University, Sacramento *Integrating* concentration, confidence, mental imagery, and energy regulation at practice with softball-specific drills will result in players reaching their potential far sooner than practicing any of these aspects alone. Applying the information in *Focused for Fastpitch* is the best way to gain the advantage.

10u softball practice drills: *The Softball Drill Book* Kirk Walker, 2007 *The Softball Drill Book* contains the same drills that 14 elite U.S. softball coaches have used to help their teams capture 13 NCAA Division I titles and dozens of NCAA regional championships. Margie Wright, Yvette Girouard, and Carol Hutchins, each of whom have amassed more than 1,000 career wins--along with contributors from legendary programs such as UCLA and Florida State--team up to share the most authoritative collection of softball drills ever assembled. This comprehensive collection features 180 drills for individual and position-specific fundamentals, as well as warming up, training, and team tactics. Each drill is presented with a description of purpose, organization, execution, variations, and coaching points, along with photographs and diagrams to enhance instructional clarity. The progressively arranged sequence of drills further optimizes learning and helps readers make the most of every practice.

10u softball practice drills: *The Softball Drill Book* Kirk Walker, 2007-04-30 Packed with 175 drills straight from the practice sessions of the game's most successful programs, *The Softball Drill Book* will add variety to your practices and precision to your game-day performances. The comprehensive collection covers every aspect of the game. From warm-up to conditioning, throwing to hitting, bunting to base-running, you'll find drills to improve position skill and team execution—all

from college coaches and programs that have won 13 NCAA Women's College World Series titles and dozens of NCAA regional tournament titles. Contributors include: Louie Berndt, Florida State Carol Bruggeman, Louisville Yvette Girouard, Louisiana State Michelle Gromacki, Cal State Fullerton Deanna Gumpf, Notre Dame Carol Hutchins, Michigan Kelly Inouye-Perez, UCLA Jay Miller, Mississippi State Jennifer Ogee, Nebraska Kim Sowder, Long Beach State Heather Tarr, Washington Michelle Venturella, Iowa Kirk Walker, Oregon State Margie Wright, Fresno State One look at the names above and it is clear, The Softball Drill Book is your blueprint for championship practices.

10u softball practice drills: Survival Guide for Coaching Youth Softball Robert B. Benson, Tammy L. Benson, 2009-10-16 You volunteered to coach the softball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: Survival Guide for Coaching Youth Softball has the answers. Longtime coaches Robert and Tammy Benson share their experiences and provide advice you can rely on from the first practice to the final game. Establishing realistic goals, in-game coaching tips, drills, strategies, and fun—it's all here. Develop your team's fundamental skills—fielding, catching, throwing, and hitting—with the Survival Guide's collection of the game's best youth drills. Included is a section on pitching instruction, and the ready-to-use practice plans will help you get the most out of every practice. Survival Guide for Coaching Youth Softball has everything you need for a rewarding and productive season. So step up and enjoy the experience. It will be one that you won't forget.

10u softball practice drills: Coach's Guide to Game-Winning Softball Drills Michele Smith, Lawrence Hsieh, 2008-02-28 "Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well--confidence." --Michele Smith Two-time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill-building drills developed especially for coaches of fast-pitch recreation league, travel ball, and high school softball players, ages eight to eighteen. Straight from the Michele Smith Gold Camps and Clinics, these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball skills. With Michele's expert guidance and instruction, you'll coach your players to: Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast-pitch skills so they can windmill like Michele And much more

10u softball practice drills: Skill Building Competitions Gary E Barr, 2021-10-02 Effective coaching requires planning varied formats that keep players mentally and physically engaged throughout the practice. For example, challenging and cooperative games support exciting training sessions, improve focus, and encourage player-coach and player-player rapport. While we provide vital offensive and defensive tips for most competitions, this book is not a fundamentals book. Instead, its primary purpose is to demonstrate how to use team skill-building contests under game-like pressure to get your baseball and fastpitch softball players game-ready more quickly than straight drills alone. Focus and learning amplify when you gamify. The baseball and fastpitch softball games are a constant competition, not only against opponents but also against oneself. As coaches, we want our players to get comfortable with both types of competition and enjoy it. The best way to be comfortable in competitive situations is to create a competitive culture in your practices. Providing game-like structures, combining skill-building with competition is the objective of this book. These are not simple drills that can be found all over the internet. Instead, the 65 unique competitions are precisely detailed. Fast-moving and designed to maximize quality repetitions (swings, ground balls, fly balls, throws to bases, etc.) in an allotted amount of time. This handy coaching tool contains functional and innovative games that reinforce your fundamentals instruction. The rules of each competition, clearly laid on step-by-step, promote habit building for individual skills and team communication in situations players face during every game. Each game includes the purpose, equipment needed, time required, ages the drill is suitable, and well-thought-out rules.

