

**DHS Softball****GRADING:**

NAME \_\_\_\_\_

DAY/S \_\_\_\_\_ PERIOD \_\_\_\_\_

PART/SOC RESP/SAFETY	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	/5	(45)	
SKILL APPLICATION (12):																	
KNOWLEDGE TEST (20):																TOTAL	

**SKILL 1: Throwing**

- ☐ Step with correct lead foot
- ☐ Use correct hip rotation
- ☐ Arm motion; begins with 90 angle, ball passes ear, follow-through across body

**SKILL 2: Catching**

- ☐ Contacts ball out in front of body
- ☐ Uses a cover hand
- ☐ Brings ball into central point of body (ready to throw)

**SKILL 3: Hitting**

- ☐ Body position; flexion of knee, waist, stance
- ☐ Arm position; front elbow down, back elbow up
- ☐ Hands; Correct grip on bat, leading the bat through the zone

**SKILL 4: Fielding**

- ☐ Body position: Feet shoulder-width, hand out in front, low to the ground
- ☐ Ball fielded out in front of body, brought into stomach
- ☐ Cover hand used over glove when fielding

**TOTAL SKILL: /12-24****Vocabulary:**

**Force-out:** An out made when a base runner, forced to run because another team-mate must run to the base being occupied, cannot reach the next base safely.

**Foul Ball:** A ball hit outside the foul line

**Inning:** A turn at batting and fielding for each team.

**On Deck:** waiting to bat next

**Run Batted In (RBI):** Credit a batter receives for a hit that enables a team-mate to score

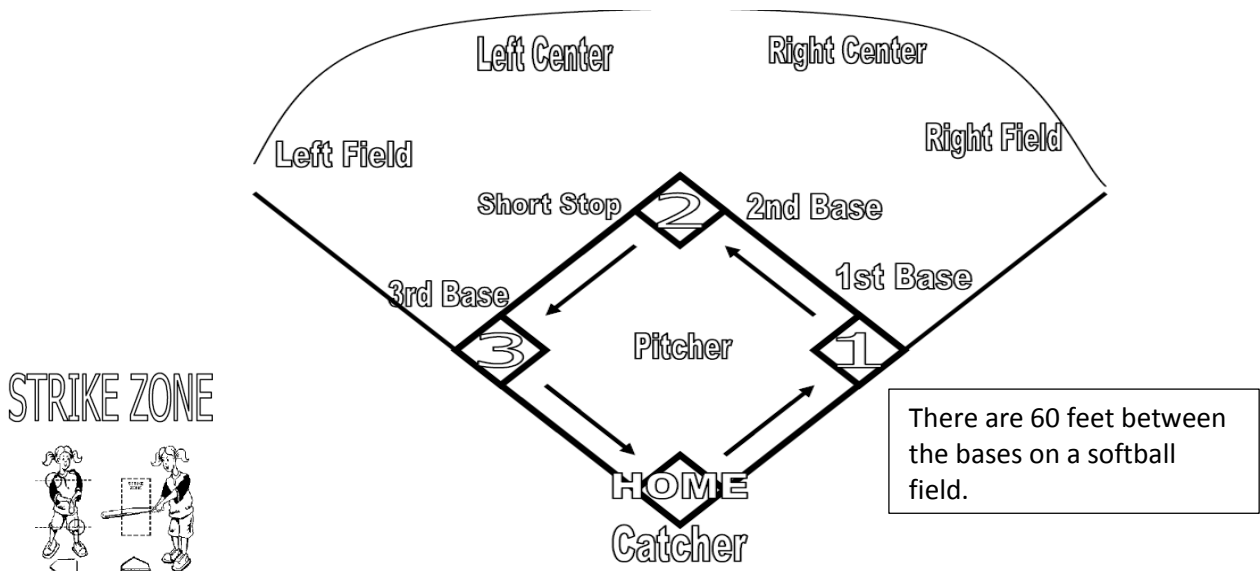
**Sacrifice Fly:** A fly-ball hit far enough to enable a base runner to score after the ball has been caught.

**Tag:** A base runner who is off base and touched with the ball by fielder.

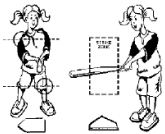
**Tag Up:** If a ball is hit in the air, base runners must remain on the base until the ball is caught: They TAG UP.

### The Game:

- Softball games are played to seven innings.
- There are 3 outs per inning
- There are 9 players in the outfield during a fast pitch softball game. There are 10 players in a Slow- pitch softball game. There is one more outfielder.
- To get a player out you must tag them before they get to a base or tag the base before they get there. If the runner is not being forced by another team-mate running the bases then the player must tag the runner and not the base because it is not a forced out.
- Each batter is allowed 3 strikes or four balls (whichever comes first).
- Pitching: In Slow- pitch Softball, the pitcher must start a foot in contact with the pitching plate. The Pitcher may take one step in any direction, but his foot must remain in contact with the plate until the ball is released. The ball is lobbed underarm and must have an arc which reaches at least six feet, but no more than twelve feet from the ground. Anything else will be called an illegal pitch by the umpire and will count as a ball unless the batter swings at the pitch.



### STRIKE ZONE



### Hitting Progression



### Softball Throwing Progression

