

Softball Individual Skills Competition

Base Running Instructions



Purpose

The purpose of this station is for the athlete to run around the bases as fast as possible.

Station Assistant (4 volunteers):

- Please refer to the diagram for distances and placement of volunteers.
- Designate one assistant to stand between the pitcher's mound and first base. Their job is to watch runners going from home plate to second base. Designate another assistant to stand between the pitcher's mound and third base. Their job is to watch runners from second base to home plate.
- Designate one assistant to be the timer. Their job is to keep track of time.
- Designate one assistant to be the score verifier. They ensure all calculations are done correctly (must be able to do simple math). Make sure to return all worksheets to the athlete escort when the group is finished with this station.

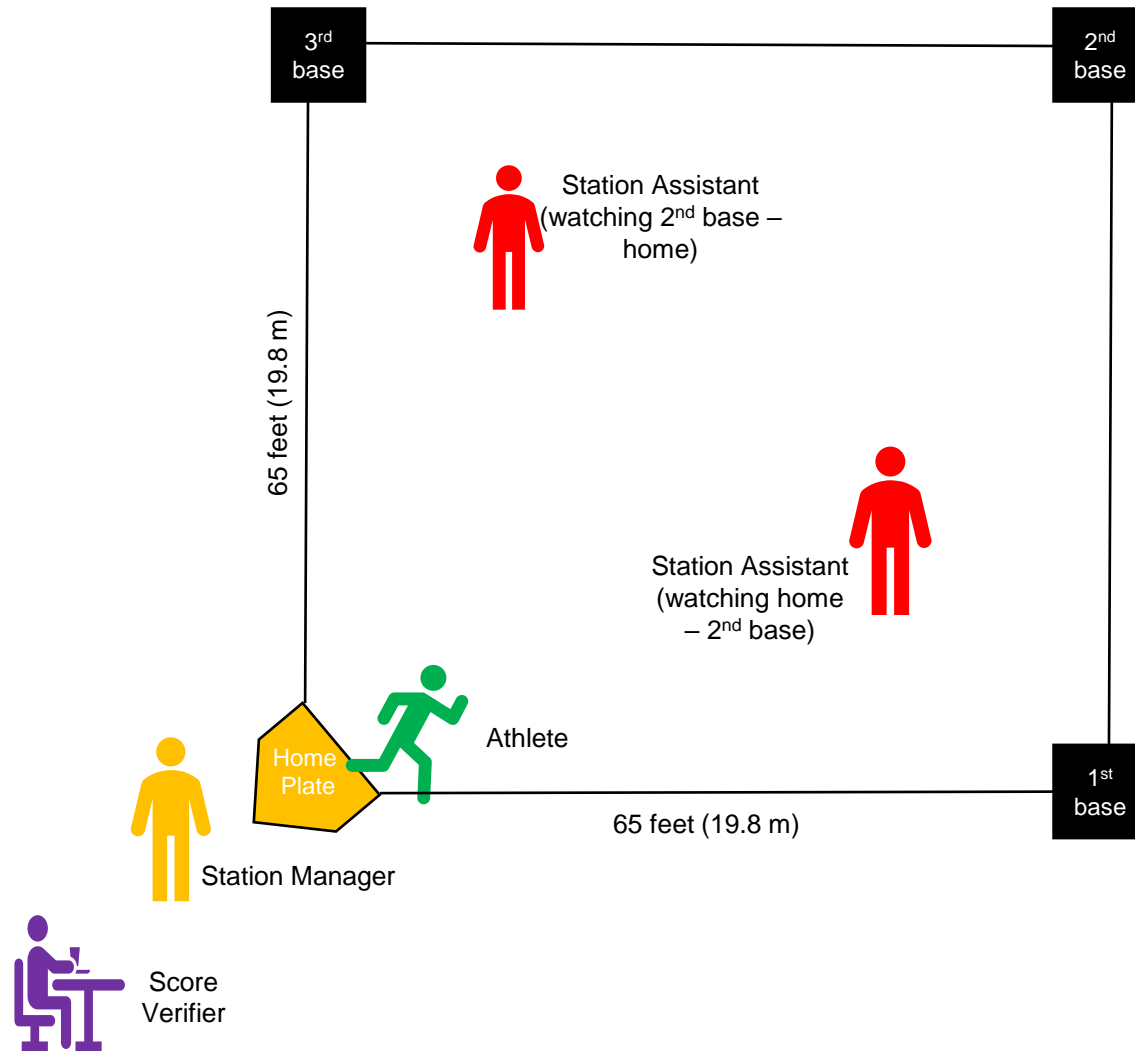
How to get started:

