



Softball

Answer the questions.

1. What do you know about Softball?
2. Describe the proper form for throwing a ball.
3. Describe how to catch a ball.
4. Describe proper hitting technique.
5. How do you field a ground ball?
6. How do you field a fly ball.
7. What is the difference between a force out and a tag out?
8. Describe what it means to tag up.
9. List the 10 positions on the softball field.
10. Describe how to pitch in slow pitch.
11. What is fair territory and why is it important?
12. How could you adjust the defense based on the hitter?

History Softball originated in Chicago on Thanksgiving Day, 1887. A group of about twenty young men had gathered in the gymnasium of the Farragut Boat Club in order to hear the outcome of the Harvard-Yale football game. After Yale's victory was announced and bets were paid off, a man picked up a stray boxing glove and threw it at someone, who hit it with a pole.

George Hancock, usually considered the inventor of softball, shouted, "Let's play ball!" He tied the boxing glove so that it resembled a ball, chalked out a diamond on the floor (smaller dimensions than those of a baseball field in order to fit the gym) and broke off a broom handle to serve as a bat. What proceeded was an odd, smaller version of baseball. That game is now known as the first softball game.

Hancock's original game of indoor baseball quickly caught on in popularity, becoming international with the formation of a league in Toronto. That year, 1897, was also the premiere publication of the Indoor Baseball Guide. This was the first nationally distributed publication on the new game and it lasted a decade. In the spring of 1888, Hancock's game moved outdoors. It was played on a small diamond and called indoor-outdoor. Due to the sport's mass appeal, Hancock published his first set of indoor-outdoor rules in 1889.

In order to reach the Olympics, the women's sport of softball obviously had to grow greatly from its beginnings. The first women's softball team was formed in 1895 at Chicago's West Division High School. They did not obtain a coach for competitive play until 1899 and it was difficult to create interest among fans. However, only five years later, more attention was given to the women's game. The Spalding Indoor Baseball Guide 1904 issue fueled this attention by devoting a large section of the guide to the game of women's softball.

The game standardized in 1923, and today there are many variations, including fast-pitch, slow-pitch, 16-inch slow-pitch and coed play. These variations make softball a widely accessible sport, played by young and old alike. More than 4 million people play softball, 2.5 million of them in adult leagues.

Slow-pitch Rules

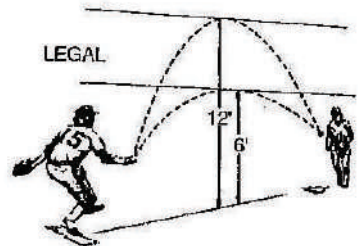
- Games consist of seven innings. Each inning has two parts, the top and bottom of the inning.
- Each team receives 3 outs per inning.
- Batters must not throw the bat at any time.
- Each run is worth 1 point.
- Each team has 9 or 10 players on the field at a time.
- Players must remain on the base until the ball is hit. Base stealing is not allowed.
- A batted ball caught in the air is an out.
- Runners may run through first base and home plate.
- Runners must return to the base when the pitcher has the ball.
- Runners may tag up on a caught fly ball and advance to the next base.
- Each team must bat in the same order every time through the line up. No batters may be skipped or hit twice.

Hitting- Stance

- Feet Shoulder width apart
- Weight distributed evenly on the balls of your feet
- Toes facing home plate
- Body relaxed
- Elbows at 90 degree angles

-Grip

- Door knocking knuckles lined up
- Bat in fingers
- Bottom hand is the arm closest to the pitcher



Pitching

- One foot needs to be on the pitching rubber
- Ball must be thrown underhand
- A pitch is considered a strike if it passes over home plate, between the batter's shoulders and knees.

Vocabulary

1. **Base Hit**-hitting the ball and being safe on first
2. **Base on Balls (walk)**-having 4 balls pitched to you and getting a free trip to first base.
3. **Base Path**-the line between each base, 3 feet wide.
4. **Batting Order**- the order in which players hit on a team
5. **Count**-the number of balls and strikes on a batter
6. **Double Play**-making two outs on one hit ball.
7. **Fair Territory**-the area between the first and third base line extended to the fence.
8. **Foul Territory**-the area outside the first and third base line extended to the fence.
9. **Force Play**- making an out by touching the base a runner is advancing to.
10. **Foul Ball**-a ball hit outside the fair territory, counts as a strike, batter gets to hit again
11. **Inning**-each team gets 3 outs per inning, there is a top and bottom half of each inning.
12. **Infield**- the area where the basemen, catcher, pitcher and shortstop play. Usually dirt.
13. **Outfield**- the area where the outfielders play, usually grass.
14. **Strike Zone**- in slow pitch the strike zone is any ball that lands on the plate and mat.
15. **Tag play**- making an out by touching the runner with the ball.

Skills

Throwing

- Step with foot opposite of throwing arm
- Step toward target
- Point glove or bent elbow at the target
- Throwing arm should form a "C"
- Lead throw with the elbow of the throwing arm.

Fielding Ground balls

- Keep feet shoulder width apart.
- Keep eye on the ball
- Glove out in front and webbing facing forward
- Use two hands to catch the ball

Fielding Fly balls

- Catch the ball over the throwing shoulder
- Keep both hands up to catch the ball
- Glove should be facing the upward if ball is above waist and down if ball is below waist

