



## Under 11 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](http://www.softball.org.nz)

<b>Player Name:</b>	<b>Date:</b>
<b>Team:</b>	<b>Age:</b>
<b>Position / s:</b>	<b>Throws: LH / RH</b>
<b>Tournament:</b>	<b>Bats: LH / RH</b>
<b>Rating guide line:</b> 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		
	- Loading		
	- Step		
	- Lead with the Elbow		
	- Hip Rotation		
	- Swing		

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

Base Running			
Running Mechanics			
Running Through First Base			
Rounding Bases			
Leading off Bases			
Tag-Up			

Sliding			
Bent Leg Slide			

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

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

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

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

<b>Team Strategies</b>		<b>Rating</b>	<b>Comment</b>
<b>Specific Defence</b>	- Bases Loaded		
<b>Communication</b>	- 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>Force Play</b>			
<b>Fair / Foul Ball Rule</b>			
<b>Strike Zone</b>			
<b>Safety Base</b>			
<b>Running Lane</b>			

**Softball NZ Player Pathways**

**U13 Rookie Sox**

**U15 Raw Sox**

**U17 Emerging Sox**

**U19 Silver Sox**

**SOX20+**