

Instructional level:

Hitting

- Use the proper stance at the plate—feet shoulder-width apart, knees slightly bent, appropriate distance from the plate, bat raised off shoulder
- Be able to complete full swing shoulder to shoulder
- Keep their eyes on the ball through the swing
- Know how to safely drop the bat before running

Throwing

- Throw using 1-2-3 motion, specifically using “pick ball off the shelf” and follow-through mechanics.
- Look where you’re throwing—is your teammate looking back at you? Make eye contact before throwing!

Fielding

- Use the “softball ready” stance
- Use “elephants and alligators” mechanics
- Know the names of each position and where to stand
- Know where to stand before the ball is hit, and then where to go after it’s hit, based on where the ball is hit

Base-running

- Understand how to run the bases in the correct order, making sure to touch each base every time
- Know how to run to first on a single or to home plate—through the base
- Know how to run past any base—touch the outside corner of the base

Pitching

- Know how to grip the ball using the “cross the ‘C’” technique
- Know the correct arm/body motion—sideways, pitching arm extended up and out, glove hand toward plate
- Know the correct foot placement

Catching

- Know the correct catch and release position exposure

Ponytail level:

Hitting

- Use the proper stance at the plate—feet shoulder-width apart, knees slightly bent, appropriate distance from the plate, bat raised off shoulder
- Be able to complete full swing shoulder to shoulder
- Keep their eyes on the ball through the swing
- Know how to safely drop the bat before running
- Know how to balance on back foot

Throwing

- Throw using 1-2-3 motion, specifically using “pick ball off the shelf” and follow-through mechanics.
- Look where you’re throwing—is your teammate looking back at you? Make eye contact before throwing!
- Improve their accuracy through repetition
- Know where to place their feet after fielding—knees bent, elbow raised
- Use “crow hop” mechanics for distance throwing
- Be able to throw accurately at 15 ft., 30 ft., 45 ft.

Fielding

- Use the “softball ready” stance
- Use “elephants and alligators” mechanics
- Know the names of each position and where to stand
- Know where to stand before the ball is hit, and then where to go after it’s hit, based on where the ball is hit
- Know how to play in various situations based on number of outs—what to do, when, and where
- Know where to rotate based on where the ball is hit
- Know how to cover bases
- Know how to run down a player between bases

Base-running

- Understand how to run the bases in the correct order, making sure to touch the base every time.
- Know how to run to first on a single—through the base. Know how to past any base—touch the outside corner of the base.
- Know how and when to tag up
- Know how far off the base to move when the ball is popped up and how to react
- Know how to shuffle off the base before the pitch is released and when/how to shuffle back
- Introduce the sliding technique

Pitching

- Know how to grip the ball using the “cross the ‘C’” technique
- Know the correct arm/body motion—sideways, pitching arm extended up and out, glove hand toward plate
- Know the correct foot placement
- Know how to correctly release the ball at the hip
- Improve accuracy through repetitions
- Know their fielding position after delivery of pitch

Catching

- Know the correct catch and release position exposure
- Introduce players to the framing technique
- Execute throws to second and third
- Know when and how to take the mask off for pop-ups

Sophomore level:

Hitting

- Use the proper stance at the plate—feet shoulder-width apart, knees slightly bent, appropriate distance from the plate, bat raised off shoulder
- Be able to complete full swing shoulder to shoulder
- Keep their eyes on the ball through the swing
- Know how to safely drop the bat before running
- Know how to balance on back foot
- Begin learning how to pick up front foot and place it down
- Introduce bunting techniques
- Learn how to turn hips before hands passing

Throwing

- Throw using 1-2-3 motion, specifically using “pick ball off the shelf” and follow-through mechanics.
- Look where you’re throwing—is your teammate looking back at you? Make eye contact before throwing!
- Improve their accuracy through repetition
- Know where to place their feet after fielding—knees bent, elbow raised
- Use “crow hop” mechanics for distance throwing, but move past motion and work on distance
- Be able to throw accurately at 30 ft., 45 ft., 60 ft.

Fielding

- Use the “softball ready” stance
- Use “elephants and alligators” mechanics

- Know the names of each position and where to stand
- Know where to stand before the ball is hit, and then where to go after it's hit, based on where the ball is hit
- Know how to play in various situations based on number of outs—what to do, when, and where
- Know where to rotate based on where the ball is hit
- Know how to cover bases
- Know how to run down a player between bases
- Know how to use a cut-off man

Baserunning

- Understand how to run the bases in the correct order, making sure to touch the base every time.
- Know how to run to first on a single—through the base. Know how to past any base—touch the outside corner of the base.
- Know how and when to tag up
- Know how far off the base to move when the ball is popped up and how to react
- Know how to shuffle off the base before the pitch is released and when/how to shuffle back
- Know how to safely execute a slide
- Know how to steal bases

Pitching

- Know how to grip the ball using the “cross the ‘C’” technique
- Know the correct arm/body motion—sideways, pitching arm extended up and out, glove hand toward plate
- Know the correct foot placement
- Know how to correctly release the ball at the hip
- Improve accuracy through repetitions
- Know their fielding position after delivery of pitch
- Know the correct body turn
- Push forward

Catching

- Know the correct catch and release position exposure
- Introduce players to the framing technique
- Execute throws to second and third
- Know when and how to take the mask off for pop-ups

Junior level:

Hitting

- Use the proper stance at the plate—feet shoulder-width apart, knees slightly bent, appropriate distance from the plate, bat raised off shoulder
- Be able to complete full swing shoulder to shoulder
- Keep their eyes on the ball through the swing
- Know how to safely drop the bat before running
- Know how to balance on back foot
- Begin learning how to pick up front foot and place it down
- Learn how to turn hips before hands passing
- Know how to bunt
- Learn how to move out of the way on passed/dropped balls

Throwing

- Throw using 1-2-3 motion, specifically using “pick ball off the shelf” and follow-through mechanics.
- Look where you’re throwing—is your teammate looking back at you? Make eye contact before throwing!
- Improve their accuracy through repetition
- Know where to place their feet after fielding—knees bent, elbow raised
- Use “crow hop” mechanics for distance throwing, but move past motion and work on distance
- Be able to throw accurately at 30 ft., 45 ft., 60 ft.

Fielding

- Use the “softball ready” stance
- Use “elephants and alligators” mechanics
- Know the names of each position and where to stand
- Know where to stand before the ball is hit, and then where to go after it’s hit, based on where the ball is hit
- Know how to play in various situations based on number of outs—what to do, when, and where
- Know where to rotate based on where the ball is hit
- Know how to cover bases
- Know how to run down a player between bases
- Know how to use a cut-off man
- Learn first base on dropped third
- Stealing home and throws through

Baserunning

- Understand how to run the bases in the correct order, making sure to touch the base every time.
- Know how to run to first on a single—through the base. Know how to past any base—touch the outside corner of the base.
- Know how and when to tag up
- Know how far off the base to move when the ball is popped up and how to react
- Know how to shuffle off the base before the pitch is released and when/how to shuffle back
- Know how to safely execute a slide
- Know how to double-steal

Pitching

- Grip (cross the C)
- Arm/body motion (Sideways, pitching arm extended up and out, glove hand toward plate)
- Foot placement
- Release work
- Increased accuracy
- Fielding position after delivery of pitch
- Body turn
- Push forward
- Coming home on dropped third

Catching

- Know the correct catch and release position exposure
- Introduce players to the framing technique
- Execute throws to second and third
- Know when and how to take the mask off for pop-ups