

**HUDSON BOOSTER CLUB**



**JUNIOR FAST PITCH  
SKILLS LIST**

## JUNIOR FAST PITCH SKILLS AND CONCEPTS

The skills and concepts listed are the minimum skills that a person coming out of each program should possess. This list is not meant to limit the amount of skills that can be taught and demonstrated, rather, it is meant to provide a base of instruction for coaches.

### TEACHING SKILLS

When you introduce a new skill, you should practice the IDEA method.

I – Introduce the skill. Explain what you’re trying to accomplish

D – Demonstrate the skill.

E – Explain the mechanics of the skill.

A – Activate the drill that reinforces the skill.

### HITTING SKILLS

- Stance / Swing
- Hitting the Pitch

### BASE RUNNING SKILLS

- Base running rules
- Proper running techniques
- Sliding

### FIELDING SKILLS

- General Information
- Set Position
- Fielding
- Catching
- Throwing
- Infield Skills
- Infield Positions
- Outfield Skills
- Catcher Position

### PITCHING SKILLS

- Throwing
- Wind up and Delivery
- Fielding after the throw

HITTING SKILLS

- Stance:
  - Proper bat size
  - Stand so that bat can reach the far side of Home plate
  - Feet apart at a comfortable distance
- Swing
  - Eyes on the ball
  - Step towards the pitcher on the swing, drive with back leg.
  - Keep both hands on the bat during the follow-through
  - Level swing
- Hitting the Pitch
  - Inside pitch - Pull the ball down the line
  - Middle pitch - Hit straight away
  - Outside pitch - Drive to opposite field

BASE RUNNING SKILLS

- Base running rules

## LISTEN TO THE COACH

## After hitting the ball:

- Locate ball half way to 1st base
- Overrun 1st base on a hit to the infield
- "Flaring out" on a base hit half way to 1st base
- Rounding the base on a base hit
- Touching the inside of the bases when going extra bases

## On base:

- Breaking off the base when the pitch crosses home plate
- Know when you are and are not forced to run on a ground ball
- Do not let the ball hit you while on the base path
- Going half way on a fly ball
- Tagging up on a fly ball

- Sliding
  - Slide to opposite side of the throw (Outside of base from catcher, Inside of base from outfield)
  - Keep eyes on base when sliding
  - Keep arms and hands raised when sliding
  - Player should slide on their butt, not hip or side of leg

## Types of slides:

- Bent leg - To quickly get up on a wild throw, or if going too fast to stop at a base
  - Take off on either leg
  - One leg is extended, the other is bent under.
  - Weight is absorbed on the butt, not hip or leg.
  - The foot of the extended leg catches the base, and the body momentum plus the straightening of the bent leg enables the runner to stand.

BASE RUNNING SKILLS (Cont.)

Hook - To avoid a tag, right and left

(Right Side) Take off on the Left foot, the body falls to the right side, Butt takes weight

Both legs extended, toes pointed

Left toe catches the outside of the base.

Body slide to the right side of the base in a flat position

(If left leg is bent, you travel a longer distance)

Head first - DO NOT TEACH (Illegal in Booster Recreational program)

FIELDING SKILLS

- General

All fielders should know the following information before each pitch:

Number of outs

If there are any base runners

Where to throw the ball BEFORE it comes to you

- Set Position

Feet about shoulder distance apart with toes pointing slightly outward, knees bent slightly

Hands hang down inside the legs, with the palm of the glove facing the batter

On the pitch, should rock slightly forward

- Fielding

Get directly in front of a bouncing ball (charge the ball if possible)

Keep eyes on the ball

Legs spread, buttocks low, and hands away from the body

Look ball into glove, cover with bare hand

Play the hop

Short hop - catch ball just as it comes off of the ground

High hop - catch ball at the peak of the hop

- Throwing

Throw the ball about letter high. Always look where you are throwing

Take only 1 step before you throw

Use a snap throw, and follow through

- Infield Skills

Covering a base on a throw from another player

Straddle the base

Lay the glove down in front of the base, the back side facing the runner

Let the base runner slide into the glove

Cutoff position

Covering the base:

Straddle the base

Direct the cut off player where to stand for the cut off in a loud voice

Direct the cut off player where to throw the ball

FIELDING SKILLS (Cont.)

Receiving the cut-off throw from the outfielder:

Listen to the player covering the base for direction

Raise both hands in the air as a target for the throw

Spin in the direction of the glove when throwing to the base

RUN the ball into the infield if there is no throw to make

Run down play

Always run the runner back to the previous base

Hard, accurate throws

After throwing, pass the runner on your glove side, and cover the base.

Know how to adjust to the hitters (Left handed vs. Right handed, Slow vs. Fast swing)

- Infield Positions

1st Base

Shift method of taking a throw from another fielder

Straddle the base

Place the heel of your left foot against the home-plate side of 1st base.

Place the heel of your right foot against the outfield side of 1st base

If ball is thrown to your left, take a hop to your left, placing the toe of your left foot where your right heel was. Stretch for the throw

If ball is thrown to your right, take a hop to your right, placing the toe of your right foot where your left heel was. Stretch for the throw.

