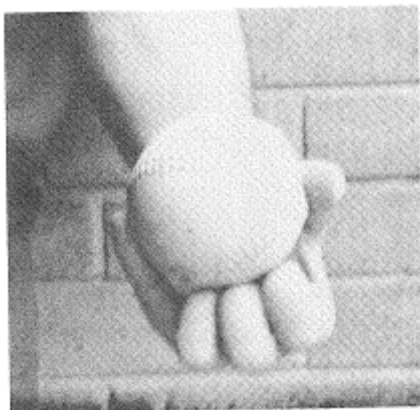


Pitching Sequence

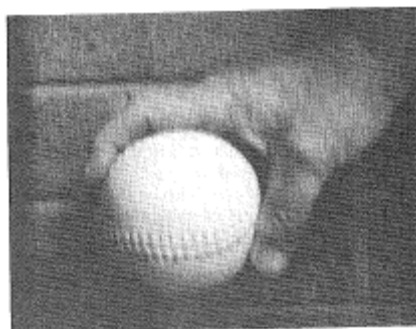
You need not "crow hop."



**Try to put power into your wrist
—not on the back foot digging a hole.**

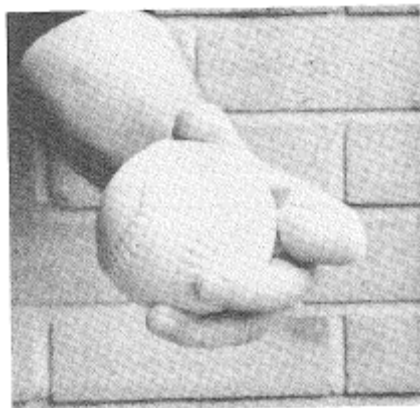


**No Spin, Knuckle,
Fast or Slow**

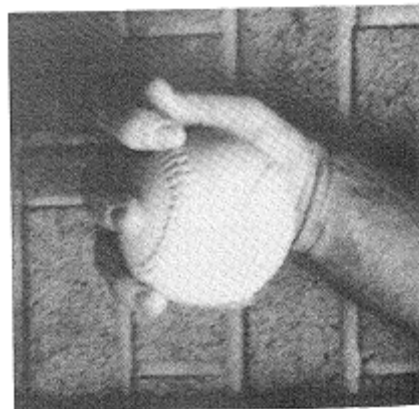


**In or Out Drop
Held to Look Like a Raise**

Sweep right and throw left. Turn your hand over so that the ball goes off your fingers with the thumb pointing down for a drop or sudden drop. See hand grips on drop and cross fire. Throw ball with fourth finger straight down the back of ball.



Left Handed Knuckle Raise



Outside View of Raise

Looking down on the ball in your hand



Straight Fast Drop

The ball should be thrown by doxing your hand. Do not extend your arm, the ball should be thrown from behind hips with a lifting of the elbow. Snap the ball over right as your hand contacts your hip.

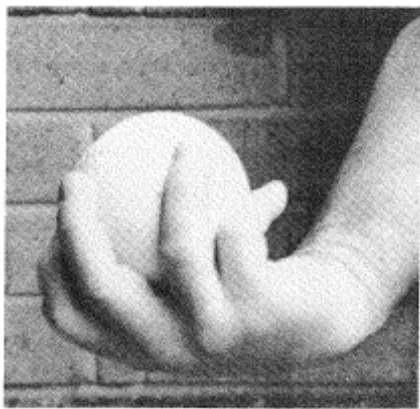
Note placement on back cover and throw 8, 9, 10 and down, 6 to 8 or 7 to 10.



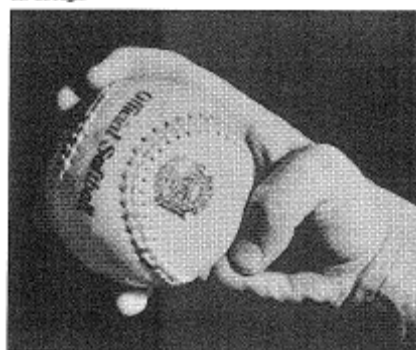
Slow Drop

A ball held loosely in finger tips and slipped out smoothly with body follow through, is a good change of pace. Gripped tightly it will turn into a slow drop.

Change of pace is a violent windup to convince the batter that it is a fast ball. Then at release let the ball go by lifting all the fingers and thumb off the ball at the same time as you throw your arm and shoulder through.