- Call the first athlete in the group up to home plate. Make sure they are ready. The station manager should repeat the cadence: "Ready (pause) Set (pause) Go!". The timer should start the stopwatch/timer at "go!"
- Athlete starts at home plate and runs counter-clockwise around the diamond touching each base and finishing at home plate. When the athlete touches home plate, the timer stops the stopwatch/timer. Have the athlete take a seat under the tent.
- Timer, station manager, and assistants on the infield confer. Write down the time from the stopwatch/timer on the worksheet. Confer with the assistants watching the athlete run the bases to see if the athlete missed a base or touched them in the wrong order.
- Calculate any penalties. A penalty of 5 seconds is added to the athlete's time for each base missed or touched in the wrong order.
- The athlete's fastest time or best score (i.e. lowest time) is rounded **down** to the nearest second then subtracted from 60 to get the final score. The lowest possible score is 0.
- Call up the next athlete in order on the worksheet. Repeat the steps above until all athletes have gone through **twice**.
- After all athletes have gone through twice, give the worksheet to the score verifier so they can ensure all calculations were done correctly and add up the total for that station in the total column.

Reminders:

- Athletes must wear a helmet during competition for this station. If they do not have one; please send a volunteer to find their coach.
- There are no practice runs.
- It is important to not coach the athletes. Coaches work with them on a weekly basis to may have given them specific instructions that then may be contradicted by a well-meaning volunteer.
- Please feel free to cheer them on and give them a high-5 or fist bump when finished with their turn.

Base Running



Softball Individual Skills Competition

Fielding Instructions



Purpose

The purpose of this station is for the athlete to successfully field ground balls.

Station Assistant (5 volunteers):

- Please refer to the diagram for distances and placement of volunteers.
- Designate one assistant to “pitch” the ball to the athlete.
- Designate one assistant to stand by the athlete. Their job is to monitor the athlete to ensure he/she does not go in front of the cones before the ball is pitched.
- Designate two assistants to stand to the left and right of the cones, in front of the athlete. Their job is to retrieve balls thrown improperly as well as to monitor the athlete and help count points.
- Designate one assistant to be the score verifier. They ensure all calculations are done correctly (must be able to do simple math). Make sure to return all worksheets to the athlete escort when the group is finished with this station.

