



## **The Leaping Style**

The 'leaping' style has emerged onto the world scene in recent times, a style that has been debated throughout the softball community. Some of the best pitchers in the world have adopted leaping and had significant success.

In an attempt to understand if the leaping style should be taught through the SNZ coach education pathway an advisory group with vast experience and knowledge was formed. As a result the following points emerged.

Although no research has been undertaken on the long term effects on the pitchers body the general consensus is that this style places undue stress on the body and in theory shortens the longevity of the pitchers career. The leaping style is one that should not be integrated with the core fundamentals of pitching. A long, smooth, controlled action is a catalyst for balance, rhythm and success.

As a result of the groups conclusions SNZ will not promote the style of Leaping through its development programs. It is definitely not a style that should be taught to our developing pitchers.