

SOFTBALL



2018-2019

SOFTBALL

STANDARDS

GRADE LEVEL	STANDARD	DESCRIPTION
2ND	PE.2.M.1.3	Strike an object continuously using a paddle/racket both upward and downward.
	PE.2.C.2.2	Identify safety rules and procedures for selected physical activities.
	PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.
	PE.2.C.2.6	Apply teacher feedback to effect change in performance.
	PE.2.C.2.9	Define offense and defense.
	PE.2.L.3.3	Identify opportunities for involvement in physical activities during the school day.
	PE.2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity.
	PE.2.R.5.2	List ways to safely handle physical-activity equipment.
	PE.2.R.6.2	Discuss the relationship between skill competence and enjoyment.
	PE.2.R.6.3	Identify ways to contribute as a member of a cooperative group.
3RD	PE.3.M.1.3	Strike an object using a paddle/racquet demonstrating correct technique of a forehand pattern.
	PE.3.M.1.4	Strike both moving and stationary objects using a long-handled implement.
	PE.3.M.1.7	Move in different directions to catch objects of different sizes and weights thrown by a stationary partner.
	PE.3.C.2.2	Understand the importance of safety rules and procedures in all physical activities.
	PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.
	PE.2.C.2.8	Explain the importance of warm-up and cool-down activities.
	PE.3.L.3.3	Identify opportunities for involvement in physical activities during the school day.
	PE.3.L.3.4	Identify opportunities for involvement in physical activities after the school day.
	PE.3.L.4.1	Describe how muscular strength and endurance enhances performance in physical activities.
	PE.3.R.5.1	List ways to work cooperatively with peers of differing skill levels.
PE.3.R.6.2	Describe ways to appreciate the good physical performance of others.	

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4TH	PE.4.M.1.4	Strike moving and/or stationary objects with long-handled implements using correct technique, so the objects travel in the intended direction.
	PE.4.C.2.2	Understand the importance of safety rules and procedures in all physical activities, especially those that are high risk.
	PE.4.R.5.1	Discuss the influence of individual differences on participation in physical activities.
	PE.4.R.5.2	List ways to encourage others while refraining from insulting/negative statements.
5TH	PE.5.M.1.4	Strike moving and/or stationary objects with long-handled implements, so the objects travel in the intended direction at the desired height using correct technique.
	PE.5.M.1.7	Catch a variety of objects while traveling and being defended.
	PE.5.C.2.2	Design or modify a game incorporating skills, rules and strategies.
	PE.5.R.5.1	Describe a benefit of working productively with a partner to improve performance.
	PE.5.R.5.2	Describe ways to utilize equipment safely during physical activities.

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SOFTBALL RULES

A baseball/softball game is played by two teams who alternate between offense and defense.

There are nine players on each side. The goal is to score more runs than the opponent, which is achieved by one circuit of four bases that are placed on the diamond.

EQUIPMENT

The defense wears leather baseball or softball gloves that fits on the hand. It's used to catch the ball.

A baseball is a white ball roughly three inches in diameter with red stitching.

A softball is about twice as big as a baseball and is sometimes yellow. Contrary to the name, a softball isn't softer than a baseball.

The offense uses a bat, which is made of wood in the professional ranks, and made of aluminum or a metal composite at amateur levels.

Almost all softball bats are aluminum or metal.

FIELD

The part of the field closest to the bases is called the infield and the grassy area beyond it is called the outfield.

The bases are 90 feet apart on the diamond, closer in children's leagues and softball.

Field areas may differ in a few ways including in the outfield fences or the amount of foul territory, which borders the field between the long white lines that connect first base to home plate and third base to home plate.

DEFENSE: THE POSITIONS

Pitcher in the middle of the infield who initiates the action by throwing the ball toward home plate.

Catcher catches the ball if it's not hit.

Infielders are the first baseman, second baseman, shortstop (between second and third base) and the third baseman.

