

SOFTBALL TERMS

Applying a Tag - The act of a fielder tagging a base runner, or a base with the ball securely in the hand of glove.

Athletic stance - A balanced and ready position.

Attack the ball -While batting: taking an aggressive swing; while fielding: charging the ball aggressively.

Backhand - A catch made to the far throwing-hand side of the body with the glove positioned so that the fingers are above the thumb.

Backstop - A permanent fence and protective screen behind home plate.

Ball – Any pitch that is thrown outside of the strike zone. Pitchers are given four balls per at-bat; after the fourth ball is called the batter is awarded a walk.

Base path - The running lane for base runners

Baseline - Baselines are the white lines running between home plate and first base and between home plate and third base. Baselines indicate where a baserunner may run and whether a hit is in “fair” or “foul” territory.

Batter’s box - The area where the batter stands while at bat. Square made of white lines on each side of home plate.

Changeup - A pitch that is thrown with the same motion as a fastball, but at a slower speed.

Count - A term that refers to the number of balls and strikes on a hitter. Example, a count of 1- 2 is read 1 and 2, meaning the hitter has 1 ball and two strikes. The balls are always given first. When an umpire raises his hands and extends his fingers to indicate the count, the strikes are always on the first base side, or his right hand, balls on the left

Covering the bases -This phrase refers to a player who is responsible for plays at that base.

Crow-hop - The technique used by outfielders to organize their feet and gain momentum and power for making a throw.

Dead ball - A ball that is no longer in play.

Fair ball- A legally batted ball that settles on or over fair territory.

Fair territory - All area located inside and including the baselines.

Flyball - A ball hit into the air by the batter.

Force out - When a fielder steps on a base before the baserunner reaches it, forcing them out.

Force Play - Occurs when a batter hits a fair ball and runs to first base forcing a base runner directly ahead of him or her to run to the next base. In this situation, an infielder holding the softball need only tag the base ahead of a runner in order to get him or her out.

Foul ball - A ball that is hit outside the foul lines on either side of the field. There is no limit to foul balls unless the ball is caught in the air.

Hit – A hit is awarded when a batter makes contact with the ball, allowing them to progress to at least one base.

Infield fly rule - A rule that is enforced when there are runners on first and second or bases loaded with less than two outs, where if an infield fly is hit, the batter is automatically out regardless of whether or not the ball is caught.

Inning - A unit of play defined by two half-innings, in each of which 3 outs are recorded.

Line drive - A hard-hit ball that travels low and straight. It has a fairly consistent height from the ground that looks like a straight line.

On deck - The position of the next player on the offense to bat.

On-deck circle - The area in which the on-deck batter warms up

Passed ball - A pitch that the catcher fails to catch or control, allowing a baserunner to advance.

Pinch Runner – A player specifically put into the game for the purpose of running the bases in place of a teammate.

Pop fly - A fly ball hit high and short over the infield or short outfield.

Pull - A term used to describe the direction of a batted ball to the same side of the field they take their stance upon. Example: a right-handed hitter pulls the ball when they hit it anywhere from the left-center gap to the left field line.

Rally - When a team scores several runs in a single inning to make a comeback.

RBI - A run batted in (rbi).

Safe - A declaration by the umpire that a runner is entitled to a base because they reached it before being put out.

Scoop - When a fielder picks a ball up off the ground with a glove that is angled downwards.

Scoring position - Runners are at second or third base.

Stance - A term used to describe the placement of the hitter's feet in the batter's box. Stance also could mean the initial starting position of the swing.

Steal - When a baserunner advances to the next base without the batter hitting the ball. A runner cannot leave the base until the ball is released from the pitcher's hand.

Strike - A pitch that is thrown within the strike zone and not swung at by the batter. Pitch is from chest to knees.

Strikeout - When a batter fails to make contact with the ball three times by doing the following: swinging and missing the ball, hitting a foul ball (after the 2nd strike a foul ball is no longer a strike), not swinging at a pitch that is deemed within the strike zone or combination of all three examples of a strike out.

