

BHS SOFTBALL:

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)		/4	/4	/4	/4	/4	
SKILL (12/24):		APPLICATION 2 (4):					
APPLICATION 1 (4):		APPLICATION 3 (4):					
KNOWLEDGE (6)							
TOTAL (50):							

SKILL 1: Throwing

- Steps with correct lead foot
- Uses correct hip rotation
- Arm motion; begins with 90 angle, ball passes ear, follow-through across body

SKILL 2: Catching

- Contacts ball out in front of body
- Uses a cover hand
- Brings ball into central point of body (ready to throw)

SKILL 3: Hitting

- Body position; flexion of knees, waist, stance
- Arm position; front elbow down, back elbow up
- Hands; correct grip on bat, leading the bat through the zone

SKILL 4: Fielding

- Body position: Feet shoulder-width, hands out in front, low to the ground
- Ball fielded out in front of body, brought into stomach.
- Cover hand used over glove when fielding.



TOTAL SKILL: /12-24

APPLICATION 1: Skills

- 4 Applies effective offensive strategies (i.e. hitting the ball into the outfield, base running) and defensive skills (i.e. routine defensive plays, catching, fielding) with few, if any, observable errors.
- 3 Applies offensive skills and defensive skills with errors in technique or with inconsistencies when hitting/throwing.
- 2 Performs skills showing some elements of correct technique but application is consistently ineffective.
- 1 Attempts skills but technique is not yet sufficient resulting in consistently ineffective performance.

APPLICATION 2: Strategies

- 4 Consistently applies effective offensive strategic play (i.e. base advancement on hits) and specialized defensive position strategy by adjusting to game situations (i.e. # of outs, position of base runners) without hesitation.
- 3 Applies appropriate offensive and defensive strategies (i.e. throwing to the correct base on a hit) yet hesitates or is indecisive when reacting in game situations.
- 2 Able to use some of the skills but needs assistance to respond to offensive and defensive situations. Constant reminders are needed from others for involvement in team strategy.
- 1 Students do not contribute to offense or defense without help from others.

APPLICATION 3: Rules and Conventions

- 4 Applies rules, conventions of play, terminology, without hesitation and with no observable errors. Students announce the score directly when asked.
- 3 Applies major rules and conventions of play, terminology, but make minor errors or may seek confirmation from others. Students announce the score directly when asked.
- 2 Demonstrates a general understanding of the activity, but needs assistance from others to correctly apply rules, conventions of play, terminology and/or scoring.
- 1 Consistently demonstrates incorrect application of rules, conventions of play, terminology and/or scoring and rely on others to play correctly.

TOTAL APPLICATION: /12

VOCABULARY:

FORCEOUT: An out made when a base runner, forced to run because another team-mate must run to the base being occupied, cannot reach the next base safely.

FOUL BALL: A ball hit outside the foul lines.

INNING: A turn at batting and fielding for each team.

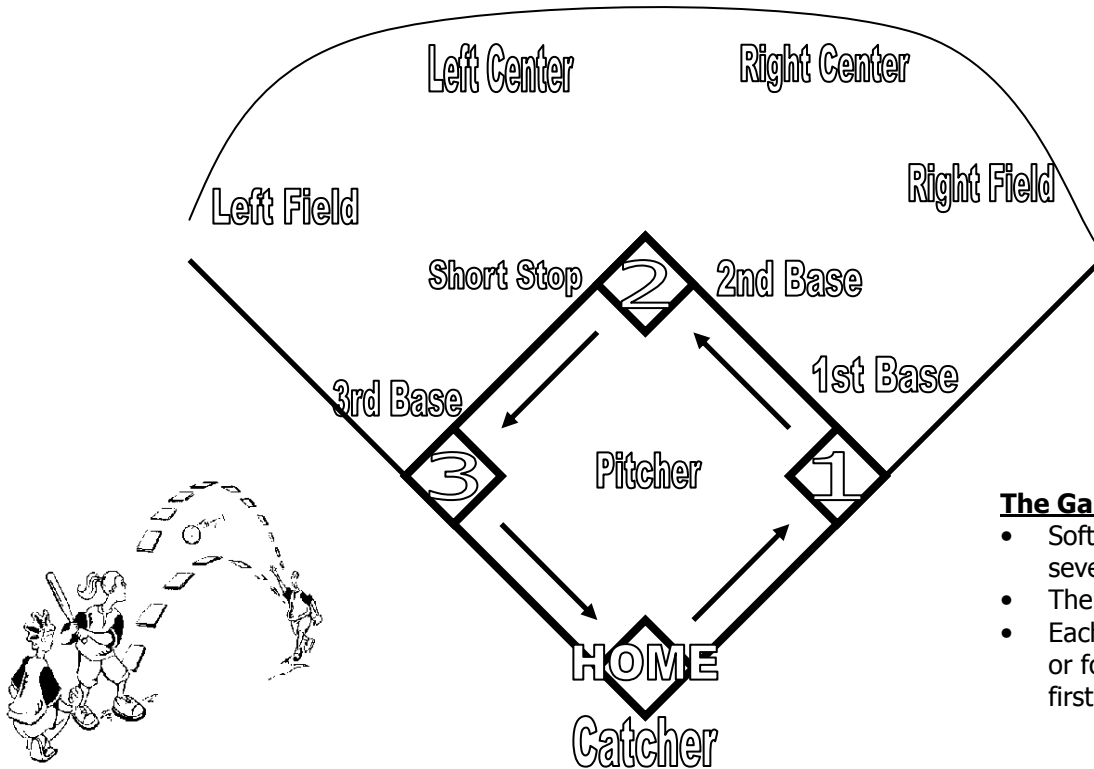
ON DECK: Waiting to bat next.

RUN BATTED IN (RBI): Credit a batter receives for a hit that enables a team-mate to score.

SACRIFICE FLY: A fly-ball hit far enough to enable a base runner to score after the ball has been caught.

TAG: A base runner who is off base and touched with the ball by a fielder.

TAG UP: If a ball is hit in the air, base runners must remain on the base until the ball is caught: They TAG UP.

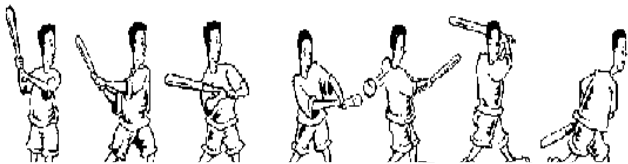


The Game:

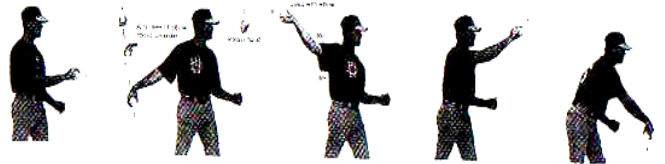
- Softball games are played to seven innings.
- There are 3 outs per inning
- Each batter is allowed 3 strikes or four balls (whichever comes first).

PITCHING: In Slo-pitch Softball, the pitcher must start with a foot in contact with the pitching plate. He may take one step in any direction, but his foot must remain in contact with the plate until the ball is released. The ball is lobbed underarm and must have an arc which reaches at least six feet, but no more than twelve feet, from the ground. Anything else will be called an illegal pitch by the umpire and will count as a ball unless the batter swings at the pitch.

Hitting Progression



Softball Throwing Progression



STRIKE ZONE

