



## Under 11 (Rookie Sox) Skill Sets Check List

Amended 10/12/08

The Softball NZ Skill Sets have been developed to help coaches identify and develop technical, tactical, strategy and game knowledge skills appropriate for specific age groups. Using this check list of skills will help both the player and coach to understand the basic fundamentals required to attain and improve skill level and consistency of performance.

Descriptions & Drills for the following Skill Sets can be obtained through purchasing the "Coaching Planner" which is available from Softball NZ [www.softball.org.nz](http://www.softball.org.nz)

<b>Players name:</b>	<b>Date:</b>
<b>Team:</b>	<b>Age:</b>
<b>Position / s:</b>	<b>Throws: LH / RH</b>
<b>Tournament:</b>	<b>Bat: LH / RH</b>
<b>Rating guide line:</b> 4. Excellent (strength), 3. Above average, 2. Average, 1. Needs work (weakness)	

<b>Offence</b>		<b>Rating</b>	<b>Comment</b>
<b>Hitting</b>			
<b>Bat Selection</b>			
<b>Basic Swing</b>	- Grip		
	- Stance		
	- Set Up/Ready Position		
	- Loading		
	- Step		
	- Lead with the Elbow		
	- Strike Zone		
	- Hip Rotation		
	- Swing		

<b>Short Game</b>			
<b>Sacrifice Bunt</b>	- Position in Box		
	- Stance		
	- Grip		
	- Pivot		
	- Bat at Top of Strike Zone		
	- Extension		
	- Knees		

<b>Offence</b>		<b>Rating</b>	<b>Comment</b>
<b>Base Running</b>			
<b>Running Mechanics</b>			
<b>Running Through First Base</b>			
<b>Rounding Bases</b>			
<b>Leading off Bases</b>			
<b>Tag-Up</b>			

<b>Sliding</b>			
Bent Leg Slide			

## Defence

<b>Throwing</b>			
Over Arm Throw	- Grip		
	- Step		
	- Body Position		
	- Hip/Shoulder Rotation		
	- Arm Action		
	- Lead with Elbow		
	- Release/Wrist Action		
	- Follow Through		
Accuracy			
Underhand Toss	- Stationary		

<b>Defensive Skills</b>			
Ready Position	- Infield		
	- Outfield		
Ground Balls	- Straight Approach		
Lateral Movement	- Side Shuffle		
Fly Balls	- Fingers Pointing Up (above waist)		
	- Fingers Pointing Down (below waist)		
	- Ready Position		
	- Ball Judgement		
	- Soft Hands		
	- Foot Movement		
	- Use 2 Hands (where possible)		
Tags			

<b>Pitching</b>		<b>Rating</b>	<b>Comment</b>
Velocity & Mechanics	- Grip		
	- Set Up		
	- Stay Tall		
	- Fast Arm		
	- Fast Spin		
Movement	- Fastball		

<b>Catching</b>			
Equipment	- Mask, Chest Protector, Shin Guards		
Squat	- Set Up (square)		
Receiving	- Catch the Ball		
	- Catch & Hold		
	- Eyes Open		
Tagging	- Set Up		
Fielding	- Pass Balls to Fence		

<b>Team Strategies</b>		<b>Rating</b>	<b>Comment</b>
Specific Defence	- Bases Loaded		
	- Relays & Cutoffs		
Communication	- Fly Ball Priority System		

<b>Defence, Ball to the Outfield</b>	- Single No Runners		
	- Single With Runners		
	- Extra Bases, No Runners		
	- Extra Bases, Runners		

<b>Rules + Understanding</b>		<b>Rating</b>	<b>Comment</b>
<b>Force Play</b>			
<b>Fair / Foul Ball Rule</b>			
<b>Strike Zone</b>			
<b>Safety Base</b>			
<b>Running Lane</b>			