**What should the Girls be learning during the Season?**

There is a progression in ability that we would like the girls to have as they move through the Fort Hunt Softball Program. These fundamental areas are also what we will ask you to assess each girl on at the end of the season.

**8U/Rookies:**

These are the game concepts that we hope each girl would have prior to moving up to the Juniors level.

* Names of defensive positions
* Tell you how to execute a throw using the proper foot and grip
* Show you proper fielding position (down and ready) and keeps her glove down
* Show you how to hold a bat properly and swings level
* Knows what to do after the ball is hit (as a batter and a runner)
* Knows how, why and when to run to the next base
* Good Sportsmanship (End each game with a High Five**)**

**10U/Juniors:**

These are the game concepts that we hope each girl would have prior to moving up to the Minors level.

* Number of outs per inning
* Fielding techniques (proper down and ready position)
* Uses both hands to catch the ball vs. one handed or trapped catches
* Uses proper catching techniques/uses proper fielding position/understands how to back up teammates/communicates with teammates (calls fly ball)
* Understands where to make the defensive play
* Proper Batting position turns feet with swing/has a level swing/uses a proper batting stance. Not only understands what to do as a batter and baserunner, but understands why.
* Proper base running (on the ground vs. in the air)
* Good Sportsmanship

**12U/Minors:**

These are the game concepts that we hope each girl would have prior to moving up to the Majors level. Coming on time to practices and games prepared to play softball

* Competence in batter's box positioning
* The ball is always "LIVE"
* Acceptable level of determining ball vs. strike
* Ground ball fielding techniques
* Where to make the play
* Strong throw of 60’/driving off of back leg/ proper footwork to field and throw quickly
* Ability to field moving left or right & some fly balls/comes up to throwing position/covers all bases correctly when receiving a throw or fielding a ball/utilizes a relay man from outfield/always backs up other players
* Shows proper batting form and consistently makes contact with the ball. Explodes off the base after the ball crosses the plate/knows when to tag up vs. going half way/uses proper sliding techniques
* Bunting
* Communication (calling for a fly ball)
* Difference between a Force Play and a Must Tag
* Good Sportsmanship

**18U/Majors:**

These are the game concepts that we hope each girl would have prior to leaving Fort Hunt and possibly playing High School ball.

* Come on time to practice and prepared for practice or games (including safety equipment)
* Show proper batting stance, bat position, and swing execution
* Reasonable competence in making contact with the ball
* Know the difference between bunting for a base hit and a sacrifice bunt
* Demonstrate proper base running techniques including:
* Exploding off the base after the ball crosses the plate
* When to tag up vs. going half way
* Proper sliding techniques
* Cover bases correctly when receiving a throw or fielding a ball
* Understand how to go back on a fly ball
* Properly execute a double play
* Execute a run down - both as a runner and a fielder
* Know what can happen after a ball is caught in foul territory
* Use the relay man from out field or throw home if needed
* Cover all bases and backs up other players after a hit
* Always show good Sportsmanship on and off the field (no bad mouthing other players)
* Strong throw 3rd to 1st combined with understanding of toss from short to 2nd.
* Sets feet properly on flyballs and groundballs/understands location on field/ can move all directions on fly balls/ properly executes a double play/can execute a run down (as a runner and fielding)
* Follows through completely/head down on contact/drives the ball/ knows the difference between bunting for a base hit and a sacrifice bunt/demonstrates proper base running techniques