



Under 13 Skills Sets Check List

Amended 10/12/08

The Softball NZ Skill Sets have been developed to help coaches identify and develop technical, tactical, strategy and game knowledge skills appropriate for specific age groups. Using this check list of skills will help both the player and coach to understand the basic fundamentals required to attain and improve skill level and consistency of performance.

Descriptions & Drills for the following Skill Sets can be obtained through purchasing the "Coaching Planner" which is available from Softball NZ www.softball.org.nz

Players name:	Date:
Team:	Age:
Position / s:	Throws: LH RH
Tournament:	Bata: LH RH
Rating guide line: 4. Excellent (strength), 3. Above average, 2. Average, 1. Needs work (weakness)	

Offence	Rating	Comment
Hitting		
Bat Selection		
Basic Swing		
	- Grip	
	- Stance	
	- Set Up/Ready Position	
	- Disciplined Hitting	
	- Loading	
	- Step	
	- Lead with the Elbow	
	- Strike Zone	
	- Hip Rotation	
	- Swing	
	- Follow Through	

Short Game		
Sacrifice Bunt		
	- Position in Box	
	- Stance	
	- Grip	
	- Pivot	
	- Bat at Top of Strike Zone	
	- Extension	
	- Knees	
	- Disciplined Selection	

Offence	Rating	Comment
Base Running		
Running Mechanics		
Exit from Batters Box		
Running Through First Base		
Braking		

Rounding Bases			
Leading off Bases			
Running Extra Bases			
Tag-Up			
Heads up Running			
Stealing			

Sliding			
Bent Leg Slide			

Defence

Throwing			
Over Arm Throw	- Grip		
	- Step		
	- Body Position		
	- Hip/Shoulder Rotation		
	- Arm Action		
	- Lead with Elbow		
	- Release/Wrist Action		
	- Follow Through		
Accuracy			
Underhand Toss	- Stationary		

Defensive Skills			
Ready Position	- Infield		
	- Outfield		
Ground Balls	- Straight Approach		
Lateral Movement	- Side Shuffle		
	- Cross Over Step		
Fly Balls	- Fingers Pointing Up (above waist)		
	- Fingers Pointing Down (below waist)		
	- Ready Position		
	- Ball Judgement		
	- Soft Hands		
	- Foot Movement		
	- Use 2 Hands (where possible)		
Tags			

Pitching		Rating	Comment
Velocity & Mechanics	- Grip		
	- Set Up		
	- Use Both Arms		
	- Stay Tall		
	- Up & Close		
	- Letter K		
	- Power-line		
	- Fast Arm		
	- Fast Spin		
	- Slide		
Movement	- Fastball		

Catching			
Equipment	- Mask, Chest Protector,		

	Shin Guards		
Squat	- Set Up (square)		
Receiving	- Catch the Ball		
	- Catch & Hold		
	- Eyes Open		
	- Blocking the Wild Pitch		
Throwing	- Runners On (alertness)		
Tagging	- Set Up		
Fielding	- Pass Balls the Fence		
	- Bunts		
	- Pop Flies		
Leadership	- Communication		

Team Strategies		Rating	Comment
Specific Defence	- Bases Loaded		
	- Steals of 2 nd Base		
	- Steals of 3 rd Base		
	- Relays & Cutoffs		
	- Double Plays		
Communication	- Fly Ball Priority System		
Defence, Ball to the Outfield	- Single No Runners		
	- Single With Runners		
	- Extra Bases, No Runners		
	- Extra Bases, Runners		
Runners at 3B	- Offense		
	- Defence		

Rules + Understanding		Rating	Comment
Force Play			
Fair / Foul Ball Rule			
Strike Zone			
Safety Base			
Running Lane			