



# 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.