



## BASIC SOFTBALL SKILLS CHECKLIST

MECHANICS CHECK	always	Some	rarely	MECHANICS CHECK	always	Some	rarely
	s	times			s	times	
<b>Catching the Ball</b>				<b>Fielding Ground balls</b>			
Above the waist – thumbs together				Ready position (monkey)			
Below the waist – thumbs apart				Move to get body in front of ball			
Right side – glove thumb down				Get butt low on pick up			
Left side – glove thumb up				Pick up in front of body			
Use both hands when possible				Pick up in centre of body			
Move feet to get in front of ball				Use soft hands to absorb impact			
Reach to ball to absorb impact				Left foot slightly ahead on pick up (RH)			
Watch ball into glove				Pick up rolling ball directly in front			
Catch with other hand ready to throw				Pick up/throw ball directly in front			
Catch while moving				Pick up/throw accurately			
				Shuffle step left or right			
<b>Outfield Skills</b>				Shuffle step, pick up/throw			
Ready position- arms up; balls of feet				Shuffle step, pick up/throw to target			
Move quickly to get under ball				Crossover step left or right			
Reach to absorb impact (soft hands)				Crossover step, pick up/throw			
Catch with fingers up when possible				Crossover step, pick up/throw to target			
Use both hands							
Bring down to throwing shoulder				<b>Base Running</b>			
Judging and moving to right				Drive arms in bent arm action			
Judging to left				High knees to help drive forward			
Proper footwork – no ball				High kick behind			
Proper footwork – catch ball thrown				Lean forward slightly			
Proper footwork – hit ball				Run through 1 <sup>st</sup> base full speed			
				Move outward slightly before rounding			
<b>Throwing Skills</b>				Touch inside corner of base rounding			
Elbow as high as shoulder				Round/jam (arms out, butt low)			
Stride at target with glove side foot				Round/jam/retreat (stay low, face away)			
Point glove and glove side at target							
Hips open and close (open -shut door)				<b>Hitting Mechanics</b>			
Quick feet				Grip – middle knuckles lined up			
Arm at 90degree angle				Stance – across from plate			
Snap wrist with thumb pointing down				- front elbow bent			
Follow through to opposite side				- hands by back shoulder/away			
Accurate throw at stationary target				- “A” frame with arms			
Throw for distance				Stride – short, closed, to pitcher			
Throw at moving target				Hip rotation – finish navel to pitcher			
Throw at target while moving				- on vertical axis			
Underhand toss (shovel throw)				- finish back heel to sky			
Snap throw for rundowns (stationary)				- swing against firm front side			
Snap throw for rundowns (moving)				Arm Action – hands inside ball			
Back hand throw				- use wrists to snap bat head			
				- contact in FRONT of plate			
				Follow through – finish middle of back			