



9. Emphasize the importance of catching the ball with the hands and not the body.
10. Practice positioning the athlete's entire body under the catch.

Faults & Fixes Chart – Catch a hit fly ball

| Error | Correction | Drill Reference |
|---|---|---------------------------------|
| Using one hand without covering ball in glove | Re-emphasize covering the ball in the glove | Fly Ball Drills |
| Closing glove before impact | Re-emphasize tracking the ball all the way into the glove. Close and cover after ball gets into the glove | Fly Ball Drills |
| Arms straight and knees locked | Review ready position and have athlete flex their knees and elbows | Ready position – Fly Ball Drill |

Learn fielding strategy

Skill Progression – Learn fielding strategy

| Your Athlete Can | Never | Sometimes | Often |
|---|--------------------------|--------------------------|--------------------------|
| Throw to base ahead of runner | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tag base of forced runner to get runner out | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tag runner when he is not forced to advance to get him out | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Know where to throw before each batter hits | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Follow the general rule, “get the sure out” | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do not allow the ball to get by one's body, i.e., “keep the ball in front of the body” | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Always throw the ball in order to move it around the field. The ball will travel faster from one place to another if it is thrown rather than carried by a player | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do not throw the ball to a base which is not covered by a teammate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Totals | | | |

Teaching Points – Learn fielding strategy

1. Read rules of strategy to the athlete.
2. Analyze each throwing and fielding tactic. Discuss the purpose for each tactic.
3. Take athlete to a softball game, and ask athlete to identify various fielding tactics.



Fielders' Positions

Skill Progression – Learn fielders' positions

| Your Athlete Can | Never | Sometimes | Often |
|--|--------------------------|--------------------------|--------------------------|
| Study diagram of fielders' positions | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Draw a diagram of a softball field and write in the position number at the correct spot on the field | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Play every position at least once during practice | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Visualize each fielder's position and memorize the corresponding number for that position | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Totals | | | |

1. Pitcher – pitches from the pitcher's rubber.
2. Catcher – assumes a crouch in line with the center of the plate and behind the back line of the batter's box.
3. First Baseman – plays about ten feet to the second base side of first base and about five feet behind the first to second base line.
4. Second Baseman – plays about fifteen feet to the first base side of second base and about ten feet behind the base line.
5. Third Baseman – plays about eight feet to the second base side of third base and about five feet behind the second to third base line.
6. Shortstop – plays about fifteen feet to the third base side of second base and about twelve feet behind the base line.
7. Left fielder – plays between the third baseman and shortstop, halfway to the outfield fence.
8. Left center fielder – plays between shortstop and second base, two-thirds of the way to outfield fence.
9. Right center fielder – plays between second base and second baseman, two-thirds of the way to outfield fence.
10. Right fielder – plays between second baseman and first baseman, halfway to the outfield fence.

