

# IT'S WORTH TAKING THE TIME

with Chelsea Wilson

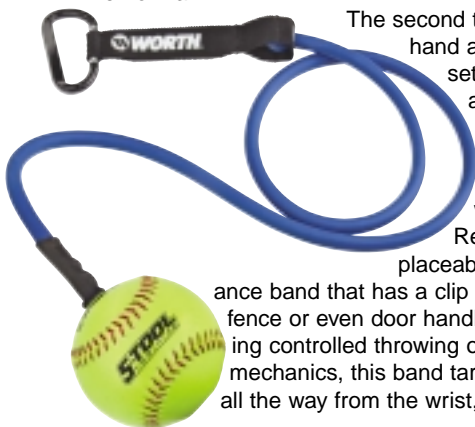
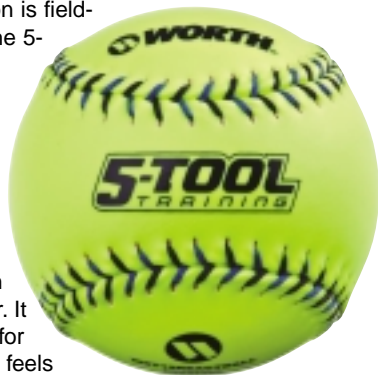
**W**ith the summer month's temperatures heating up, the softball season is only one month from cooling down. The beginning of school leads players to tuck away their crusted, weather-worn cleats and perfectly molded gloves to break out their notebooks and class schedules. What should the off-season encompass? As much hard work in the classroom refining your grammar and arithmetic as time on the field and in the yard refining your body and your game.

For the players looking to make softball more than a hobby, remember that this isn't the time to relax. Sure, take some time to go to the movies, and catch up with your family, but training in the off-season is what sets those players taking home tournament trophies apart from those who are "O'-two-and-barbeque," as we put it in the south.

In the last issue I mentioned that Worth is coming out with a 5-Tool product line endorsed by none other than the great Monica Abbott that is sure to refine five tools that really combine to make the perfect game performance: fielding, throwing, speed, hitting for average and for power. Well, ladies and gents, the time is here, the product is out, and the off-season is a perfect time to use these tools.

What products do we have, you ask? I'd love to tell you!

The first tool we focus on is fielding, and for this we have the 5-Tool React Ball. This is a seemingly normal 12" ball that is weighted off-centered in its core causing it to erratically react. Mix this ball into a bucket of practice balls, watch its unusual reactions and you'll see it makes players stay down and focused on a grounder. It would also be a great tool for catching drills! It looks and feels like a real ball which not only helps for camouflage, but also allows the fielder to carry out the play with a throw like normal.



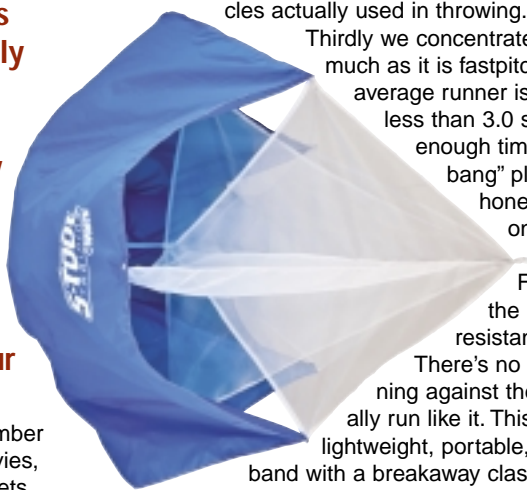
The second tool is throwing which is both over-hand and pitching. We have the classic set of weighted balls (5.5 oz, 6.25 oz and 8.5 oz), a 14" ball and a Resistance Arm Band. The 14" ball is incredible in how it forces a pitcher to really over emphasize writs snaps and spins. The Resistance Arm Band is an irreplaceable tool. It's a 12" ball on a resistance band that has a clip making it easy to snap on to any fence or even door handle. By gripping this ball and making controlled throwing or pitching motion with the correct mechanics, this band targets and strengthens the muscles all the way from the wrist, to the back and shoulder mus-

cles actually used in throwing.

Thirdly we concentrate on speed. As much as it is fastpitch softball, the average runner is home-to-first in less than 3.0 seconds, just enough time for a "gee-wiz-bang" play, and to be honest runners are only getting faster.

For this we have the Parachute for resistance running.

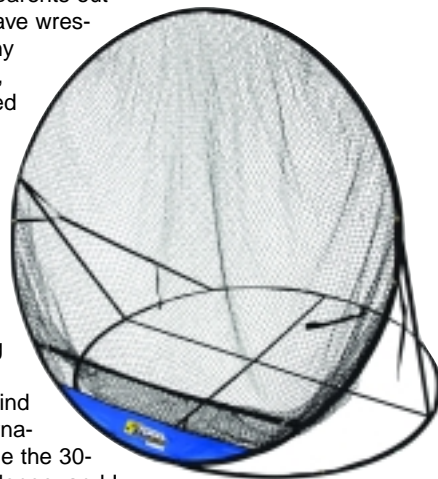
There's no training like running against the wind to eventually run like it. This parachute is lightweight, portable, and has a waist-band with a breakaway clasp to prevent tearing.



How many times have you heard, "if you can hit, they'll find a spot for you." This is where hitting for average and for

power come into the 5-Tool lineup. The Quick Bat 33 inches, weighted like a -10 bat and set with a regular grip, but with only a 1" barrel. Training to hit the middle of the ball by focusing on hand-eye coordination is sure to increase numbers at the plate. The best part is that it feels like a normal bat, making a flawless change from the Quick Bat to a game bat.

Lastly, we have a place to practice these tools. For all the softball parents out there that have wrestled too many pop-up nets, we've created a dream for you. The Pop Net is a 6"x5" durable catch net, that folds into a 37" carrying bag easier than ever. If you find me at a tournament give me the 30-second challenge, and I promise you'll see how easy it is.



Are you ready to get out there and try these? If you haven't seen them in person yet, check out [www.worthsports.com](http://www.worthsports.com) to see the items and their descriptions, or even find us on Facebook at [www.facebook.com/worthfaspitch](http://www.facebook.com/worthfaspitch) for pictures and videos with Monica Abbott explaining the importance of the 5-Tool products in her game.

To be the best you have to train like the best, and the way we look at it: If you're going to play, you might as well make it Worth it.