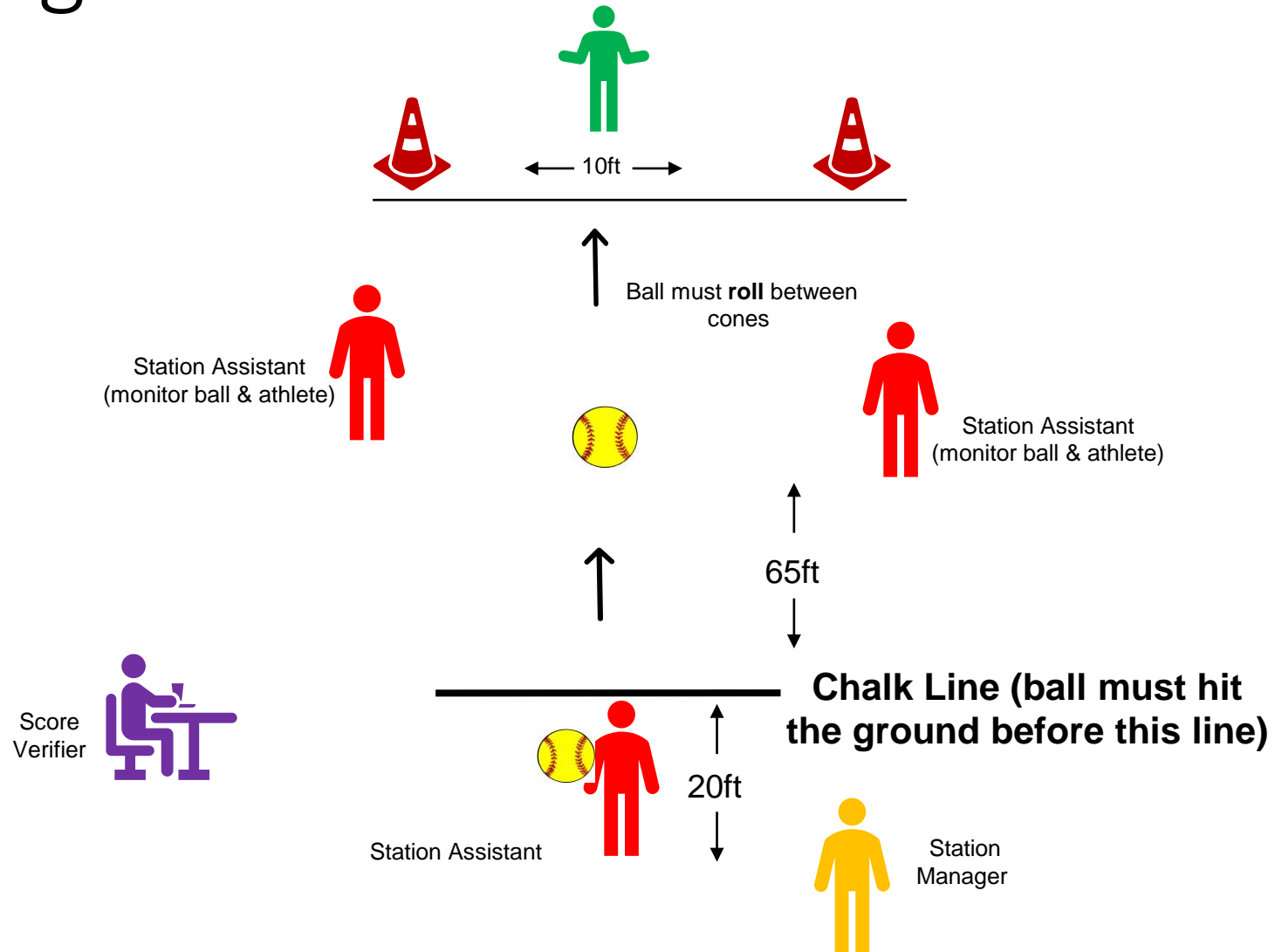
How to get started:

- Call the first athlete in the group up to the cones. Make sure they are standing behind the cones. Make sure they are ready. After verifying they are ready, the station manager should signal the athlete to begin.
- The station assistant pitches (i.e. rolls) the ball towards the athlete, aiming between the two cones, making sure the ball hits the ground before the line marked on the ground.
- The athlete is allowed to move forward in front of and to the side of the cones in order to field the ball.
- As the athlete is competing, the station manager should be keeping track of the attempts and corresponding points and entering them on the worksheet.
- Scoring is as follows:
 - 5 points for a clearly fielded ball (caught in glove, trapped against body, etc.),
 - 2 points for blocking (basically making contact) the ball,
 - 0 points for missed ball.
- Once the athlete has a score for five attempts, have them return to their seat.
- Call the next athlete up for their turn and repeat until all athletes in the group have competed.
- After all athletes in the group have competed, give the worksheet to the score verifier so they can ensure all calculations were done correctly and add up the total for that station in the total column.

