

SUBJECT: PE

UNIT: Year 9 - Softball

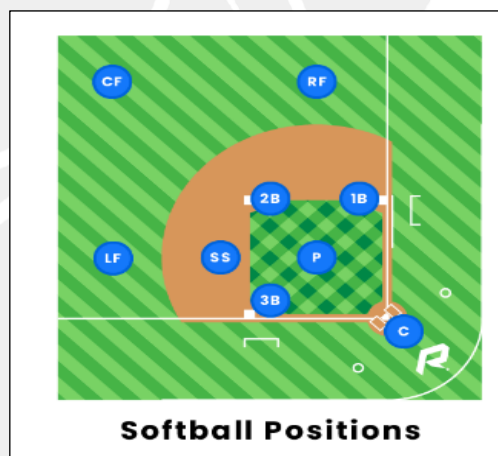


Key skills

BASERUNNING – This skill requires being focused on the game and running between bases with speed and accuracy. Often you can steal bases if you pay good attention through inaccurate throwing and catching.

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.

Softball positions



Keywords

Pitcher
Strike
Out
Catcher
Base
Foul Ball
Home run
Obstruction
Safe
Inning

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.

Components of fitness used in Softball

Speed
Agility
Coordination
Muscular strength