

### Softball Skills Evaluation

Skills	Excellent Skill 4	Advanced Skill 3	Intermediate Skill 2	Basic Skill 1	No Effort No Skill 0 pts
Throwing	<ul style="list-style-type: none"> <li>*Step with the opposite leg of throwing arm to the target</li> <li>*Turn and rotate hips when preparing to release the ball</li> <li>*Fully follows through with throwing arm</li> <li>*Eyes on target at all times</li> <li>*Accurately hits the glove of the catcher or first base 7 or 8 out of 8 times</li> </ul>	<ul style="list-style-type: none"> <li>*Step with opposite leg of throwing arm to the target</li> <li>*Little to no follow through with throwing arm</li> <li>*Hips do not rotate or do not rotate effectively to add power follow</li> <li>*Accurately hits the glove of the catcher or first base 5 or 6 out of 8</li> </ul>	<ul style="list-style-type: none"> <li>*Little or no step with the throw</li> <li>*No follow through with the throwing arm</li> <li>*No hip rotation or follow through</li> <li>*Accurately throws 3 or 4 out of 8 or inaccurate throwing</li> </ul>	<ul style="list-style-type: none"> <li>*Ball is in the proper throwing hand</li> <li>*Player does not step to throw the ball</li> <li>*Ball is thrown with a straight arm</li> <li>*Ball is thrown with no accuracy and no follow through.</li> </ul>	No Effort
Catching/ Fielding	<ul style="list-style-type: none"> <li>*Hands are extended out in front of the body</li> <li>*Ball is caught with hands above or below the waist (thumbs up if the ball is above the waist or thumbs down if the ball is below the waist)</li> <li>*in the infield glove in ready position</li> <li>*moves feet on pitch and toward the ball</li> <li>*Catches the ball 7 or 8 out of 8 times</li> </ul>	<ul style="list-style-type: none"> <li>*Hands are extended out in front of the body</li> <li>*Ball is caught with hands above or below the waist (thumbs up if the ball is above the waist or thumbs down if the ball is below the waist)</li> <li>*Glove in ready position in the infield</li> <li>*Catches the ball 5 or 6 out of 8 times</li> </ul>	<ul style="list-style-type: none"> <li>*Hands are extended out in front of the body</li> <li>*Player does not cushion the ball with both hands but traps the ball against their body</li> <li>*Catches 3 or 4 out of 8 balls</li> </ul>	<ul style="list-style-type: none"> <li>*Hands are not extended out in front of the body</li> <li>*Player does not cushion the ball with both hands but traps ball against their body</li> <li>*Catches 1 or 2 out of the 8 balls</li> </ul>	No effort

Batting/ Hitting	<ul style="list-style-type: none"> <li>*Consistently stands parallel to the plate</li> <li>*Bat is gripped with middle knuckles lined up</li> <li>*Dominant hand is on top</li> <li>*Feet are staggered</li> <li>*Knees are flexed</li> <li>*Weight is on back leg</li> <li>*Keeps elbow away from body</li> <li>*bat is held off the shoulder, eye is on ball</li> <li>*transfers weight from back to front</li> <li>*Swings level with the ground at the height of the pitch</li> <li>*hits the ball 7 or 8 out of 8 balls</li> <li>* 14u/12/u bunts down 3rd or 1st lines.</li> </ul>	<ul style="list-style-type: none"> <li>*Demonstrates and applies proper body stance</li> <li>*Keeps hands together when gripping the bat</li> <li>*Swings horizontally</li> <li>*Attempts to hold the bat off of shoulder, keeps eye on ball</li> <li>*Swings level</li> <li>*hits the ball 5 or 6 out of 8 balls</li> <li>* Bunts ball in play</li> </ul>	<ul style="list-style-type: none"> <li>*Demonstrates proper body stance</li> <li>*Dominate hand is on top</li> <li>*Keeps bat off shoulder, keeps eye on ball</li> <li>*Swings through the ball</li> <li>* hits the ball 3 or 4 out of 8 balls</li> </ul>	<ul style="list-style-type: none"> <li>*Attempts to stand with the left side of the body toward the pitcher (right handers)</li> <li>*Attempts to face the plate</li> <li>*Attempts to swing through the ball most of the time</li> <li>*Hit the ball 1-2 out of 8 balls</li> </ul>	No Effort
Base Running	<ul style="list-style-type: none"> <li>*Quickly gets out of the batters box without the bat</li> <li>*Runs to first rounding to 2nd</li> <li>*Slides into the appropriate base</li> </ul>		<ul style="list-style-type: none"> <li>*Slow to get out of the batter box</li> <li>*doesn't round the base</li> <li>*leaves base to early</li> </ul>		<ul style="list-style-type: none"> <li>*Misses 1st base</li> <li>*doesn't slide</li> </ul>

Catchers	<ul style="list-style-type: none"> <li>*Catchers Stance: Crouched down in a squat not resting on their knees or the backs of their legs</li> <li>*Arm in front but not extended</li> <li>*Framing pitch (pull into the strike zone)</li> <li>*Blocking a pitched ball (keep the ball in the center of the body) (glove before the knees)</li> <li>*throwing to second gets to the appropriate side of the bag</li> <li>*Quick transfer to make the throw to the bag</li> <li>*Quick release</li> </ul>		<ul style="list-style-type: none"> <li>Catcher Stance: Squat on knees or backs of their legs</li> <li>*Lack of frame</li> <li>*Wild Throw</li> </ul>		
Pitchers	<ul style="list-style-type: none"> <li>*Pitchers Stance: Consistent, comfortable stance</li> <li>*Fluid movements</li> <li>*Accuracy 4 or 5 out of 5 strikes</li> <li>*Placement of ball (rise, change up, corners) 4 or 5 out of 5 strikes</li> </ul>		<ul style="list-style-type: none"> <li>Needs guidance on stance and movement</li> <li>*too many inaccurate or placement of balls</li> </ul>		