Outfielders: The left fielder, center fielder, and right fielder.

GAME

There are nine innings in professional baseball games (sometimes fewer in lower levels), and each inning is divided in half.

In the top of an inning, the visiting team hits and the home team plays defense. In the bottom of the inning, the home team hits and the visiting team plays defense.

Each team gets three outs in each half of an inning.

ON OFFENSE

Each team has nine players in its batting order, and they must stick to that order throughout the game (players may substitute in for other players).

A play begins with a batter waiting to hit a pitch from the pitcher. If the batter hits the ball into the field of play, the batter runs to first base and can run to as many bases as he or she deems fit without getting out.

A batter gets three strikes (a swing and a miss or a ball over the plate in what's deemed the strike zone (by an umpire) or he or she is out. If there are four balls (a pitch that is not in the strike zone), the batter is automatically allowed to go to first base.

When a batter begins running, he or she is then referred to as a runner. Runners attempt to reach a base, where they are safe and can remain on the base until the next hitter comes up.

The defensive players attempt to prevent this by putting the runners out using the ball; runners put out must leave the field.

A batter gets a hit when he or she reaches a base without getting out or forcing another runner to get out (and without the defense making an error).

Runs are scored when a player completes a circuit of the diamond before there are three outs in the inning.

If a player hits the ball over the outfield fence in fair territory (between the foul lines), it's a home run, and the batter can circle all four bases.

ON DEFENSE

There are many ways that the team on defense can get an offensive player out.

Four common ways are:

Strikeouts (hitter misses three pitches)

Force-outs (when, after the ball is hit, the defensive player with the ball reaches a base before the runner)

Flyouts (when a player hits the ball in the air and it's caught by a defensive player before the ball hits the ground)

Tag outs (when a runner is touched with the ball or a glove with the ball in it)

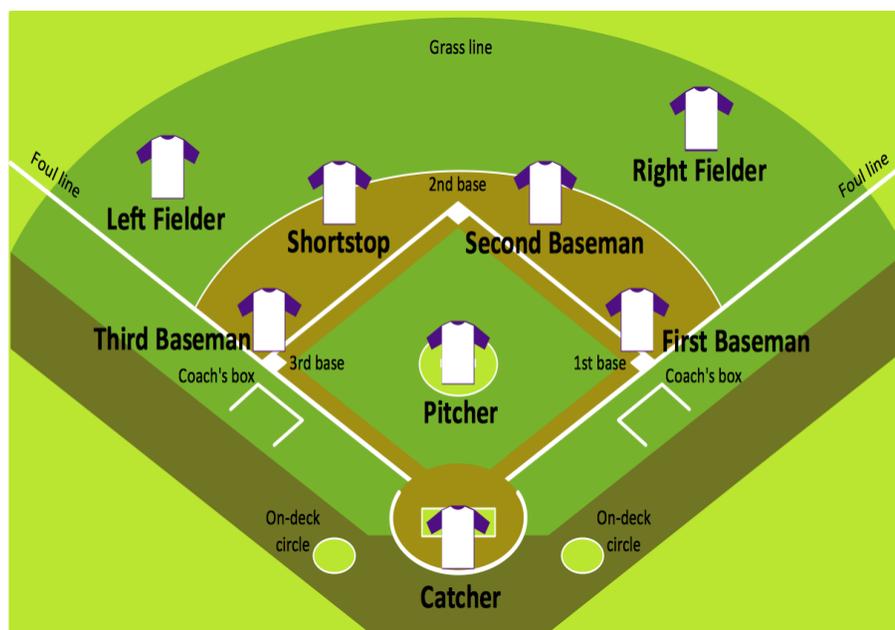
How does softball differ?

In fast-pitch softball, the pitcher throws the ball underhand instead overhand, and the field is about 1/3 smaller all around.

Games typically last only seven innings.

On the championship/Olympic level, softball is a women's sport, but both sports are played by men and women throughout the world.

