



Juniors (age 8 and under)

There are two main goals in this division:

- Provide an enjoyable softball experience for players and parents
- Provide a solid fundamental understanding of the basics and some advanced play of Fastpitch Softball

Skill Set Outcome: by the end of the season, each player should understand:

- Skill set outlined for Rookies
- An understanding of the three B's (ball, base, backup) & concept of movement during a play
- Additional batting and base running techniques, and situational awareness
- Basics of pitching
- Baserunning
 - overrunning/running past second and third means you can be tagged out
 - first and home are the two bases to run through
 - tag up on fly with less than 2 outs
 - run on anything with two outs
 - rounding a base when running:
 - i. loop out wide before reaching the bag (like a banana, or question mark)
 - ii. hit the inside corner of the base with the outside foot
- Batting mechanics
 - focusing on driving the hands forward through the hitting zone first (no 'casting' where the barrel comes out into the hitting zone too early)
 - emphasize our power comes from using hips and legs
 - load, explode (small movement back when ball is pitched activates the muscles and prepares them for the swing)
- Fielding assignment when not fielding the ball (ball, base, back up)
 - 2nd baseman covers second base when the ball is hit to third base or shortstop
 - SS covers second base when the ball is hit to second or first
 - force out vs. tag out
 - Outfield backs up throws in the infield
- Basics of pitching
 - One foot on pitching rubber to start
 - Windmill motion
 - Snap wrist when ball reaches thigh
 - Arm should continue follow through after ball is snapped