

## SOFTBALL SKILLS SCORECARD

Local: \_\_\_\_\_

	ATHLETE'S NAME	BASE- RUNNING	THROWING	FIELDING	BATTING	ATHLETE'S TOTAL SCORE
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
TEAM TOTAL						
Additional Athletes						
1.						
2.						
3.						
4.						
5.						

Use additional pages as needed

## SOFTBALL TEAM SKILLS ASSESSMENT / INDIVIDUAL SKILLS COMPETITION

### EQUIPMENT REQUIRED

- 1 Softball field
- Three softball bases and one home plate
- 2 stopwatches
- 2 measuring tapes
- 20 12" softballs
- 4-5 softball bats
- 35 – 45 cones
- Softball gloves (athletes should bring their own)

### *EVENT DESCRIPTIONS*

#### EVENT NUMBER ONE – BASE RUNNING

##### SET-UP

- Standard softball in-field

##### EQUIPMENT

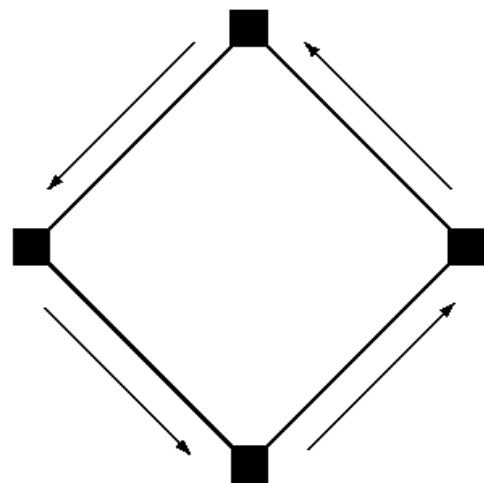
- Three bases, Home plate, stopwatch

##### DESCRIPTION

- Bases are set up like a softball diamond and positioned 19.81m (65') apart. The athlete is instructed to start at home plate and run around the bases as fast as possible, touching each base en route.

##### SCORING

- The time starts when the athlete leaves home plate.
- The time stops when the athlete touches home plate after circling the bases.
- The time elapsed in seconds is subtracted from 50 to determine the point score.
- A penalty of five seconds for each base missed or touched in an improper order shall be assessed.
- The best score of two trials is recorded.
- Athletes should not be asked to take the two trials consecutively.



## **EVENT NUMBER TWO – THROWING**

### **SET-UP**

- An outfield or a smooth grass field can be marked off in feet.

### **EQUIPMENT**

- Two measuring tapes, softballs, two small cones or marking stakes.

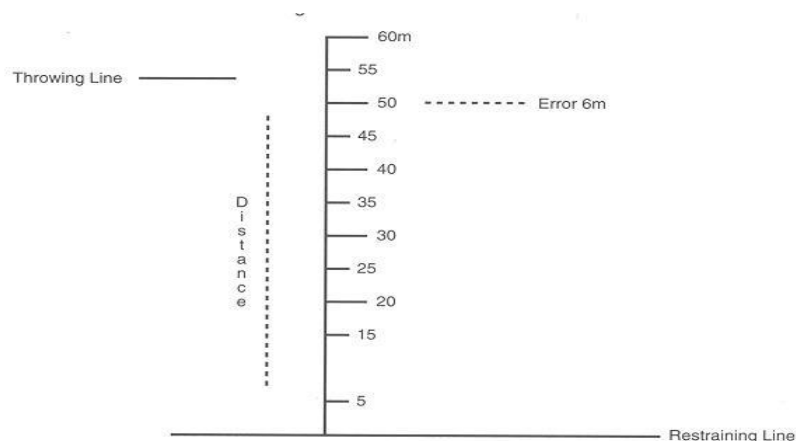
### **DESCRIPTION**

- The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing.
- The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line.
- Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground.
- The better of the two throws is measured and recorded as the player's score.
- If a player steps on or over the restraining line before releasing the ball, the trial must be repeated.
- There will be a maximum of two repeats.

### **SCORING**

- The net throwing score equals the throwing distance, measured at a point on the throwing line straight across from, (perpendicular to) the spot where the ball landed, minus the error distance: the number of meters the ball landed off target, away from the throwing line.
- The player's score is the better of the two throws.
- Both error scores and distance scores are measured to the nearest meter.
- Scoring Example:
  - If a ball lands even with (perpendicular to) the 50m point on the measuring tape, but is 6m off to one side, the player's score is 44 points. {Distance thrown (50m) minus the number of meters off target (6M) results in a net score of 44m}
  - Athlete's score one point per meter, i.e. 44m = 44 points. If score falls between meters, score should be rounded down, i.e. 44.73m = 44 points.

### **DIAGRAM**



## **EVENT NUMBER THREE – FIELDING**

### **SET-UP**

- Standard infield or a smooth field with short grass on which chalk markings or cones can be placed.

### **EQUIPMENT**

- Softballs, fielding gloves, measuring tape.

