

Munster Girls Softball – Player Skill Matrix

February, 2010

Dimension	Instructional B 5-6 years	Instructional A 7-8 years	U10, Jr. Miss 9-10 years	U12, Minors 11-12 years
Rules of Play	<ul style="list-style-type: none"> <li>• Knows the bases</li> <li>• Knows what an inning is</li> <li>• Knows fair ball from foul ball</li> <li>• Player learn there are different fielding positions and begin to learn responsibilities of each.</li> </ul>	<ul style="list-style-type: none"> <li>• Knows what an out is</li> <li>• Knows 3 defensive outs ends the inning</li> <li>• Knows how to keep score</li> <li>• Knows fair ball from foul ball</li> <li>• Knows when to throw to first, and when to get a force out.</li> <li>• Aware of runner positions.</li> <li>• Plays all positions.</li> <li>• Player knows positions and learn the basic responsibilities of that position</li> <li>• Fielders begin to learn to back-up throws</li> </ul>	<ul style="list-style-type: none"> <li>• Knows how to keep score</li> <li>• Knows fair ball from foul ball</li> <li>• Knows when to throw to first, and when to get a force out.</li> <li>• Knows where to throw after catching a pop-up.</li> <li>• Player knows positions and continues to learn responsibilities of that position</li> <li>• Outfielders know which base to throw to, depending on game situation.</li> <li>• Outfielders know which base to back up</li> <li>• Infielders know which base to back up</li> <li>• Fielders learn to use cut-off player</li> </ul>	<ul style="list-style-type: none"> <li>• Knows positions and continues to learn responsibilities of that position</li> <li>• Infielders use good judgment at getting the lead runner out.</li> <li>• Knows where to throw after catching a pop-up.</li> <li>• Understands infield-fly-rule</li> <li>• Outfielders know which base to throw to, depending on game situation.</li> <li>• Outfielders know which base to back up</li> <li>• Infielders know which base to back up</li> <li>• Fielders routinely use cut-off player</li> <li>• Fields can execute run-downs.</li> </ul>
Sportsmanship	<ul style="list-style-type: none"> <li>• Understands need to play together as a team</li> <li>• Understand the other team is not an enemy, but just another team to play with today.</li> <li>• Be friendly, meeting new friends is fun</li> <li>• Cheers on team mates-pays attention.</li> <li>• Have fun playing sports.</li> </ul>	<ul style="list-style-type: none"> <li>• Learns that some players are better than others but all players are important and can contribute.</li> <li>• Learns about winning and losing, learns that you should try to win, but sometimes you will lose.</li> </ul>	<ul style="list-style-type: none"> <li>• It is important to remember it is not whether you win or lose but how you play the game</li> <li>• Learns to never question or argue with the umpire</li> <li>• Uses cheers that are positive for your team, never negative for either team or any players.</li> <li>• Respects the coach by doing as they are instructed.</li> <li>• Shows respect for fields, equipment, etc.</li> <li>• Wins and loses with dignity</li> </ul>	<ul style="list-style-type: none"> <li>• It is important to remember it is not whether you win or lose but how you play the game</li> <li>• Learns to never question or argue with the umpire</li> <li>• Uses cheers that are positive for your team, never negative for either team or any players.</li> <li>• Respects the coach by doing as they are instructed.</li> <li>• Shows respect for fields, equipment, etc.</li> <li>• Accepts responsibility for her mistakes – learns from them.</li> <li>• Looks out for others on her team – helps those who are learning.</li> <li>• Wins and loses with dignity</li> </ul>

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Throwing	<ul style="list-style-type: none"> <li>• Knows to look for eye contact</li> <li>• Knows how to hold the ball</li> <li>• Positions shoulders properly</li> <li>• Points mitt to target</li> <li>• Throw overhand to target – accuracy will be poor</li> <li>• Can throw 20’ consistently</li> <li>• Can underhand short distances</li> </ul>	<ul style="list-style-type: none"> <li>• Knows to look for eye contact</li> <li>• Knows how to hold the ball</li> <li>• Positions shoulders properly</li> <li>• Points mitt to target</li> <li>• Throw overhand to target – begins to use hips to rotate body for power</li> <li>• Full follow-through</li> <li>• Can throw 20’ and hit strike zone</li> <li>• Can throw 40’ consistently</li> <li>• Can underhand short distances</li> </ul>	<ul style="list-style-type: none"> <li>• Knows to look for eye contact</li> <li>• Knows how to hold the ball</li> <li>• Can consistently use legs, hips and arms to generate powerful throws.</li> <li>• Positions shoulders properly</li> <li>• Points mitt to target</li> <li>• Throw overhand to target – begins to use hips to rotate body for power</li> <li>• Full follow-through</li> <li>• Can throw 30’ and hit strike zone</li> <li>• Can throw a distance of 55’ consistently</li> <li>• Can and understands when to use underhand throws for short distances</li> </ul>	<ul style="list-style-type: none"> <li>• Knows to look for eye contact</li> <li>• Knows how to hold the ball</li> <li>• Can consistently use legs, hips and arms to generate powerful throws.</li> <li>• Positions shoulders properly</li> <li>• Points mitt to target</li> <li>• Throw overhand to target – uses hips to rotate body for power</li> <li>• Full follow-through</li> <li>• Can throw 40’ and hit strike zone</li> <li>• Can throw a distance of 70’ consistently</li> <li>• Can and understands when to use underhand throws for short distances</li> </ul>
Playing catch	<ul style="list-style-type: none"> <li>• Eye contact when throws</li> <li>• Holds mitt properly</li> <li>• Ready position</li> <li>• Positions body in front of oncoming ball</li> <li>• Proper mitt position (fingers up if above waist, fingers down if below waist)</li> <li>• Uses 2 hands to catch</li> <li>• Stands and throws</li> </ul>	<ul style="list-style-type: none"> <li>• Reinforce fundamentals through repetition</li> <li>• Can catch balls thrown high or low</li> <li>• Can throw and catch 10 times in a row at 20’ with partner of equal skill</li> </ul>	<ul style="list-style-type: none"> <li>• Reinforce fundamentals through repetition</li> <li>• Can catch balls thrown high or low</li> <li>• Can throw and catch 10 times in a row at 30’ with partner of equal skill</li> <li>• Begin throwing and catching with speed</li> </ul>	<ul style="list-style-type: none"> <li>• Reinforce fundamentals through repetition</li> <li>• Can catch balls thrown high or low</li> <li>• Can throw and catch 20 times in a row at 30’ with partner of equal skill</li> <li>• Catches and throws with speed</li> </ul>
Fielding – grounders	<ul style="list-style-type: none"> <li>• Ready position</li> <li>• Positions body in front of oncoming ball</li> <li>• Uses 2 hands to scoop ball (alligator)</li> <li>• Stands and throws</li> </ul>	<ul style="list-style-type: none"> <li>• Ready position</li> <li>• Aggressively moves to ball – can charge ball when appropriate</li> <li>• 2 hands, alligator scoop</li> <li>• Begins putting scoop, up, throw together</li> <li>• Can catch simple pop-ups hit near her.</li> <li>• Knows what a double play is.</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressively moves to ball with expanded range</li> <li>• Can charge ball when appropriate</li> <li>• Can cross over to increase range</li> <li>• Can back-hand ground balls</li> <li>• 2 hands, alligator scoop</li> <li>• Infielder-routinely puts scoop, hop, shoulder/point, tomahawk together.</li> <li>• Can catch pop-ups and line-drives hit near her.</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressively moves to ball with expanded range. Can block and recover.</li> <li>• Can charge ball and bare hand when needed.</li> <li>• Can cross over to increase range</li> <li>• Can back-hand ground balls</li> <li>• Infielder-routinely puts scoop, hop, shoulder/point, tomahawk together.</li> <li>• Can catch pop-ups and line-drives hit near her.</li> <li>• Learns to adjust position based on pitcher, batter and game situation.</li> </ul>

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Fielding – fly balls	<ul style="list-style-type: none"> <li>• Not emphasized</li> </ul>	<ul style="list-style-type: none"> <li>• Catch tennis ball pop-ups using bare hands, teach hands up near face – using two hands, moving feet to position body under the ball. Do not reach up or to the side to catch it.</li> <li>• Proper mitt position.</li> <li>• Can catch some hand thrown softballs in mitt.</li> <li>• Can catch simple pop-ups hit near her (8 year olds)</li> </ul>	<ul style="list-style-type: none"> <li>• Players learn to call the ball</li> <li>• Can catch hand thrown softballs in mitt.</li> <li>• Runs to the ball, does not run with arm outstretched.</li> <li>• Begin teaching proper footwork</li> <li>• Can catch simple pop-ups hit near her.</li> </ul>	<ul style="list-style-type: none"> <li>• Routinely calls for the ball</li> <li>• Can catch softballs hit to her position, range &gt; 30'</li> <li>• Runs to the ball, does not run with arm outstretched.</li> <li>• Uses proper footwork</li> <li>• Fielders learn the proper priority for who should take a pop-up.</li> <li>• Learns to adjust position based on pitcher, batter and game situation.</li> </ul>
Hitting	<ul style="list-style-type: none"> <li>• Grip on bat is proper</li> <li>• Faces correct direction without assistance</li> <li>• Positions feet shoulder width apart, toes pointing toward the plate.</li> <li>• Twists body during swing</li> <li>• Can hit fair ball off tee 75% of the swings.</li> <li>• Coach may assist batter at plate.</li> </ul>	<ul style="list-style-type: none"> <li>• Proper grip and stance.</li> <li>• Demonstrates proper stride and squish-the-bug</li> <li>• Begins to use legs and hips to generate power – understand that is important.</li> <li>• Swings at strikes, let's balls pass.</li> <li>• Batter can approach plate and set up unassisted.</li> <li>• Able to hit 3 soft toss pitches in a row.</li> </ul>	<ul style="list-style-type: none"> <li>• Grip, stride and power are natural,</li> <li>• Relaxed at plate – focused</li> <li>• Gauges distance from the plate and adjusts based on situation.</li> <li>• Begins to use good judgment when swinging at pitches – protects the plate with 2 strikes, knows when to take a strike, etc.</li> <li>• Can bunt properly</li> <li>• Makes contact consistently, but rarely leaves the infield – strikes out less than 33% of the time.</li> </ul>	<ul style="list-style-type: none"> <li>• Bats aggressively and with confidence</li> <li>• Uses good judgment when swinging at pitches – protects the plate with 2 strikes, knows when to take a strike, etc.</li> <li>• Can direct bunts down first or third.</li> <li>• Can direct hits to either side of the infield.</li> <li>• Makes contact consistently – strikes out less than 20% of the time.</li> <li>• Can hit the ball into the outfield on a fly.</li> </ul>
Base Running	<ul style="list-style-type: none"> <li>• Runs through first after hitting.</li> <li>• Knows all the bases</li> <li>• Lines up at base properly (standard)</li> <li>• Watches batter for next hit</li> <li>• Runs to next base on next hit (not past).</li> <li>• Knows to look for base-coach for guidance.</li> <li>• Knows that after crossing home, to return to her dugout.</li> </ul>	<ul style="list-style-type: none"> <li>• Runs through first base on base hits, turns right and returns to base</li> <li>• Lines up at base properly (standard)</li> <li>• Knows not to run on pop-ups</li> <li>• Jumps off base on each pitch</li> <li>• Knows to return on foul balls</li> <li>• Can go for two when instructed</li> </ul>	<ul style="list-style-type: none"> <li>• Runs through first base on base hits, turns right and returns to base</li> <li>• Lines up at base properly (aggressive)</li> <li>• Knows not to run on pop-ups</li> <li>• Jumps off base on each pitch</li> <li>• Knows to return on foul balls</li> <li>• Can go for two when instructed</li> <li>• Can steal when instructed</li> <li>• Can read signals from base-coach</li> <li>• Learns how to slide properly (figure-4), hands up</li> </ul>	<ul style="list-style-type: none"> <li>• Lines up at base properly (left foot on base, right foot behind base, player jumps off on pitcher's release)</li> <li>• Knows not to run on pop-ups or line-drives</li> <li>• Can go 1<sup>st</sup> – 3<sup>rd</sup> on base hits.</li> <li>• Can draw a throw from the catcher</li> <li>• Can draw a throw or intentionally caught in run down to advance other runners</li> <li>• Can tag-up on fly balls, fair or foul</li> <li>• Can steal when instructed</li> <li>• Can steal when ball gets by catcher</li> <li>• Can read signals from base-coach</li> <li>• Learns how to slide properly (figure-4), hands up. Learns hook slide and other techniques to avoid tags and obstructions.</li> </ul>

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Pitching	<ul style="list-style-type: none"> <li>• Not emphasized</li> </ul>	<ul style="list-style-type: none"> <li>• Learns fundamental footwork.</li> <li>• Can throw a legal windmill pitch</li> <li>• Knows to throw hard, but accuracy is poor</li> <li>• Emphasize constant form (stride, release at hip)</li> <li>• Be able to pitch from 30'</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses proper footwork without reminders</li> <li>• Finishes tall and can protect herself from line drives</li> <li>• Pitching speed is between 35-45 mph.</li> <li>• Strike percentage is 50% or higher</li> <li>• Begins to throw at corners when needed.</li> <li>• Begins to throw change-ups when appropriate.</li> <li>• Ball movement is not emphasized</li> <li>• Emphasize constant form (stride, release at hip)</li> <li>• Be able to pitch from 35'</li> <li>• Emphasize increasing speed</li> <li>• Beginning to emphasize use of different pitches</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses proper footwork without reminders</li> <li>• Finishes tall and can protect herself from line drives</li> <li>• Pitching speed is between 35-45 mph.</li> <li>• Strike percentage is 50% or higher</li> <li>• Begins to throw at corners when needed.</li> <li>• Begins to throw change-ups when appropriate.</li> <li>• Ball movement is not emphasized</li> <li>• Emphasize constant form (stride, release at hip)</li> <li>• Be able to pitch from 40'</li> <li>• Emphasize increasing speed</li> <li>• Emphasize the use of different pitches</li> <li>• How to cover plate on play at home</li> </ul>
Catcher	<ul style="list-style-type: none"> <li>• Return ball to pitcher</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (crouch, hand position)</li> <li>• Give pitcher a target</li> <li>• Return ball to pitcher</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (crouch, hand position)</li> <li>• Give pitcher a target</li> <li>• Consistent throws back to pitcher</li> <li>• Begin to block pitches</li> <li>• Learns to block plate on a play at home</li> <li>• Learns to throw to base on each steal</li> <li>• Begins to direct fielders</li> </ul>	<ul style="list-style-type: none"> <li>• Proper technique (crouch, hand position)</li> <li>• Moves target depending on batter, count and game situation</li> <li>• Can catch pop-ups behind the plate</li> <li>• Can quickly respond to bunts and pass balls.</li> <li>• Consistent hard throws back to pitcher</li> <li>• Block pitches, few get by</li> <li>• How to block plate on steal or play at home</li> <li>• Knows when to throw to base on a steal</li> <li>• Knows when to try a pick-off</li> <li>• Learns when to run at players leading off or caught in run-down.</li> <li>• Directs fielders</li> </ul>