Softball is a game very similar to baseball played with a larger ball on a field that has base lengths of 60 feet and a flat pitcher’s mound that ranges from 35 to 43 feet away. The shorter distance to the plate and the flat pitching mound accounts for the under-hand style of pitching used in softball which is a “windmill” type of movement. In this style of pitching, the pitcher begins with the arm at the hip. The pitcher then brings the ball in a circular motion over the head, completes the circle back down at the hip, and snaps the hand.

A “modified” fast pitch is identical to a “windmill” pitch except the arm is not brought over the head in a full windmill motion, but instead is brought behind the body and is then thrust directly forward for the release. Because of this unique pitching motion, Softball pitchers also have an infamous pitch that has yet to be seen in baseball: the rise ball. The rise ball has the ability to appear like a normal/straight fastball out of the pitcher’s hand and rise above the strike zone by the time it reaches the hitter. It’s arguably the hardest pitch to hit in both Baseball and Softball.