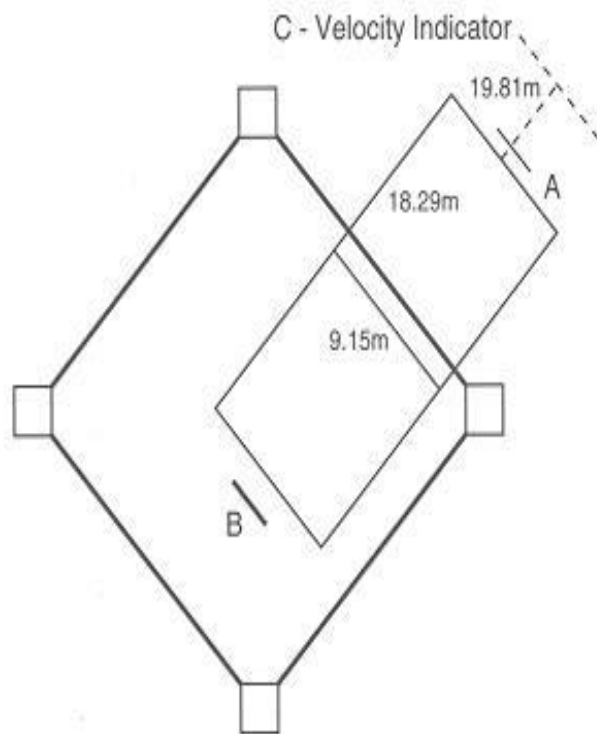
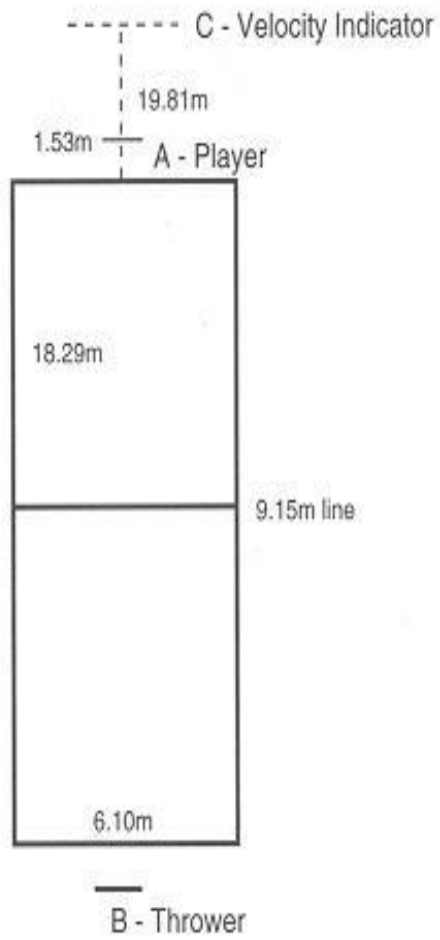
### **DESCRIPTION**

- The player being tested stands in a ready position (A) behind a 1.53m (5') restraining line.
- A thrower stands behind a throwing line and throws two practice and six test balls to each player.
- Each throw must strike the ground before the 9.15m (30') line and must stay within the sideline boundaries of the marked area.
- The throw should be made sidearm, with sufficient velocity to carry an untouched ball to line C – the velocity indicator distance beyond the endline.
- A cone or similar object marks the prescribed distance beyond the endline.
- Of the six test trials, two balls should be thrown directly to the player, two to the right and two to the left side of the player.
- The player attempts to field each ball cleanly, i.e. with no noticeable bobbling or temporary loss of control, and tosses it back to the thrower.
- On each trial the player starts behind the 1.53m (5') restraining line, but must move forward of the 18.29m (60') line toward the approaching ground ball in order to obtain maximum points.
- Any throw not made as specified should be repeated. (Note: It is important to periodically check the velocity of the throw by occasionally instructing the player to let a ball go by untouched. (Throws should reach the velocity marker.)

### **SCORING**

- Each ball cleanly fielded in front of the 18.29m (60') endline counts as five points.
- A ball, which is bobbed, but stopped from going past the player, counts as four points.
- Ball fielded behind the 18.29m (60') line receive three points for cleanly fielded balls, and two points for bobbed balls.
- Balls are considered to have been fielded in front of the 60' endline when at least the player's glove and ball are clearly in front of the line.
- Any ball which is missed entirely, or touched but gets passed the player, scores no points.
- The score is the sum of all six trials.
- It is recommended that the scorer stand just outside the marked area, even with the 18.29m (60') endline.
- Maximum 30 points.

## DIAGRAM



## EVENT NUMBER FOUR – BATTING

### SET-UP

- Standard softball field

### EQUIPMENT

- 12 marking cones, softballs, bats, measuring tape.

### DESCRIPTION

- The batter assumes a normal batting stance at the plate.
- From the pitcher's mound a coach will throw five hittable pitches that the batter attempts to hit as hard and far as possible.
- These pitches should be within a regulation arc (6' – 12').
- Only five swings are allowed to each batter.

### SCORING

- The distance of the longest hit shall determine the athlete's final score.
- The distance of a hit is measured from the batting tee to the point where the ball first touches the ground. The distance is measured to the nearest meter; i.e. 1m = 1 point, 46m = 46 points. If the ball lands between meters, scores should be rounded down, i.e. 46.73m = 46 points.

### DIAGRAM