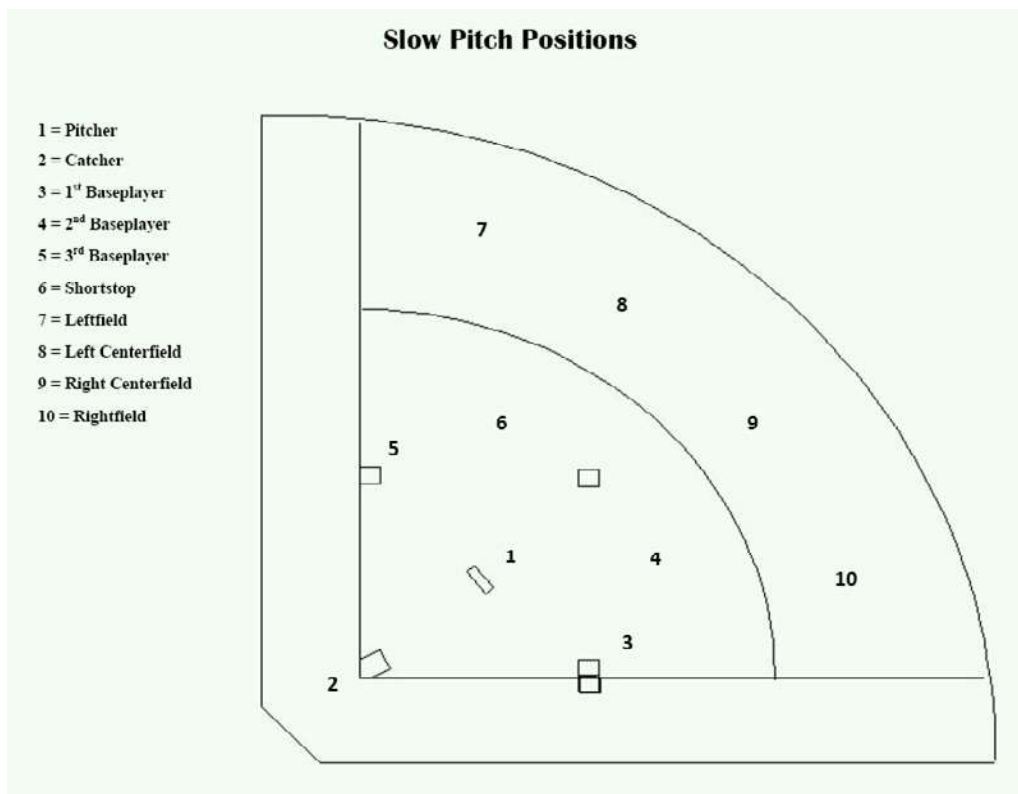


Special Olympics Softball Coaching Guide Teaching Softball Skills



Teaching Points – Learn fielders' positions

1. Use a poster or magnetic board and have the athlete place figures which represent each fielder on the board in their respective positions.
2. Give a quiz about the various positions to the athletes.
3. Play Work-Up, where each player plays at every position at least once.





Positional Strategy

Skill Progression – Learn positional strategy

| Your Athlete Can | Never | Sometimes | Often |
|--|--------------------------|--------------------------|--------------------------|
| Understand the responsibilities of each position | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Learn the standard methods of making an out at each base | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Totals | | | |

Follow these tips for playing each position

1. Pitcher – covers the territory around the pitcher’s mound; takes the throw at first base when the first baseman fields a ground ball deep behind the base; backs up third base and home on throws to these bases from the outfield.
2. Catcher – covers the territory around home plate, including foul ground; direct infield on pop ups and foul fly balls; shifts all fielders according to the strength and stance of the batter.
3. First Baseman – covers the territory around first base; including foul ground and shallow right field; takes throws from other infielders to get batters out at first base; receives throws by placing throwing-side foot on the base and stretching toward the throw with catching side leg in order to catch the ball early; becomes cut-off man on throws from all outfielders to home by moving to a spot near or on the pitcher’s mound that is in line with the outfielder and home plate.
4. Second Baseman – covers territory to the first base side of second base, including shallow right field; takes throws at second base when the ball has been hit to the left side of the infield; makes double plays by stepping on second base while receiving throw from other infielder and throwing to first base for the second out; becomes relay man on throws from deep right field.
5. Third Baseman – covers territory around third base, including foul ground and shallow left field; takes throws at third base for force outs or tag plays on non-forced runners; makes force out by stretching to receive the throw, and makes tag out by straddling the base.
6. Shortstop – covers territory to the third base side of second base, including shallow left field; takes throws at second base when the ball has been hit to the right side of the infield; makes double plays by stepping on second base while receiving throw, then throwing to first base for the second out; becomes relay man on throws to third from deep center or left field, and on throws to home from deep left field.
7. - 10. Outfielders – cover their respective fields; back up plays at the various bases in their areas; back up fellow outfielders and infielders in their areas on all plays; throw to base ahead of lead runner to prevent the runner from advancing; throw to relay man or cut off man on throws to third and home; shift to left or right and in or out depending on the wind, batter’s strength and stance, score, and the location of base runners.

Teaching Points – Learn positional strategy

1. Instruct the catcher to tell the cut-off man to intercept the throw if there is no chance for a play at home, or to let the throw go through if there is a chance for a play at home.
2. It is standard theory that the second baseman, third baseman and short-stop be right-handed throwers, because it takes them one less step to make a throw to first or second base.

