

REVIEW SHEET : SOFTBALL (7th Grade)

1. Skills

A. Grip on the ball – across the seams using 2 or three finger grip

B. Throwing

1. pivot to face target with non-throwing shoulder and hip
2. weight on back foot, reach back with elbow out behind head, point glove at target
3. step at target with opposite foot, push with back foot, rotate forward with back hip and shoulder
4. follow through with throwing arm and shoulder, bend at waist
5. keep eyes focused on target
6. *Avoid side arm action throwing motion*

C. Catching

1. forehand (gloveside) and backhand (non-gloveside)
2. **fingers up** for waist and above, **fingers down** below waist
3. look the ball into the glove
4. catch with soft hands – bend at the elbows to cushion
5. use the helping hand to secure the ball
6. keep target up

D. Fielding Ground Balls

1. move in front of the ball
2. HEAD, BUTT, GLOVE are all down
3. charge the ball when possible
4. look ball into glove with **HAND ON TOP**

E. Fly Balls

1. get under the ball when possible
2. catch with fingers up
3. catch with soft hands, use two hands

F. Hitting

1. hands together, line up knuckles
2. bat parts are, **BARREL, HANDLE, KNOB, SWEET SPOT**
3. address plate properly for good plate coverage
4. hands back, elbow comfortably up
5. eyes on the ball!
6. short stride toward pitcher before swing
7. swing should be full and level
8. drop bat after contact—never throw the bat
9. **CROKE-UP** for better bat speed and bat control

G. Baserunning

1. run through first base when a play is being made on you
2. round first base when you know you have hit it safely
3. maintain angles and touch the inside corner of the bases
4. always run when there are two outs
5. when should you tag up and try to advance?
6. when is a baserunner forced to advance when the ball is hit on the ground?
7. when must a baserunner be **tagged out** rather than forced out?
8. who is the on deck batter and what are their responsibilities?

H. Covering bases, backing up teammates, cutoffs