Inside View of Raise



Fast Drop

Hold the ball like you were going to flip a marble while pitching will result in a fast drop. Gripping the ball tightly in this way and flipping the wrist is the way to throw a spiral. With a good sweep and body follow through, a Fast Ball.



Slip Pitch

Same grip as Raise is a slip pitch or with fingers raised it is a form of knuckle ball. No seams.



Flat Raise

Raise— Proper grip for a woman or anyone who has a small hand or short fingers. Small wrist boys should pitch 11" ball in practice to learn proper grip



No No

Wrong— Lazy finger laying down will cause Raise to be flat curve and easy to hit.



Throwing windmill, a finger or two tucked under like shown will be an out or out raise.

If you deliver a pitch where your thumb turns toward the ground. Pour on the coal.

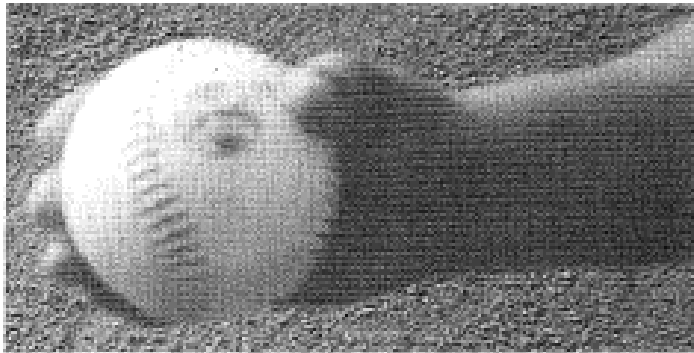
The Raise Grip



To reach proper grip for Raise— First put horseshoe of seam in hand to match U shape formed by index finger and thumb, then cradle ball before placing finger tip on long part of seam. To be thrown up to 8, 9, 10 or up 7 to 1 or 6 to 3.

(See back cover)

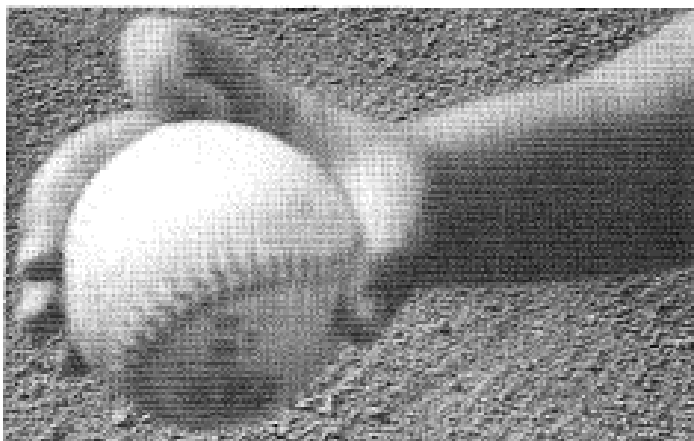
New Game in 1995. For Young Boys and Girls 11" Ball



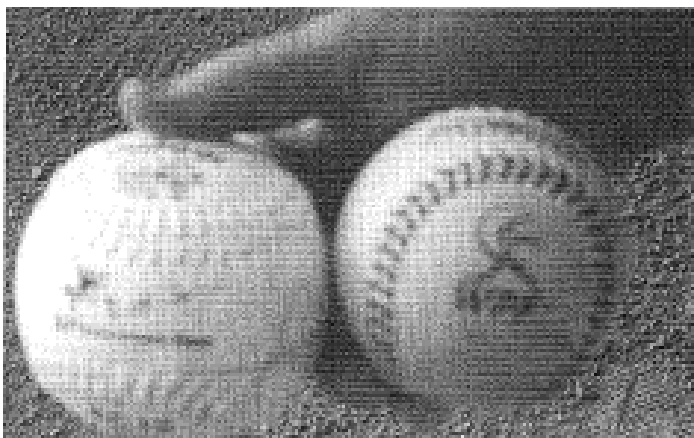
**Proper Grip for
Drop Pitch.**



**Wrong Way to
Grip a Drop.**



**Easy for young & small hands to
grip a curve. No Raise pitch till
your are 15 years old.**



**12" DeBear Kapok Center Ball. (left)
11" Dudley "chutruse" colored ball
to be used in new Womens Profes-
sional Fastball League. (right)**

If you are interested, contact:

Rayla Allison
510 First Ave North, Suite 302
Minneapolis, MN. 55403
612-335-8835
Fax 612-335-8810