Slow-pitch softball, when the pitch is underhand and lobbed, is generally played on a recreational basis.



Lead Up Skills

- Throwing the ball underhand
- Throwing the ball overhand
- Using the non-dominant leg while throwing
- Catching the ball with 2 hands
- Catching the ball with 1 hand
- Holding the bat with proper form
- Swinging the bat with proper form
- Running the bases

Assessment Skills

- Catching the ball
- Throwing the ball
- Swinging the bat

BASIC SOFTBALL SKILLS

UNDERHAND THROW : The ball is held in the hand with the palm up and with the weight on the right foot. While keeping the arm in close to the body, swing the arm backward then forward. At the same time, step forward with the left foot while releasing the ball at hip level. Follow through with throwing arm. (Left-handed children should use opposite hand and feet positions).

OVERHAND THROW: Hold the ball with the palm down and with the fingers spread around the ball. Face the target with feet parallel, body balanced, and eyes on the target. Bring the arm back with the elbow bent and shift weight to the right foot. Swing the arm forward using the hand, wrist, and shoulder. Turn to throw the ball as the weight is shifted to the left foot. Follow through with the arm and body. (Left-handed children should use opposite hand and feet position).

CATCHING: Keep eyes on the incoming ball and at the same time move the body in line with incoming ball. Keep the hands relaxed and slightly cupped. As contact is made with the ball, give with the hands and close them firmly around the ball. Balls caught above the waist should be caught with the fingers up and the thumbs in line. Balls caught below the waist are caught with the fingers pointed down and with the little fingers in line with each other.

FIELDING: Keep eyes on the ball and move the body in line with the ball. Stand with feet comfortably spread to permit movement in any direction. As ground balls often bounce, the fielder can step forward with fingers pointed down and field the ball just in front of the toes.

SOFTBALL SAFETY

The following Safety Rules are recommended.

- Shoes must be worn at all times during physical education.
- There should be only one bat available for each game.
- Sliding is never allowed.
- The catcher should wear a protective mask and stand at a safe distance away from the batter, in case the bat is accidentally thrown.
- Use cones to establish a "dug out area." The batting team is placed approximately 8-10 yards outside the first base line at a safe distance from the batter.
- Use elementary rubber softballs.
- Throwing or slinging the bat is always an out. A 6' circle can be drawn around home plate to establish if the bat was thrown. If the bat is totally outside the circle the batter is out.
- The batter should not pick-up the bat until the pitcher has the ball and all other teammates are in the dugout area.

SOFTBALL ACTIVITIES



BASE RACE

Space: Field Area

Equipment: Softball, 4 base mats

- Five (5) players take the positions at each base and pitcher's mound.
- The other five (5) players line up to the right of home base.
- The first player steps up to home plate.
- The pitcher is in position, ready to pitch the ball to the catcher.
- The instant the ball leaves the pitcher's hand the first player starts to run the bases and tries to get back home before the ball can be thrown around the bases.
- The catcher gets the ball and throws it to first, first throws it to second, second throws it to third, third throws it to home.
- Every baseman must touch the base with the foot before throwing the ball on the next baseman.
- Failure to do this constitutes a foul and gives the runner free passage home.
- If the runner gets home before the ball returns to the catcher, the runner gets one score and goes to the end of the line.
- The ball must complete the round, even though the runner is home. When all players have had a chance to run, the teams change positions.
- Each team must have a different pitcher every inning. This will allow for everyone to have an opportunity to catch the ball.

