



Skill set outcomes by age division:

Rookies/first year (6 and under):

There are two main goals in this division:

- Provide an enjoyable softball experience for players and parents
- Provide a solid understanding of the basics of Fastpitch Softball

Skill Set Outcome: by the end of the season, each player should understand:

- Safety precautions
- Fundamentals of ball grip, throwing and catching/fielding
- Proper bat grip and hitting stance
- Positions in the field and where to stand to play each
- Basics of running bases, running after every hit (foul or fair) and listening to base coaches

- Safety First:
 - Never swing the bat unless instructed by and in the presence of a coach in designated area
 - Always make sure your throwing partner is watching and ready to receive the ball. It's the thrower's responsibility to pay attention.
- Throwing
 - Proper grip (three fingers on laces)
 - Introduce "one knee wrist flicks" for proper technique and strengthening of wrist
- Catching
 - Glove fingers pointing up
 - Glove rotation
 - Use two hands to keep ball in glove once caught
- Fielding grounders
 - ready position with weight on balls of feet
 - rear end down, field ball out in front (think triangle - two knees and glove out in front create a triangle)
- Fielding fly balls
 - position themselves under the ball with both hands raised
 - use the second hand to lock the ball in the glove once it's caught
- Batting
 - good grip: line up the door knocking knuckles - this improves extension and follow through
 - relax the elbows, (elbow up discourages proper grip)
 - hands up and back
 - belly button should face pitcher after swing (that means the hips are driving - that's where power comes from)
- Run out all hits
 - once contact is made, run, and let the umpire decide if its foul
 - run through first, full speed through the bag