

Throwing and hitting are snapping motions

The purpose of this document is to define throwing and hitting. How do you snap a towel? What makes it snap? I am not saying we should ever snap a towel. But, if we know how to snap a towel it can really help in understanding throwing and hitting in softball or baseball. The ability to snap a towel is all about directing energy to a point. That direction makes the towel snap. Hitting and throwing is like snapping a towel with both hands. The only way to snap a towel in a specific direction is related to the only way we throw or hit a ball with some snap. There are only two ways to do it, one is a pulling-twisting motion and the other is a pushing-slinging motion. Both ways go right in line with the eyes to a specific point. In other words, because there is no specific direction, side-arm or around the corner does not work, no snap. Bat and ball speed comes from the snap, just like snapping a towel with both hands.

Only two ways to create snapping motions: pulling and pushing

Throwing and hitting are snapping motions. Because there are only two ways to direct a motion, there are only two ways to create snapping motions: pulling and pushing. Notice: they are opposites in almost every way. They use a different set of muscles, a different set of bones, but they both go in line with the eyes. Plus, like the handle to a whip, the power for both comes from the lower body, but in opposite ways, one twisting and the other slinging. For many reasons previously discussed, we want to use both ways in both throwing and hitting.

Snapping requires direction and the hands work together

Snapping motions require direction. We always pull and push with two hands. We do not normally snap a towel with both hands, but if we do we can get a better snap and more power from better direction. Now we are getting technical, but throwing requires discipline with both hands for more accurate direction. So does hitting. The hands work together. They work together to get that direction at the end of the snap. Snapping motions require direction. Direction requires rhythm, and rhythm creates accuracy; the more accurate the direction the faster the snap.

Summary: Snap the towel with Both Hands

The purpose of this document is to define throwing and hitting. The ability to snap a towel is all about directing energy to a point. That direction makes the towel snap. There are only two ways to do it, one is a pulling-twisting motion and the other is a pushing-slinging motion. Both ways go right in line with the eyes to a specific point. In other words, because there is no specific direction, side-arm or around the corner does not work, no snap. Bat and ball speed comes from the snap, just like snapping a towel with both hands.