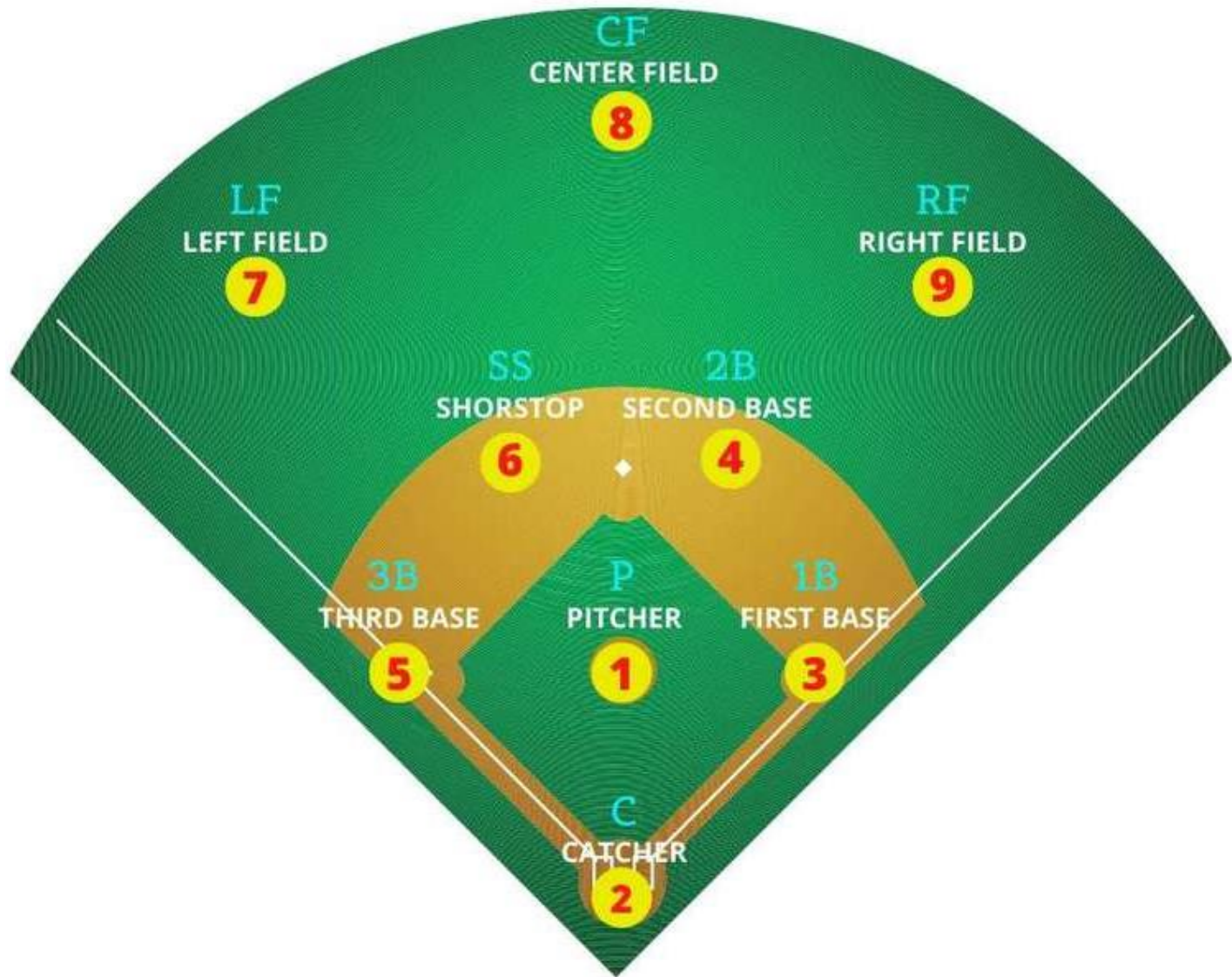
Tag - The act of touching a baserunner with the ball or the glove while they are not on a base, resulting in an out. If a player tags a baserunner with their glove and the ball is not in the glove it is not considered a tag and the player is not out. If the play is not a force play you must take the baserunner. If it is a force play you can tag the runner advancing before they make it to the next base safely or can touch the base the runner is advancing to without tagging them

Tag up - The act of a base runner returning to touch a base after a fly ball is caught. The runner may then attempt to advance to the next base.

Take - A term used to instruct a hitter not to swing at the pitch. Example if a batter has 3 balls and 0 strikes you typically take the next pitch.

Umpire - An official who is responsible for enforcing the rules of the game and making calls on the field.

SOFTBALL POSITIONS ON FIELD



**How to videos
(MegRem Softball on youtube)**

How to throw a softball:

<https://www.youtube.com/watch?v=URcUxaCEpYU>

Hitting:

<https://www.youtube.com/watch?v=3jXFfiA0ULI>

Sliding:

<https://www.youtube.com/watch?v=7-ZjEtdogco>

How to catch a softball (not all of it relates to what we will do but it's still helpful):

<https://www.youtube.com/watch?v=r4n7ARPHE2w>

Catching balls in outfield and drills you can do at home with partner:

<https://www.youtube.com/watch?v=sDhB2fAoQsA>

Baserunning from 1st base:

https://www.youtube.com/watch?v=khdPL037uL8&list=PL4dNufxXiNAp6_uUChpLu1oZEr4X36ror

Basic Hitting ideas to do at home:

Hitting Soft-toss (need a partner)

<https://www.youtube.com/watch?v=muX6YBwIOBQ>

Self-toss

Tossing ball to yourself and hitting it – ball should be tossed out in front and not tossed high above head