

Softball Checklist

Name: _____

Class: _____

Date: _____

Throwing Checklist:

1. Elbow is flexed and away from the body _____
2. With their glove hand, they point to their target _____
3. Step towards their target _____
4. Upper body rotates towards target _____
5. After release, throwing hand follows through towards opposite hip _____

Catching Checklist:

1. Arm with glove is outstretched in preparation of the ball arriving _____
2. Glove is open with the outstretched arm _____
3. Eyes follow the ball as it approaches the glove _____
4. Arm and hand move to compensate for the throw _____
5. Ball is controlled when it hits the glove _____

Ground Ball Fielding Checklist:

1. Student gets into 'ready' position (feet shoulder width apart, half squat, glove towards the ground) before the pitch is thrown _____
2. When the ball is hit, the student takes a few steps towards the ball _____
3. Student keeps the ball in front of them while fielding it _____
4. When approaching the ball, the student gets back in to 'ready' position just before reaching the ball _____
5. Student keeps their glove open and watches the ball into the glove _____

Fly Ball Fielding Checklist:

1. After the ball is hit in the air, the student gets under the ball in a timely fashion _____
2. Student extends arm, with a slight bend, over their head in preparation of the ball _____
3. Student puts non-gloved hand up in the air with the gloved hand as another support for the catch _____
4. Student watches the ball into the glove for the catch _____

Batting Checklist:

1. Students stand in the batter's box with a good stance (feet shoulder width apart, slight bend in the knee, elbow closest to the pitcher is up, body is perpendicular with the pitcher)_____
2. When the pitch is thrown, body weight should be transferred to the back foot_____
3. Before starting the swing, small step is taken towards the pitcher
4. Hands and bat move forward towards the ball_____
5. Hips and shoulders rotate towards the ball_____
6. Contact is made with the ball_____

Student follows through with the bat after making contact with the ball_____