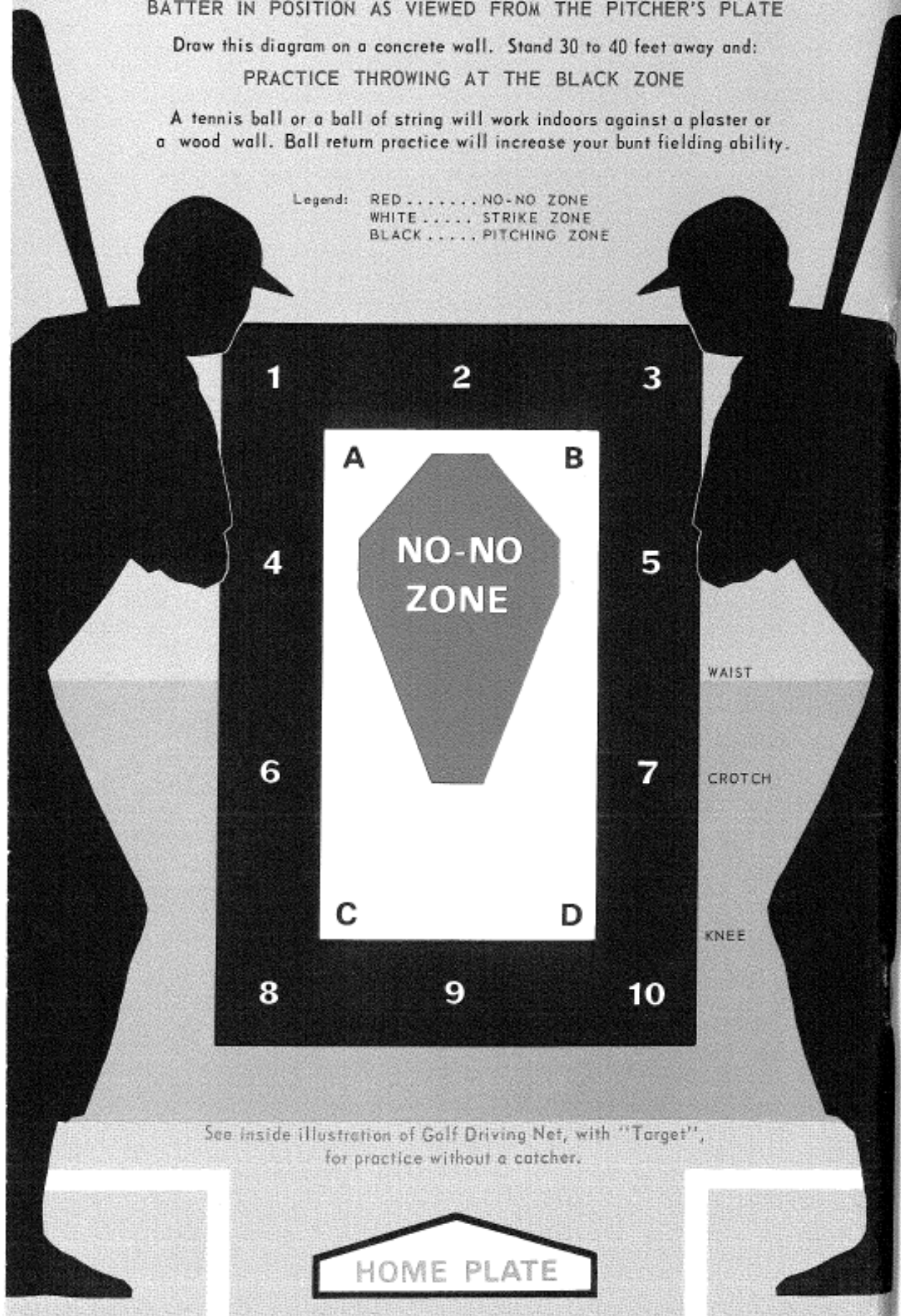
BATTER IN POSITION AS VIEWED FROM THE PITCHER'S PLATE

Draw this diagram on a concrete wall. Stand 30 to 40 feet away and:

PRACTICE THROWING AT THE BLACK ZONE

A tennis ball or a ball of string will work indoors against a plaster or a wood wall. Ball return practice will increase your bunt fielding ability.

Legend: RED NO-NO ZONE
WHITE STRIKE ZONE
BLACK PITCHING ZONE



See inside illustration of Golf Driving Net, with "Target",
for practice without a catcher.