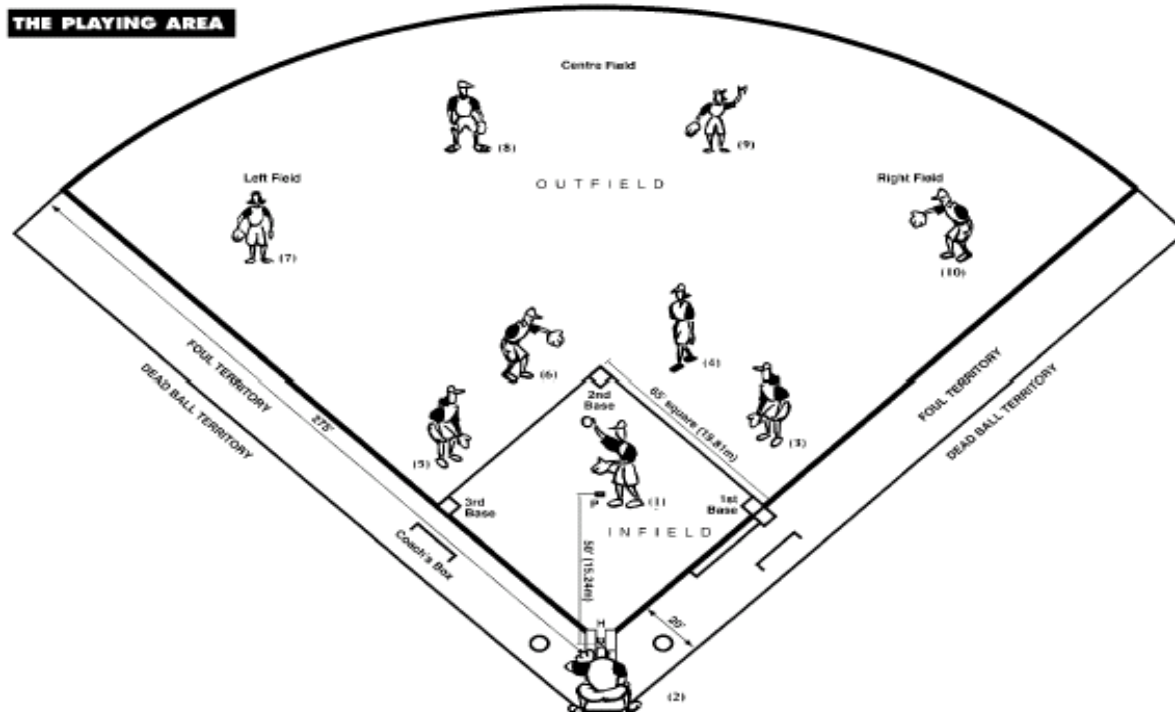




SOFTBALL STUDY GUIDE

HISTORY: Softball evolved around the turn of the 20th century as an adaptation of baseball. It was invented by George W. Hancock in the 1920's. In its early days, it was called "Kitten Ball" and "Ladies Ball".

POSITIONS:



SLOW PITCH

Infield

First Baseman
Second Baseman
Third Baseman
Shortstop
Pitcher
Catcher

Outfield

Left Fielder
Left-Center
Right-Center
Right-Fielder

FAST PITCH

Outfield

Left Fielder
Center Fielder
Right Fielder

Slow-Pitch- 10 players, no bunting or stealing bases is permitted, and 6-12 foot arch on pitch.

General Rules:

1. The game is seven innings long.
2. There are six outs in an inning.
3. A runner may overrun 1st base into foul territory.
4. When there are less than two outs, a runner must tag up when a fly ball is caught before he/she may advance after the ball is caught.

5. Strike: called when one of the following occur;
 1. when a player swings at a pitched ball and misses
 2. when a pitched ball is delivered between the top of the batters knees and armpits (strike zone)
 3. fly ball goes foul and is not caught, batter has less than two strikes
 4. foul tip

6. Ball: called when one of the following occur;
 1. pitched ball that doesn't go over the plate in the strike zone
 2. ball that touches the ground before reaching home plate
 3. an illegally pitched ball

7. Batter Out: called when one of the following occur;
 1. the batter swings and misses for the third strike
 2. the batter bunts
 3. the batter throws the bat
 4. a foul ball is legally caught
 5. hits an infield fly with runners on 1st and 2nd, or 1st, 2nd, and 3rd, less than two outs (infield fly rule).

8. Base Runner Out: called when one of the following occur;
 1. ball reaches first base before the runner
 2. runner is tagged with the ball before reaching first base
 3. fly ball is caught
 4. runner interferes with a fielder trying to field a ball
 5. runner runs out of the baseline
 6. runner is forced out at a base
 7. runner passes another base runner
 8. runner leads off of a base before the ball is hit

Skills:

Throwing (2 types):

1. Overhand- easier, more accurate, step with the opposite foot as you throw.
2. Sidearm- hard to control, use wrist snap, used by infielders-it gets ball to base faster.

Catching: back of the glove faces body, give with glove while catching ball.

- If the ball is above the waist, fingers of glove point up
- If the ball is below the waist, fingers of glove point down
- "Cover" the caught ball in your glove with your other hand

Fielding:

1. **Ground balls-** in a semi-crouch position, weight on the balls of your feet, hold glove low to the ground, turn body to kneel to block ball if it misses your glove.
2. **Fly balls-** extend the glove up and out to catch the ball (use free hand to cover the glove so ball won't fall out). If the ball is hit over your head-turn, run and catch the ball over your shoulder. **DO NOT BACK PEDAL.**

Batting:

1. Grip- hands together, line up knuckles, choke up
2. Stance- head faces pitcher, chin tucked under shoulder, elbows away from body, bat is back
3. Swing- eyes on ball, forward foot steps toward pitcher on swing, rear leg is bent, wrists lead, weight shifts forward
4. Contact- is made out in front of body as wrists whip bat around
5. Follow-through- roll wrists over!

Terminology:

Batting order- order in which players on a team must bat

Count- number of balls and strikes on the batter

Fair Ball- a batted ball that hits first or third base line, is touched by a fielder within the baselines, or bounces within the baseline past first or third

Force Out- when a fielder has possession of the ball at a base where the baserunner was forced to run- do not need to tag the runner

Foul Ball- a ball that first touches an object or player outside of the foul line. It is considered a strike on the batter, if the batter has less than a two strike count.

Lead-off Batter- first batter in an inning

Line Drive- a hard hit ball that travels with little arc, parallel to the ground

Single- a hit that permits the batter to reach first base

Double- a hit that permits the batter to reach second base

Triple- a hit that permits the batter to reach third base

Base on Balls- (a walk)- four pitches thrown out of the strike zone

Inning- that portion of the game within which the teams alternate in the field and at bat. Each team gets three outs only!

Double Play- two offensive players are put out in one play

Stealing- act of baserunner attempting to advance to the next base during a pitch- not allowed in slow pitch.

Strike Zone- that space over any part of home plate between the batters arm pits and the top of the knees

Error- a mistake by the defensive team

Grand Slam- a homerun with bases loaded