

## Softball – Core and advanced skills

	<b>Core</b>	<b>Advanced</b>
<b>Year 7</b>	<p><b>Batting</b> – Grips, stance, contact to be made, base running</p> <p><b>Pitching</b> – Basic slow pitch technique</p> <p><b>Fielding</b> – Basic glove positioning, overarm throwing and catching action</p>	<p><b>Batting</b> – Hitting all balls into the field</p> <p><b>Pitching</b> – Backspin, variety of heights</p> <p><b>Fielding</b> – Effect use of the glove when catching, throwing the distances between bases</p>
<b>Year 8</b>	<p><b>Batting</b> – Grips, stance, contact to be made, base running, hitting all balls into the field</p> <p><b>Pitching</b> – Basic slow pitch technique, backspin, variety of heights</p> <p><b>Fielding</b> – Basic glove positioning, overarm throwing and catching action, effect use of the glove when catching, throwing the distances between bases</p>	<p><b>Batting</b> – bunting, stopping or turning at first base</p> <p><b>Pitching</b> – Pitching to location (inside/outside, top/bottom of the strike zone)</p> <p><b>Fielding</b> – Fielding a ground ball, tag outs</p> <p><b>Positional play</b> – infield (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> base and shortstop), catcher</p>
<b>Year 9</b>	<p><b>Batting</b> – Grips, stance, contact to be made, base running, hitting all balls into the field, bunting, stopping or turning at first base</p> <p><b>Pitching</b> – Basic slow pitch technique, backspin, variety of heights, pitching to location (inside/outside, top/bottom of the strike zone)</p> <p><b>Fielding</b> – Basic glove positioning, overarm throwing and catching action, effect use of the glove when catching, throwing the distances between bases, fielding a ground ball, tag outs</p> <p><b>Positional play</b> – Infield (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> base and shortstop), catcher</p>	<p><b>Batting</b> – Leading off, stealing, retreat slide, bent leg slide</p> <p><b>Pitching</b> – Basic fast pitch technique (slingshot and/or windmill, variation of speed)</p> <p><b>Fielding</b> – Force outs, catching fly balls</p> <p><b>Positional play</b> – Pitcher, outfielders</p>