

Softball Goals

There are many levels to being a competent softball player. The team will be very successful if all positions can achieve level 4

1. Pitcher
 - a. Throw strikes 50% of the time
 - b. Change speeds
 - c. Be able to locate the ball at the edge of the plate
 - d. Know location to throw to depending on situation.
2. Catcher
 - a. No passed balls on strikes and close balls.
 - b. Be a threat to throwdown at 2nd/3rd
 - c. Block the plate effectively with balls in the dirt
 - d. Call pitches
3. 1st base
 - a. Catch balls while on base with proper footwork
 - b. Catch balls in the dirt
 - c. Know when to come off base
 - d. Call defensive plays
4. Second base
 - a. Cleanly field all medium speed ground balls within two steps of start position and make a throw to first base in <3 seconds.
 - b. Know double play, backup and bunt responsibilities.
 - c. Field pop ups within 10 steps of start position
 - d. Field ground balls within 10 steps of start position
5. Third base
 - a. Prevent bunt singles
 - b. Cleanly field all medium speed ground balls within two steps of start position and make a throw to first in <3 seconds.
 - c. Field pop ups within 10 steps of start position
 - d. Have knowledge of effective starting positions, including fakes.
6. Short stop
 - a. Cleanly field all medium speed balls within four steps of start position and make a throw to first in <3 seconds.
 - b. Field pop ups within 10 steps of start position
 - c. Receive throwdown properly
 - d. Turn double play

7. Left Field
 - a. Know where to throw the ball
 - b. Field ground balls within 10 steps of start position
 - c. Field fly balls within 10 steps of start position
 - d. Know how to field the ball depending on count/score
8. Center Field
 - a. Know where to throw the ball
 - b. Field ground balls within 20 steps of start position
 - c. Field fly balls within 20 steps of start position
 - d. Know outfield backups
9. Right Field
 - a. Know where to throw the ball
 - b. Field ground balls within 10 steps of start position
 - c. Field fly balls within 10 steps of start position
 - d. Know how to field the ball depending on count/score, especially to first base.

1. Hitting
 - a. Know strike and hitting zone
 - b. Bunt (sacrifice, for single) 80% success rate
 - c. Understand timing
 - d. Optimize swing

1. Baserunning
 - a. Proper leadoff every time
 - b. Know when it is a force situation or not
 - c. Know when to stay/go on ground ball and fly balls
 - d. Proficient at sliding