

BASIC SKILLS CHECKLISTS

INTRODUCTION

This section was created to give a list of key points for all the Softball skills taught to the children in the **PARMALAT LEARN TO PLAY** program. Every skill is broken down into components. Each component is a teaching point that the coach can use to ensure that the children are learning to do the skills technically correct. The Coach should review these teaching cues prior to each session or as a quick reference during the session to ensure they are providing proper instruction to the players. But remember to keep any instruction brief so the children aren't standing around. Another tool this checklist could be used for is a report card for the children. Use it at the beginning and at the end of the season to show the children how much they have improved.

The Coach may wish to shrink, photocopy and laminate the following checklists for easy reference of the teaching points for all skills during a lesson.

6 basic skills checklist

CATCHING THE BALL			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
1. Above the waist - thumbs together			
2. Below the waist - thumbs apart			
3. Glove action right - thumbs down			
4. Glove action left - thumbs up			
5. Use both hands when possible			
6. Move feet to get in front of ball			
7. Reach to ball to absorb impact			
8. Watch ball into glove			
PROGRESSIONS			
1. Catch with other hand ready to throw			
2. Catch while moving			

CATCHING FLY BALL			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
1. Ready position - hands at waist height, on balls of feet			
2. Move quickly to get under ball			
3. Reach to absorb impact (soft hands)			
4. Catch with fingers up when possible			
5. Use both hands			
6. Bring the ball down to throwing shoulder			
PROGRESSIONS			
1. Judging and moving RIGHT			
2. Judging and moving LEFT			
3. Proper footwork to catch a ball behind player			
4. Proper footwork for catching a ball thrown behind player			

THROWING			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
1. Elbow up as high as shoulder (scarecrow)			
2. Stride at target with glove side foot			
3. Point glove & glove side at target			
4. Hips open & close (open door, shut door)			
5. Wrist snap			
6. Follow through to opposite side			
PROGRESSIONS			
1. Throw at stationary target			
2. Throw for distance			
3. Throw at moving target			
4. Throw at target while moving			
5. Under hand toss (shovel throw with straight arm)			

BASERUNNING			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
1. Drive arms in bent arm action			
2. High knees to help drive forward			
3. High kick behind			
4. Lean forward slightly			
PROGRESSIONS			
1. Run through base at full speed			
2. Move outward slightly before rounding			
3. Touch inside corner when rounding			
4. Round & jam (arms out, butt low)			
5. Round, jam & dive back to base-stay low, turn face away from ball			
6. Bent leg slide - arms up over head - chin tucked in - bent leg behind knee - front toe to sky			
7. Tag up on fly balls			
8. Must run on a force play			

6 basic skills checklist

GROUND BALLS			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
1. Ready position - (monkey)			
2. Move to get body in front of ball			
3. Get butt low on pick up			
4. Pick up in front of body			
5. Pick up in center of body			
6. Use soft hands to absorb impact			
PROGRESSIONS			
1. Pick up a rolling ball directly in front			
2. Pick up and throw ball directly in front			
3. Pick up and throw accurately at target			
4. Shuffle step LEFT or RIGHT			
5. Shuffle step, pick up and throw			
6. Shuffle step, pick up and throw to target			
7. Pick up stopped ball with bare hand			

HITTING			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
GRIP bat - middle knuckles lined up			
STANCE - body location is across from plate			
- front elbow bent			
- hands by back shoulder			
- back elbow relaxed, slightly away			
STRIDE - short, closed, soft			
HIP ROTATION - finish navel to pitcher			
- finish back heel to sky			
ARM ACTION - use wrists to snap bat head to ball			
- contact IN FRONT of plate			
FOLLOW THROUGH - let wrists roll			
- bat finishes in middle of back			
- finish balanced			
PROGRESSIONS			
- Hit stationary object			
- Hit hanging object			
- Hit slow pitching			
- Hit soft toss			
- Hit self toss (fungo)			
- Hit faster pitching			

6 basic skills checklist

PITCHING			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
ARM CO-ORDINATION - NO BALL			
- hip in co-ordination with arm			
- shoulders back			
- front leg straight			
ARM CIRCLES - NO BALL			
- straight out in complete circle			
- brush past ear and side of leg			
HIP THRUST & ARM CIRCLE - NO BALL			
- co-ordinate hips and arm circle			
- front leg straightens on thrust			
- shoulders stay back			
STRIDE - NO BALL			
- turn pivot toe turned slightly outward			
- stride straight at target			
- use glove side to stretch body			
RHYTHM FOR A LEGAL PITCH - NO BALL			
- behind plate, hands apart, step on plate, signal, hands together, weight back, relaxed, transfer weight, pretend to pitch			
GRIP - WITH BALL			
- grip in fingers (not palm) if possible			
- across seams			
STATIC PITCHING - FEET PARALLEL - WITH BALL			
- use arm circle to snap ball off hip			
- shoulders back			
HIP PITCHING FROM STRIDE POSITION - WITH BALL			
- co-ordinate hips and arm to snap ball off hip			
- full straight arm circle in direction of target			
- shoulders back			
- front leg straightens on release			
COMPLETE PITCH - WITH BALL			
PRE-MOTION			
- elbows bent - relaxed			
- body upright			
- shoulders level - square with pitching plate			
- consistent - no wasted movement			
- front foot (right for righties) on front of plate/ rear foot touching back			
- right leg relaxed/weight on back foot			

PITCHING			
MECHANICS CHECK	ALWAYS	USUALLY	SELDOM
INITIAL MOVE			
- weight shift from back to front foot			
- both arms move forward in direction of target			
- stride knee flexed moving forward			
- pitching arm extended to create max arc.			
TOP OF BACKSWING			
- hips and shoulders open to throwing side			
- bicep of pitching arm brushes past ear			
- glove arm extended pointing at target			
- pitching arm extended backward/relaxed			
MIDDLE OF BACKSWING			
- hips and shoulders starting to close			
- pitching wrist cocked			
- body upright/stride foot planting			
- stride knee flexed slightly to absorb shock			
- pivot foot toes dragging off pitching plate			
RELEASE			
- stride foot planted/shoulders over hips			
- hips almost closed/arm brushing past leg			
- wrist snapping hard			
- glove hand pulled down to side			
FOLLOW THROUGH			
- pivot foot drags to finish parallel to stride foot			
- arm relaxed			
- hips completely closed/balanced/ready to play			



6 basic skills checklist

NOTES:

