

Knowledge Organiser: PE Softball

Key Skills

Key Words	Key points to being successful in the game
Throwing	From pitching (the bowling) to fielding this is where most errors are made in Softball. No matter what position you play, being able to throw a softball is one skill you cannot go without. Fast and accurate throwing using an overarm technique is essential for every softball player. Always step into your throw and use your dominant hand.
Batting	To be able to bat successfully you need to get in the ready position with your bat resting close to your back. Your body should be turned sideward on and feet shoulder width apart with a slight bend in the knee. Swing through the ball.
Catching	It is important to be able to read the ball's movement off the bat and to move quickly into the correct position. Once in position concentrate on the coordination of the hands to caress the ball in to your hands. Different techniques are used if the ball is above or below the shoulder height.
Fielding	If you are effective at fielding you will be able to successfully field 'ground balls' that roll quickly across the floor as well as 'fly balls' that fly through the air. You will always have your dominant hand free and often wear a glove in your non-dominant hand. Always keep your eyes on the ball and get your body behind the ball.
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.
Pitching	At a basic level this will simply involve an underarm accurate feed aiming above the knee and below the shoulder. As the ability of the group improves it could involve an overarm throw at varying speeds and following varying lines.
Tactics	<ul style="list-style-type: none"> - 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.



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 point, if they get all the way round in one go they get homerun.
- Batters can be caught out and run out by the fielding team. They can also be tagged.

Three strikes and you are out! 4 Balls (meaning 4 no balls delivered) gives you a free walk to first base without getting out.

- The team with the most home runs at the end of all innings is the winning team.
- Before pitching the pitcher shall stand firmly on the ground and one or both feet should touch the pitcher plate.
- The pitcher is not allowed to stop or bounce the ball in pitching position as it may prevent the batsman from hitting the ball.
- The pitcher cannot use any kind of tape on the ball. To dry hands he can use powder resin under umpire's supervision.
- The pitch delivery shall be in an arc of six to ten feet.
- The batting team has to bat in the order given in the score sheet.
- The batter is not allowed to prevent the catcher (player standing behind like a backstop or wicketkeeper) from catching the ball.
- A full match consists of seven innings.
- The runners can leave the base after the batsman has hit the ball.
- Artificial noise makers are not allowed.

The field of softball is smaller in size in comparison to baseball. The details of the field is as follows –

- The two parts of a softball field are **foul territory** and **fair territory**.
- This fair territory is divided into infield, outfield, and territory beyond outfield fence. The field that meets at a right angle at home plate is defined as **foul territory**.
- To indicate the limits of the field, a fence runs between the baselines.
- The backstop (catcher), which is behind home plate, must be between 25 and 30 feet.
- The home plate has bases at each corner and it is on one corner of a diamond.
- The numbering of the bases is in counter clockwise as first base, second base and third base. These bases are normally fastened to the ground.



Useful Videos This will explain things really well.

<https://www.youtube.com/watch?v=kkN139nylmY> Softball Fundamentals

More Softball rules

<https://www.youtube.com/watch?v=DwVYejPGS-k>

<https://www.youtube.com/watch?v=KJz57J9txLQ>

Stretch and Challenge Task

- Draw a Softball court in your knowledge book and label it correctly with the lines and positions.
- Explain how a more able player would pitch and field?
- Go online and watch some children playing Softball at a good level in the US.

After 3 outs the innings is over and teams swap.
The batter runs anti-clockwise.

Pitch –

Windmill delivery

The pitcher's arm rotates through approximately 360° in a vertical plane before the 198-gram ball is released at the lowest point of the circular motion. An experienced pitcher can throw a ball with a speed of 92.5 mi/h.



In a real game a 'home run' is when the ball is hit over the fence. Softball got it's name because when making the ball they "wind Up" looser wrapping around the ball than baseball. A softball is actually heavier!

Key Terms to learn

Pitcher	Strike out	Out	Ground ball
Catcher	Overthrow	Fly ball	Foul Ball
Home run	Obstruction	Bunt	Strike
Inning	Safe	Force out	Base

