



Under 15 Raw Sox Skills Check List

Amended September 2009

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 checklist 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

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

Hitting		Rating	Comment
Bat Selection	Correct length & weight		
Basic Swing	- Grip		
	- Stance		
	- Set Up/Ready Position		
	- Disciplined Hitting		
	- Timing		
	- Loading		
	- Step		
	- Lead with the Elbow		
	- Pitch Recognition (ball rotation)		
	- Tracking		
	- Strike Zone		
	- Hip Rotation		
	- Swing		
	- Wrist Snap		
	- Extension		
	- Follow Through		
Correcting Faults			

Short Game			
Sacrifice Bunt	- Position in Box		
	- Stance		
	- Grip		
	- Pivot		
	- Bat at Top of Strike Zone		
	- Arm Extension		
	- Knees		
	- Disciplined Selection		
Fake Bunt			
Push Bunt			
Slap Bunt			
Surprise Bunt			
Drag Bunt			
Slap Hitting	- Left Handed		

Base Running		Rating	Comment
Running Mechanics			
Exit from Batters Box			
Running Through First Base			
Braking			
Rounding Bases			
Leading off Bases			
Running Extra Bases			
Jamming			
Tag-Up			
Getting out of a Rundown			
Heads up Running			
Stealing			

Sliding			
Bent Leg Slide			
Pop Up Slide			
Head First Slide			
Hook Slide			
Retreat Dive			
Breaking up Double Plays			

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

Defensive Skills			
Ready Position	- Infield		
	- Outfield		
Ground Balls	- Midline Approach		
	- Straight Approach		
	- Round 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			
Double Plays			

Pitching		Rating	Comment
Velocity & Mechanics	- Grip		
	- Set Up		
	- Drive		
	- Use Both Arms		
	- Stay Tall		
	- Up & Close		
	- Stride Out		
	- Letter K		
	- Power-line		
	- Fast Arm		
	- Fast Spin		
	- Arm Whip (leads with the elbow)		
	- Slide		
	- Measurable Velocity Standards		
Control	- Consistent Release Point		
	- Pitch Height (low & high)		
Movement	- Fastball		
	- Two Different Spins		
Pitch Variation 2 Pitches/2 Speeds	- Dominant Pitch (either drop or rise)		

Catching			
Equipment	- Mask, Chest Protector, Shin Guards		
	- Catchers Mitt		
	- Cup (males)		
Squat	- Set Up (square)		
	- Positioning		
Receiving	- Catch the Ball		
	- Catch & Hold		
	- Eyes Open		
	- Signals		
	- Framing		
	- Blocking the Wild Pitch		
Throwing	- Runners On (angle set up)		
	- Quick Release		
	- Snap Throw		
	- Runners On (alertness)		
	- Pick Off		
Tagging	- Set Up		
	- Laying the Tag		
Fielding	- Pass Balls the Fence		
	- Bunts		
	- Pop Flies		
	- Covering 1st & 3rd		
Leadership	- Communication		
	- Calling the Game		
	- Umpires (relationship)		
	- Setting Defensive Patterns		
	- Game Knowledge		

Team Strategies		Rating	Comment
Specific Defence	- Bases Loaded		
	- Steals of 2 nd Base		
	- Steals of 3 rd Base		
	- Relays & Cutoffs		
	- Double Plays		
Bunt Defence	- Runner at 1 st		
	- Runner at 2 nd		
	- Runner at 3 rd		
	- Runner at 1 st & 2 nd		
Communication	- Fly Ball Priority System		
	- Coaches Signals		
Rundowns			
Defence, Ball to the Outfield	- Single No Runners		
	- Single With Runners		
	- Extra Bases, No Runners		
	- Extra Bases, Runners		
Runners at 1st & 3rd			
Delayed Steals			
Runners at 3B			
	- Offence		
	- Defence		

Rules + Understanding			
Infield Fly Rule			
Dropped Third Strike Rule			
Interference / Obstruction			
Force Play			
Broken Force Play			
Fair / Foul Ball Rule			
Strike Zone			
Designated Player (DP)			
Safety Base			
Player Substitution			
Game Etiquette			
Running Lane			

Softball NZ Player Pathways

U13 Rookie Sox

U15 Raw Sox

U17 Emerging Sox

U19 Silver Sox

Sox 20+