Reminders:

- Athlete is allowed 2 practice attempts.
- If the ball is thrown outside the cones, or not thrown hard enough to make it all the way to the athlete, **and the athlete does not make an attempt to field the ball in front of the cones**, then the pitcher can re-throw the ball to the athlete at no penalty to the athlete.
- It is important to not coach the athletes. Coaches work with them on a weekly basis to help them and may have given them specific instructions that then may be contradicted by a well-meaning volunteer.
- Please feel free to cheer them on and give them a high-5 or fist bump when finished with their turn.

Fielding



Softball Individual Skills Competition

Hitting Instructions



Purpose

The purpose of this station is for the athletes to hit the ball off the tee as far as possible.

Station Assistants (5 volunteers):

- Please refer to the diagram for distances and placement of volunteers.
- Designate one assistant to stand with the athlete near the plate and place ball on the tee.
- Designate three other assistants to stand in the field (left, right and middle positions) and mark where the ball lands.
- Designate one assistant to be the score verifier. They ensure all calculations are done correctly (must be able to do simple math). Make sure to return all worksheets to the athlete escort when the group is finished with this station.

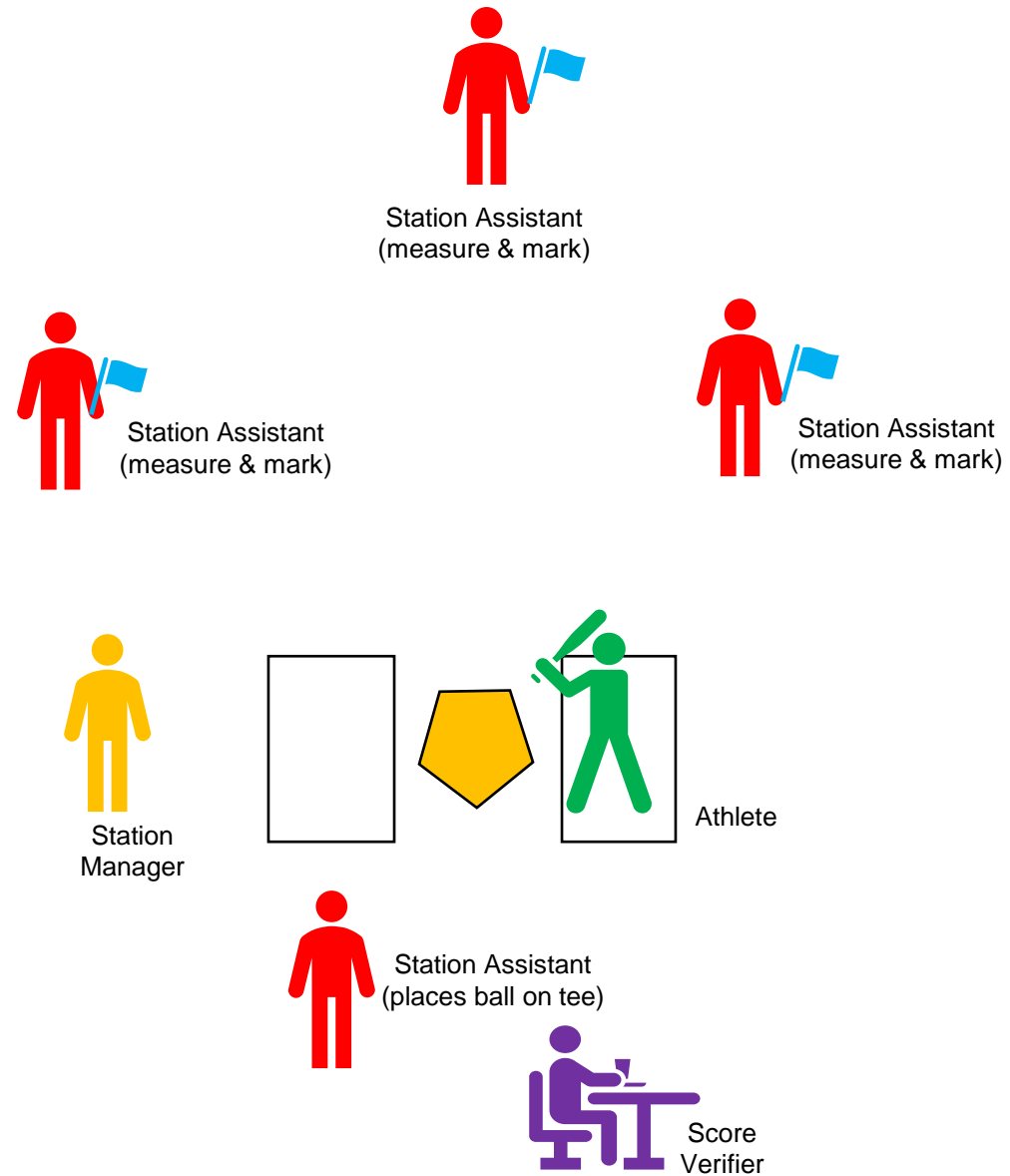
How to get the station started:

