

Individual Softball Skills

LEVEL 1 - LOW SKILLS

1. **Base Race**

Description - Athlete is instructed to start on home plate and run around the bases in consecutive order as fast as possible, returning to home plate. The distance between the bases will be 16'.

Scoring - Athlete is timed from start signal to when he/she touches home plate after rounding all bases. The time is subtracted from 60 for the athlete's score.

2. **Bat for Distance**

Description - Athlete is instructed to hit a large whiffle ball as far as possible off a batting tee. A large whiffle ball and whiffle bat will be used. Athlete is allowed 3 at bats to record a total score.

Scoring - Athlete's score is distance the ball travels, in meters, from the batting tee to where the ball first touches the ground on the fly. The athlete's score is the total distance of 3 hits.

3. **Throw for Distance**

Description - Athlete is instructed to throw the ball as far as possible in the air. The athlete must remain behind a throwing line. Athlete is allowed 3 throws to record a total score. A regular softball or a ragball may be used.

Scoring - The athlete's score is the distance the ball travels, in meters, from throwing line to where the ball first touches the ground on the fly. The athlete's score is the total distance of 3 throws.

4. **Fielding Grounders**

Description - Ground balls will be rolled to the athlete from an official 10' away. The athlete must bend down & scoop up the ground ball in his/her glove. The athlete will have a total of 5 grounders to attempt to field.

Scoring - The athlete will receive 2 points for each ground ball successfully fielded. The score will be the total of all points from all 5 attempts.

LEVEL 2 - HIGH SKILLS

1. Base Running

Description - Athlete is instructed to start on home plate and run around the bases in consecutive order as fast as possible, returning to home plate. Each base path is 60' in length. Athlete gets 2 attempts. *Scoring* - Time starts when the athlete leaves home plate and stops when the athlete touches home plate after rounding all the bases. The time is subtracted from 60 for the score. The best of 2 trials is counted as the final score.

2. Fielding

Description - The athlete will receive a ball thrown in an easy arc from an official 15' away. The athlete is instructed to attempt to catch the ball in the air with his/her ball glove and then throw the ball back to the official. The athlete receives 8 throws. *Scoring* - The athlete will receive 2 points for each ball caught in the air. A 1 point bonus will be given for each ball successfully thrown back to the official. The score is the total of all points for catches and bonus points.

3. Hitting

Description - Standing in a regulations size batter's box (7'6" x 3'8") the athlete is instructed to hit the ball off a tee. Each athlete receives 3 hits. The athlete must keep both feet inside the batter's box during each swing. The batting tee must be placed on home plate & can be adjusted in height for each batter. *Scoring* - The distance of the longest hit is measured, in meters, from the batting tee to the point where the ball first touches the ground on the fly. The longest of the 3 hits is recorded as the athlete's score.

4. Throw for Distance

Description - Athlete is instructed to throw the ball as far as possible. The athlete must stay behind a throwing line. The athlete receives 3 throws. *Scoring* - The distance of the longest throw is measured, in meters, from the throwing line to the point where the ball first touches the ground on the fly. The longest of the 3 throws is recorded as the athlete's score.