BASEBALL TAG

Space: Field Area

Equipment: 1 Spot Marker, 1 Plastic Ball, 1 Bat, 1 Tee (or cone)

- Set up 1 spot marker at the center of the playing space.
- Place 1 plastic ball, 1 bat, and 1 tee at the front of the area.
- Place a hoop just in front of the tee (cone) as the batter's hoop.
- 1 student will bat first.
- The rest of the students will spread out in open space and act as the fielders.
- The object of the game is for the batter to tag as many players as she/he can before the fielders make an out.
- On the start signal the batter will hit the ball off of the cone (tee).
- As soon as the ball is hit, the batter will place the bat in the batter's hoop and begin chasing fielders.
- For each fielder that is tagged, a run is scored.
- While the batter is tagging fielders, the fielders are working to make an out.
- This is done by getting the ball and making good relay throws to the pitcher's mound (spot marker).
- Fielders may not run with the ball.
- It must be thrown from player to player until it is cleanly caught on the mound. If tagged, fielders with the ball are worth 2 runs.

BATTING ROTATION

Space: Field Area

Equipment: 1 softball for every 3 players; one batting tee for every 3 players.

- Divide your class into groups of three (3) players.
- Each group sets up in the position as described.
- There is one batter, one infielder, and one outfielder.
- The batter hits five (5) times.
- Award one point to the player who catches or fields the ball clearly.
- After five (5) hits the players rotate to a different position.
- The batter becomes the infielder; The infielder becomes the outfielder; The outfielder becomes the new batter.
- Besides giving points to the fielders, you might want to give out bonus points to groups that are encouraging to each other and affirming to the players if mistakes were made.
- Play until the players have had the chance to experience all the positions at least twice.

CATCH ON THE SANDLOT

Space: Field Area

Equipment: 16 Cones, 24 Spot Markers, 8 Plastic Balls

- Set up Circle Sandlot Formation using cones and 3 spot markers per sandlot area.
- Separate students into groups of 3, each group with a ball.
- Send group of 3 to each Circle Sandlot area.
- At each sandlot area there are 3 spot markers set up in a triangle.
- Each member of your group will move to a spot marker.
- The player with the ball starts the game by throwing the ball to the player on their left.
- Throw and catch around your triangle until you hear the stop signal.
- Ground balls: Player 1 rolls the ball to Player 2, who fields it and throws to Player 3.
- Player 3 rolls to Player 1, who fields it and throws to Player 2.
- Continue this pattern until you hear the stop signal.
- Fly balls: Player 1 tosses a high “pop-fly” to Player 2, who catches it and throws a good overhand throw to Player 3.
- Player 3 tosses a “pop-fly” to Player 1, who catches it and throws a good overhand throw to Player 2.
- Continue this pattern until you hear the stop signal.

FIRST AND HOME

Space: Field Area

Equipment: 6" playground ball or softball, volleyball or soccer ball, three base pads

- Six (6) players on Team A spread out between first base and third base, with a catcher behind home plate.
- Team B lines up to the right of home plate.
- The first player on Team B stands to the left of home base, throws the ball as hard and as far as he/she can, and tries to get to first base and back to home before the fielders can recover the ball and get it to the catcher.
- If he/she is successful, a point scores.
- If the catcher puts his foot on home base with the ball in his possession before the runner gets there, the runner is out.
- If a fielder catches the thrown ball before it hits the ground it is an out.
- If the ball goes outside the foul line on the throw, it is an out.
- **ONLY THE CATCHER CAN PUT THE RUNNER OUT AT HOME.**
- The fielders must throw, not hand, the ball to the catcher.
- The runner cannot be put out at first base.
- Allow everyone on the team to have a turn throwing before changing sides.
- This eliminates the need for students to remember their place in line.
- The only purpose of using third base is to establish the foul line.
- The same game may be played using a volleyball and serve (eliminate the out on a fly here) or a soccer ball and a kick.

HEAVE HO AND AWAY WE GO

Space: Field Area

Variation: Instead of kicking a ball, students will throw a ball.

Equipment: Softballs

- Eight (8) players are numbered consecutively.
- The number one player stands beside home plate, throws a softball as far as possible into the field, and starts to run the bases.
- The other seven players in the field try to retrieve the ball.
- The person who retrieves the ball stops and the others line up behind the person with the ball.
- If the runner has not yet reached home, it is an out, but the runner gets one point for each base that was touched.
- If the runner get home before the players line up, the runner gets four (4) points.
- When the thrower has completed his/her turn, the next number becomes the thrower.
- When all have had an equal number of turns to be the thrower, the player with the highest number of points is declared the winner.

