

Softball Basics

INFIELD:

Keep your eye on the pitcher, when they are ready to pitch you should be in Ready position.

If the ball is hit to the infield right side, shortstop would cover second base.

If the ball is hit to the infield left side, then second baseman covers second base.

Second baseman and shortstop are typically the cut-off for outfielders throwing into the infield.

If ball hit to outfield right or right center, second baseman would turn to take the throw from the outfield and shortstop would cover second base. Pitcher should back up second baseman.

If ball hit to outfield left or left center, shortstop would turn to take the throw from the outfield and second baseman would cover second base. Pitcher should back up shortstop.

Infield when runners are on base you must remember to not block the runner's base path.

First baseman if the ball is not playable for you, get to first base and get positioned to take a throw. Always give the other fielders a target by holding your glove out.

Catcher should always be alert to pop-ups they might be able to get to for a catch.

Catcher should field a dribbler out in front of the plate or along either baseline.

Catcher, if runner on third be positioned to take a throw at the plate if ball hit in infield.

Pitcher, always be sure your team is ready and positioned before pitching.

Pitcher, turnaround and loudly announce how many outs there are and where the play is (plays at first),.

ALWAYS charge the ball, never stand and wait for it to come to you.

Whether catching a ground ball or fly ball, always secure the ball with free hand, either have hand at side of glove or behind glove.

Never take ball in the glove to throwing hand, always cover ball with throwing hand so you are ready to take the ball out and throw it.

Always set yourself before a throw, palm is turned away from your head, elbow is above the shoulder and glove is pointing at your target.

On a pop-up, the closest infielder should call for the catch.

Remember, there are two ways to get a runner out; if they are forced to the base you are on you just need to touch the bag, if they are not forced, you must tag them WITH the ball.

CONCENTRATION: you must think every ball that is pitched will be hit to you.

Always encourage your teammates even if they make an error.

OUTFIELD:

Keep your eye on the pitcher, when they are ready to pitch you should be in Ready position.

Left fielder and left center fielder typically back up third baseman and shortstop

Right fielder and right center fielder typically back up second baseman and first baseman.

Left fielder and right center fielder can back up left center fielder.

Left center fielder backs up left fielder.

Right fielder and left center fielder can back up right center fielder.

Right center fielder backs up right fielder.

Outfield, you must get the ball back to an infielder as fast as possible.

ALWAYS charge the ball, never stand and wait for it to come to you.

Whether catching a ground ball or fly ball, always secure the ball with free hand, either have hand at side of glove or behind glove.

Never take ball in the glove to throwing hand, always cover ball with throwing hand so you are ready to take the ball out and throw it.

Always set yourself before a throw, palm is turned away from your head, elbow is above the shoulder and glove is pointing at your target.

On a fly ball, the closest outfielder should call for the catch.

CONCENTRATION: you must think every ball that is pitched will be hit to you.

Always encourage your teammates even if they make an error.

BATTING / RUNNING:

When on offense: There should always be a batter;

someone in the on deck position ready to go and taking practice swings;

a third person ready to go to the on deck area (helmet on and bat in hand).

There will be a set batting order, it must be followed.

You control the batter's box.

Always be ready to come to the plate when it is your turn to bat.

Walk to the plate, set yourself and be sure you are in a comfortable batting stance.

Always set your back foot first while holding your hand up to the umpire to signal time.

Take a square stance – both feet equal distance to the plate with belly button about center of plate.

Feet positioned just outside of hips.

Bend a bit at waist and knees.

Take bat in your lead hand and touch the outside part of the plate to make sure you have plate coverage.

After a pitch has been thrown, if you did not make a hit or out, step out of the box, take a practice swing and reenter the batter's box and reset yourself.

Keep your eye on the ball, try to read the printing on it.

Take a clean swing at a ball you think you can hit.

Remember, on the seventh pitch you MUST swing, it's the last pitch you will get.

If you hit the ball, DO NOT THROW THE BAT or you will be called out.

If you hit the ball, RUN AS HARD as you can to first base keeping an eye on your first base coach.

DO NOT WATCH the ball; if it goes foul, your coach will let you know.

If running through first base, ALWAYS run over the ORANGE base.

If the coach waves you to keep running, just step on the inside corner of the white bag and head toward second base.

When running to second or third base, ALWAYS keep your eye on the third base coach, they will direct you.

NEVER overrun second or third base, you may be out if you do so.

Never run outside of the base line and never try to avoid a tag by trying to go around a fielder.

If you hit a pop-up run as hard as you can to first unless your coach signals otherwise.

If you are on a base, never take a lead; always keep your foot on the bag until the ball is hit.

If you or on any base, and the ball is hit in the air, ALWAYS look at your coach they will direct you to run, stay, or return to the base.

Always encourage your teammates even if they strike out.