



PORTAGE YOUTH SOFTBALL

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Softball Skills by League

Rookie League

Throwing/Fielding

- Throw in opposition (opposite foot forward of throwing hand)
- Bring the ball all the way back to make a full throw (make a "T," thumbs down)
- Be in the ready position (hands and glove ready to field)
- Catch with glove in the correct position (glove vertical if above the waist, glove horizontal if below the waist)

Hitting/Baserunning

- Knows how, why and when to run to the next base
- Bat end should be up by the ear
- Step at the pitcher
- Swing hard
- Understands the terminology of ball, strike, out, inning, run, foul



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Softball Skills by League

10U League

Throwing/Fielding

- When throwing, follow through. Use upper body rotation. Bend at the waist.
- Fly balls are caught above the head with hand near the glove for quick transfer
- Hit the cut-off on all throws from the outfield
- Field balls with knees bent. Ball between the legs
- Covering bases and backing up positions after a hit
- Understands position responsibilities (cover bases, cut offs, backing up)

Hitting/Baserunning

- Swing at ALL strikes
- Lead off after the ball crosses the plate
- Sliding (Introduce)
- Understands tagging up on a fly ball

Pitching (Have as many girls as possible learn the mechanics)

- Beginning stance (facing the batter, foot on front of rubber)
- Stride on the power line
- Chest up, stand tall
- Closed, open, closed