Chapters include competitions for throwing, infield, outfield, pitching, catching, hitting, bunting, baserunning, and offense vs. defense. Games are designed for youth, Middle School, High School, and College. Written by Coach Gary Barr, author of Building the High-Level Swing Series, the hitting competitions alone are valuable for their suggestions on utilizing targeting, constraints, and learning how to perform well under game-like pressure. Skill Building Competitions is a coaching lifesaver. Coming up with great games that work to improve vital skills and that players love is time-consuming. Flip open a chapter depending on the desired type of drill, read the rules, and you are ready to incorporate the competition in today's practice plan.

10u softball practice drills: Teach'n Beginning Defensive Fast Pitch Softball Drills, Plays, Situations and Games Free Flow Handbook Bob Swope, 2014-03-28 This is a practical Handbook for beginning youth Defensive Softball coaches, and parents. It has 147 individual pictures and 59 illustration variations to look at. All the skill activities and drills are numbered for easy reference between coaches and parents. Complete with diagram, illustration, and explanation for each one. It covers all the fundamentals you will need to get started in defensive youth softball. It also has training games to play, sample practice schedules, situations drills, stairstep guide for learning, and many plays to run to get your team started.

10u softball practice drills: Teach'n Beginning Offensive Fast Pitch Softball Drills, Plays, Situations and Games Free Flow Handbook Bob Swope, 2014-02 This is a practical Handbook for beginning youth Softball coaches, and parents. It has 81 individual pictures and 31 illustration variations to look at. All the skill activities and drills are numbered for easy reference between coaches and parents. Complete with diagram, illustration, and explanation for each one. It covers all the fundamentals you will need to get started in beginning offensive fast pitch Softball. It also has training games to play, sample practice schedules, strategies, stair step guide, and many plays to run to get your team started.

10u softball practice drills: *Youth Baseball and Softball Drills, Plays, and Situations Handbook* Bob Swope, 2007-08 Swope presents 147 drills, plays, and diagrams, all numbered for easy reference between coaches. He covers all the basic offensive, defensive, and situation fundamentals one needs to get started.

10u softball practice drills: *Dianne Baker's Winning Softball Practice Manual and Drills* Dianne I. Baker, 2003

10u softball practice drills: Baseball and Softball Drills Dirk Baker, 2018-11-26 Written for coaches, this book--in its expanded third edition--presents more than 200 baseball and softball games and activities for preschoolers through college age, focusing on teaching, improvement of skills and enjoyment. Games emphasizing base running, bunting, catching, fielding, hitting, throwing and pitching are covered. Each section reviews fundamentals, introduces creative skills and drills for group practice, and details the age group, objective, equipment and rules for each activity.

10u softball practice drills: *101 Offensive Softball Drills* Sue Enquist, James A. Peterson, 2001 101 drills for developing offensive softball skills. Covers lower body hitting drills, upper body hitting drills, combination hitting drills, batting tee, softtoss, timing and rhythm, bunting, baserunning, sliding, mental drills and much more.

10u softball practice drills: Fastpitch Softball Coaching Manual 6-12 Years Old Darwin Manuel, 2012-04-10

10u softball practice drills: *Teach'n Baseball and Softball Pitching Free Flow Handbook* Bob Swope, 2012-02 This is a practical Handbook for youth Baseball and Softball coaches, parents, and kids. It has 104 pictures and illustration variations to look at. All the drills are numbered for easy reference between coaches and parents. Complete with diagram and illustration for each one. It covers all the Baseball and Softball fundamentals you will need to get started. It also has training games to play, game equipment, sample practice schedules, stair step guide for training, and it includes Slow Pitch fundamentals.

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