

SOFTBALL STUDY GUIDE

Rules:

3 outs in an inning

3 strikes = 1 out

All pitching will be underhand

Runners may leave the base after the ball has been hit

Runners must “tag-up” on a fly ball

A game consists of 7 innings

Safety:

- 1. During throwing and /or fielding practice all players throw in the same direction**
- 2. Batting areas must have ample room so a swinging bat will not hit students**
- 3. Catcher is away from the batter, so not to get hit by a swinging bat**
- 4. The batter will drop the bat after hitting the ball**
- 5. Each player must wear a glove while in the field**
- 6. Keep playing area free of objects**
- 7. Do not use any equipment unless instructor is present**

Field positions:

- Catcher**
- Pitcher**
- 1st, 2nd, 3rd, baseman**
- Short stop**
- Right, Left, Center field**

Throwing:

- Use a forward back stride stance (one foot in front of the other) with the dominant leg back (right handed thrower will have the right leg back)**
- Face the target**
- Rotate throwing side forward and transfer the weight to the front leg**
- Lead the arm motion with the elbow**
- Release with a wrist snap**
- Follow through in the intended direction of flight**

Catching:

- **Maintain body stability**
- **Focus and track the oncoming ball**
- **Use a large surface (glove) to catch the ball**

Batting:

- **Have body facing home plate**
- **Lift the rear arm elbow away from the body & hold the bat off the shoulders**
- **Focus the eyes on the release of the ball**
- **Step forward with the front foot as you start the swing**
- **Keep the rear foot planted**
- **Make contact with the ball in front of the plate**
- **Swing the bat as fast as you can**
- **Do not throw the bat**

Fielding a ground ball:

- **Bend the knees so the glove and bare hand can touch the ground**
- **Get your body behind the ball**