



Majors (age 12 and under)

There are two main goals in this division:

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

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

- Skill set outlined for Rookies, Juniors and Minors
- Pitchers advancing skill with pitches and when to use them
- Catchers are beginning to call games with coach assistance and without
- Knowledge of offensive game strategies
- Advanced fielding, hitting and base running techniques

Fielding:

- Catcher runs the infield
 - Insures defense knows the number of outs and calls out infield/outfield plays
 - Has signs for pick offs and steals with runners on 1st and 3rd
 - Generally best to throw through to 2nd to get the runner with 2 outs, and to use a shortened defensive play (throw to SS or 2B playing 5 feet inside the baseline) with less than 2 outs
 - Mastery of blocking pitches in the dirt
 - Catcher backs up first when no baserunners
 - Catchers proficient with throwing steal attempts out at 2nd and 3rd, pick offs at 1st and 3rd
- Run-down (pickle) technique
 - Goal is to get the runner out, or back to the base she came from
 - Fielder tags runner with as few throws as possible
 - Fielder runs at the runner with ball raised in flip throw position so the receiving fielder can clearly see the ball
 - When making a tag, protect the ball in the glove with the throwing hand closed over the glove
- How to appeal for runner not tagging on fly, or missing a base
- Throw to get the lead runner out
- Proficient with defending the bunt
- First-and-third defense plays
- Outfield hitting the cutoff, backing up bases, cross over step and strong communication

Baserunning:

- Tagging on a fly with less than 2 outs
- Look to take the extra base
- Proficient with stealing, pre-pitch positioning on the base, and sliding

Hitting:

- Proficient with bunting:
 - squeeze bunt
 - slap bunt
 - squeeze bunt