HOME – RUN DERBY

Space: Field Area

Equipment: 8 Cones, 8 Spot Markers, 8 Plastic Balls, 8 Bats, 8 Tees (or cones)

- Set up Circle Sandlot Formation using one bat, one cone, one tee and one spot marker.
- Students will be separated into groups of 3, each group with a ball.
- Send groups of 3 to each Circle Sandlot area.
- Let's take it to the next level with a Home-Run Derby.
- Player 1 is the batter. Players 2 and 3 are outfielders.
- The object of the game is for the batter to score as many Home Runs as possible by hitting the ball off the cone (tee) and landing it beyond the fence cones without being caught by an outfielder.
- Outfielders will try to catch each hit before the ball touches the ground.
- After Player 1 hits 3 balls as the batter, rotate so that Player 2 becomes the new batter and Players 1 and 3 are outfielders.
- On the next rotation, Player 3 becomes the batter.
- Continue this pattern until you hear the stop signal.
- Keep track of how many Home Runs you score.

SKY BALL

Space: Field Area

Equipment: 1 softball

- Three or four players line-up at each end of the playing area.
- The first player on one side throws the ball as high into the air as possible over the territory between the two lines.
- The first player from the other line runs forward and tries to catch it on the fly. If that player succeeds, both players (partners) each get 1 point.
- The players then return to the end of their lines. The number 2 players then repeat the same process.
- This continues until everyone has thrown and received.
- Then the players on one team rotate so that new partners are working together.
- At the end of the game, the player with the highest score is the winner.

TWO BALL TOSSERS

Space: Field Area

Equipment: 1 ball per 2 students

- Balls will be scattered around the field.
- Pair students; each pair with a ball
- The object of the game is for each student and their partner to accurately throw and catch as many plastic softballs as you can before the time is up.
- On the start signal the student will move to a ball, pick it up and make a good throw to their partner.
- The partner will then throw the ball back to student and put it back on the ground while your partner moves to a new ball.
- The partner will then pick up the new ball and make a good throw to student.
- The student will throw back to their partner and then move to a new ball.
- Continue until you hear the stop signal.

SOFTBALL VOCABULARY

Vocabulary Word	Definition
Ball	a pitch that does not pass through the strike zone and is not swung at by the batter.
Base Hit	a hit that allows the batter to safely reach first base (single); second base
Bases Loaded	the situation when base runners occupy first, second, and third base.
Baselines	the two lines that run from home plate through first and third base.
Batter's Box	a three foot by seven foot area on the right and left sides of home plate in which the batter must stand when at bat.
Fly Ball	a batted ball that has not touched the ground. A caught fly ball is an out.
Foul Ball	a batted ball that lands in an area outside the foul lines and stays there.
Grounder (ground ball)	ball hitting the ground.
Home Run	a hit that allows the batter to run around all the bases, cross home plate, and score.
Infield	area within the baseline.
Infielders:	pitcher, catcher, first, second, and third baseman, and short stop.
Inning	each team has a turn at bat and is allowed three outs before going outfield. A completed inning is when both teams have had their "ups."
Mound	area the pitcher stands on.

Out	when a batter or base runner is prevented from safely reaching or advancing bases.
Outfield	area beyond the baseline.
Outfielders	left, center, and right fielders
Run	scored each time a base runner touches first, second, third base and home plate before the third out in an inning.
Strike	a pitch that is swung at and missed, the ball is hit into foul territory, or the batter does not swing at a ball that enters the strike zone. A foul ball only counts as a strike for the first and second strike. The batter is out after three strikes.
Umpire	the person who makes decisions on plays at the bases, on fair or fouls balls, and other rulings.
Walk/Base on Balls	four balls allow the batter to go to first base.