



Characteristics of Elite Softball Players

A lot of competitive softball players want to reach the next level and become an elite player. Being an elite player usually means playing on a competitive college softball team or in a strong conference or division. The best players represent their country in international competitions.

There are several characteristics that define an elite softball player. Here is a list of the common characteristics of elite softball players. These are the characteristics you need to develop the most in order to reach an elite level.

Physical Characteristics

1. Power (explosive strength)
2. Speed and Agility
3. Coordination
4. Arm strength
5. Bat Speed

Psychological Characteristics

1. Emotional Control
2. Attentional Control
3. Ability to cope with stress and failure

Personality Characteristics

1. Great work ethic
2. Optimism
3. Determination
4. Open-minded and “coachable”

Technical and Tactical Characteristics

1. Quick Decision-Making / Game sense
2. Excellent understand of the game
3. Great Mastery of fundamental and advanced technical skills (hitting, fielding, throwing, position-specific skills, short-game, baserunning, etc.)