

Zionsville Little League

Softball Skill Levels

Minor 7/8:

Terminology: names of bases, out, strike, ball, safe and fun
Hitting:

- Stance: bend knees, relax and bat-up
- Stride with front foot
- Squash the bug
- Level swing
- Do not throw the bat
- Strike zone
- Balls & strikes
- Encourage swinging at strike

Infield rotations and why:

- Throwing — technique: arm back, point to target, square shoulders, throw to target and follow through (crow hop)
- Fielding — field between feet, alligator bend knees, glove on ground and ball/glove up to body
- Fly balls — position balls not in front of face, good start with waffles or rubber balls
- Base running — understands advancing to bases, basic coach's signal, tagging up, run through 1st base and home plate, stop on all other bases
- Force out
- Tagging runners — teach base runners that they can be tagged out

Minor 9/10:

- Reinforce what was taught in Minor 7/8
- Stealing
- Hesitation rule
- Bunting
- Infield fly
- Outfield where to throw and backing up throws
- Back hand field
- Under hand toss
- Rotating
- Sliding
- Tagging techniques

Major 11/12:

- Reinforce what was taught in Minor 7/8 and Minor 9/10
- Concentrate on stealing, sliding and bunting