- Call the first athlete in the group up the batter's box. Make sure they are ready. After verifying they are ready, the station manager should signal the athlete to begin.
- Athlete hits the ball off the tee.
- Assistants in the field confer on where the ball landed. Using the flag, mark where the ball lands, not where it comes to a stop.
- Measure in meters from the center of the tee to where the ball first hits the ground.
- Round down to the nearest meter and that is the score for that hit.
- Call up the next athlete in order on the worksheet. Repeat the steps above until all athletes have gone through their **3 hits**.
- After all athletes have gone through their 3 hits, give the worksheet to the score verifier so they can ensure all calculations were done correctly and add up the total for that station in the total column.

Reminders:

- Helmet must be worn for this station.
- Athletes are given 2 practice swings.
- It is important to not coach the athletes. Coaches work with them on a weekly basis to help them and may have given them specific instructions that then may be contradicted by a well-meaning volunteer.
- Please feel free to cheer them on and give them a high-5 or fist bump when finished with their turn.

Hitting



Softball Individual Skills Competition

Throwing Instructions



Purpose

The purpose of this station is for the athlete to throw the softball as far and as accurately as possible.

Station Assistants (5 volunteers):

- Please refer to the diagram for distances and placement of volunteers.
- Designate four assistants to stand on opposite sides of the throwing line, at the 50m and 20m mark, near the 6m error mark. Their job is to mark the ball where it lands.
- Designate one assistant to be the score verifier. They ensure all calculations are done correctly (must be able to do simple math). Make sure to return all worksheets to the athlete escort when the group is finished with this station.
- Gather all thrown balls and return them to the restraining line/station manager.

How to get started:

- Call the first athlete in the group up to the restraining line. Make sure they are standing a few steps back from the line. Make sure they are ready. After verifying they're ready, the station manager gives the signal for the athlete to begin.
- Athlete throws the softball from behind the restraining line as far and as straight as possible down the throwing line. Have the athlete take a seat after they've completed their turn.
- Station manager should watch the athlete to see if they step over the restraining line.
- If an athlete steps over the restraining line, the throw must be repeated. There is a max of two repeats. A score of 0 is given if the athlete steps over the line a third time.
- Assistants by the 20m and 50m mark confer. Using a flag, mark where the ball first touches the ground. Not where it comes to a stop.
- Measure the distance in meters of how far the athlete throws the ball along the throwing line.
- Next, measure the distance in meters of how far away from the throwing line the ball lands (measure straight across from the throwing line to where the ball landed). Then subtract the error (the distance the ball landed away from the foul line). Rounding down to the nearest meter equals score for that attempt.
- Call up the next athlete in order on the worksheet. Repeat the steps above until all athletes have gone through **twice**.
- After all athletes have gone through twice, give the worksheet to the score verifier so they can ensure all calculations were done correctly and add up the total for that station in the total column.

Reminders:

- Each athlete is given 2 practice throws before the first attempt.
- Athlete can get a running start.
- It is important to not coach the athletes. Coaches work with them on a weekly basis to help them and may have given them specific instructions that then may be contradicted by a well-meaning volunteer.
- Please feel free to cheer them on and give them a high-5 or fist bump when finished with their turn.

Throwing

