

SUBJECT: PE

UNIT: Year 7 – Softball



Key Skills:

THROWING – From pitching to fielding this is where most errors are made in Softball. No matter what position you play, being able to throw a softball is one skill you cannot go without. Fast and accurate throwing using an overarm technique is essential for every softball player. Always step into your throw and use your dominant hand.

BATTING – To be able to bat successfully you need to get in the ready position with your bat resting close to your back. Your body should be turned sideward on and feet shoulder width apart with a slight bend in the knee. Swing through the ball.

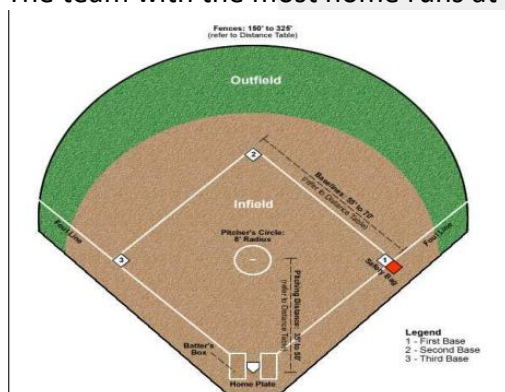
CATCHING – it is important to be able to read the ball's movement off the bat and to move quickly into the correct position. Once in position concentrate on the coordination of the hands to caress the ball in to your hands. Different techniques are used if the ball is above or below the shoulder height

FIELDING – If you are effective at fielding you will be able to successfully field 'ground balls' that roll quickly across the floor as well as 'fly balls' that fly through the air. You will always have your dominant hand free and often wear a glove in your non-dominant hand. Always keep your eyes on the ball and get your body behind the ball.

TACTICS - Hitting the ball between first and third base and into space. - Throwing accurately and quickly to the correct base. - Targeting weaker opponents when batting. - Accurate pitching. - Always anticipate the ball in the field.

Rules

- There are 9 players on each team (fielding and batting) although this can be adapted.
- When batting, a player has a maximum of three strikes. If you don't hit it in the correct area or hit the ball at all you're out.
- Any ball that is hit outside of the first and third base is a foul ball.
- The batter/runner must touch each base as they run around and can stop at any base.
- If the batter/runner makes it all the way around to the home plate they score a home run
- Batters can be caught out and run out by the fielding team. They can also be tagged.
- The team with the most home runs at the end of all innings is the winning team.



Keywords

Pitcher
Strike
Out
Catcher
Base
Foul Ball
Home run