

Name _____

Fast Pitch vs. Slow Pitch Softball: What's the Difference?

Short Answer Key

1. In fast pitch softball, pitchers use a windmill motion to deliver the ball with high speed and spin.
2. Slow pitch softball involves pitching the ball underhand with a slow, floating motion, unlike the powerful windmill motion used in fast pitch.
3. Slow pitch softball is preferred for recreational play and social gatherings because it offers a more relaxed and enjoyable experience, making it accessible to players of all skill levels.
4. The height limit on pitching in fast pitch softball is in place to prevent pitchers from simply lobbing the ball high into the air, which would make it easier for batters to hit.
5. The primary focus of a softball game can vary based on whether it is fast pitch or slow pitch. Fast pitch emphasizes competition, while slow pitch often emphasizes socializing and having fun.

