



Under 13 Rookie Sox Skills Check List

Amended September 2009

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

Player Name:	Date:
Team:	Age:
Position / s:	Throws: LH/RH
Tournament:	Bats: LH/RH
Rating guide line: 4. Excellent (strength), 3. Above average, 2. Average, 1. Needs work (weakness)	

Hitting		Rating	Comment
Bat Selection	Correct weight & length		
Basic Swing	- Grip		
	- Stance		
	- Set Up/Ready Position		
	- Disciplined Hitting		
	- Loading		
	- Step		
	- Lead with the Elbow		
	- Strike Zone		
	- Hip Rotation		
	- Swing		
	- Follow Through		

Short Game			
Sacrifice Bunt	- Position in Box		
	- Stance		
	- Grip		
	- Pivot		
	- Bat at Top of Strike Zone		
	- Arm Extension		
	- Knees		
	- Disciplined Selection		

Base Running		Rating	Comment
Running Mechanics			
Exit from Batters Box			
Running Through First Base			
Braking			
Rounding Bases			
Leading off Bases			
Running Extra Bases			
Tag-Up			
Heads up Running			
Stealing			

Sliding			
Bent Leg Slide			

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

Defensive Skills			
Ready Position	- Infield		
	- Outfield		
Ground Balls	- Straight Approach		
Lateral Movement	- Side Shuffle		
	- Cross Over Step		
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			

Pitching		Rating	Comment
Velocity & Mechanics	- Grip		
	- Set Up		
	- Use Both Arms		
	- Stay Tall		
	- Up & Close		
	- Letter K		
	- Power-line		
	- Fast Arm		
	- Fast Spin		
	- Slide		
Movement	- Fastball		

Catching			
Equipment	- Mask, Chest Protector, Shin Guards		
	- Cup (males)		
Squat	- Set Up (square)		
Receiving	- Catch the Ball		
	- Catch & Hold		
	- Eyes Open		
	- Blocking the Wild Pitch		
Throwing	- Runners On (alertness)		
Tagging	- Set Up		
Fielding	- Pass Balls to the Fence		
	- Bunts		
	- Pop Flies		
Leadership	- Communication		

Team Strategies		Rating	Comment
Specific Defence	- Bases Loaded		
	- Steals of 2 nd Base		
	- Steals of 3 rd Base		
	- Relays & Cutoffs		
	- Double Plays		
Communication	- Fly Ball Priority System		
Defence, Ball to the Outfield	- Single No Runners		
	- Single With Runners		
	- Extra Bases, No Runners		
	- Extra Bases, Runners		
Runners at 3B	- Offence		
	- Defence		

Rules + Understanding			
Force Play			
Fair / Foul Ball Rule			
Strike Zone			
Safety Base			
Running Lane			

Softball NZ Player Pathways

U13 Rookie Sox

U15 Raw Sox

U17 Emerging Sox

U19 Silver Sox

Sox 20+