If necessary, leave the base for a throw. More important to catch the ball than to stay on the base.

Catch pop flies in an area between 1st base, catcher, and pitcher.

2nd Base

Approaching the base for a force-out

Fast start towards the base. Two or three strides from base, slow up and get under control

Receiving ball on double play

Step off 2nd base towards the inside of the diamond with the right foot

Transfer weight to the right foot,

Throw to 1st base with left foot pointing towards 1st base.

Pop flies - Cover area from behind 2nd base to behind 1st base.

Shortstop

Approaching the base for a force-out

Fast start towards the base. Two or three strides from base, slow up and get under control

Receiving ball on double play

Loop around 2nd base, and receive throw with both feet on the outfield side of 2nd base, facing 1st base.

Step off 2nd base towards the inside of the diamond with the right foot

Transfer weight to the right foot,

Throw to 1st base with left foot pointing towards 1st base.

Pop flies - Cover area from behind 2nd base to behind 3rd base. Has precedence on any flies in the infield.

3rd Base

Position determined by batter/pitcher. Slow pitcher or fast swing, guard the line. Fast pitcher or slow swing, play off of the line.

Cut off any slow ground balls hit towards the shortstop

Catch pop flies in an area between 3rd base, catcher, and pitcher.

- Outfield Skills
  - Backing up the infield
    - All outfielders move on every play to back up either the infield or another outfielder
  - Throwing to the cutoff
    - ALWAYS throw to the cut off player in the infield.
    - Know how to adjust to the hitters (Left handed vs. Right handed, Slow vs. Fast swing)
  
- Catcher Position
  - Stance
    - Rise up somewhat from a squat position, and be as close to the batter as possible.
    - Feet spread apart with the right foot slightly behind the left foot
    - Throwing hand hidden behind the right leg
    - Glove (Target) held still until the pitch is thrown
  - Throwing
    - Take 1 step only when throwing
    - Snap throw
  - General
    - Can block home plate only if you have the ball
    - On a pop fly, hold onto the mask with the bare hand until you know where the ball will land, then throw the mask the opposite way

## PITCHING SKILLS

- Throwing
  - Grip the ball on the seams, using a grip that feels comfortable
  - Hold the ball firmly, but not too tight
  - 3 pressure points on the ball: Thumb, Index finger, and Middle finger.
  
- Wind up and Delivery
  - Start with a comfortable stance and both feet in contact with the pitching rubber
  - Keep 1 foot on the pitching rubber
  - Keep eyes on target throughout the entire delivery
  - Follow through with throw
  
- Fielding after the throw
  - Break to 1st base on any ball that is hit to the right side of the infield
  - Cover 1st base by running parallel to the baseline, not across it
  - Back up bases by at least 30 feet if possible



JUNIOR FASTPITCH  
DRILLS

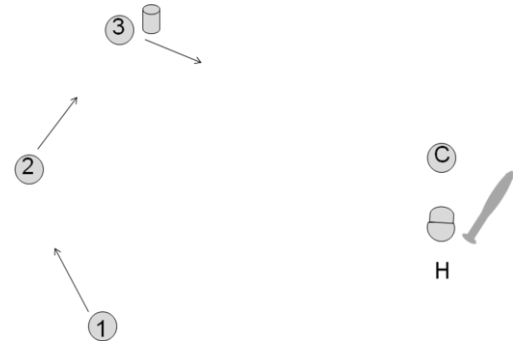
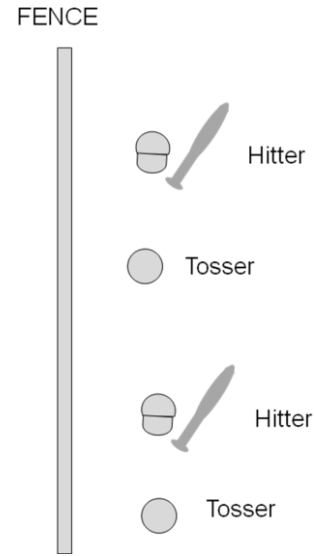




HITTING

SOFT TOSS

1. Use a Reduced Injury Factor (RIF) or Whiffle ball for this drill if hitting against a fence, a regular ball if hitting into the field.
2. Players into groups of 2. Both players with batting helmets on.
3. Have hitter stand facing a fence or backstop (Can use opposite side of backstop from a hitter standing at home plate.. Hitter should take normal stance
4. Have partner kneel alongside the hitter, making sure that they are far enough away from hitter so the bat will not hit them on a swing.
5. Have the partner softly toss a ball into the strike zone. Hitter swings and drives the ball into the fence. (Can also be used to practice bunting).
6. After a set number of swings, change positions.



**VARIATION:** To make Soft Toss a station within a hitting practice, you can hit into the field. Players field the hit and throw to the # 3 fielder, who puts balls into a bucket. Rotate positions clockwise (H to 1, 1 to 2, 2 – 3, 3 to H) in the field. Player 3 brings bucket to coach and gives to the new #3 fielder.

**Note:** It is very important that caution be used in this drill, and that all players be aware of potential hazards.

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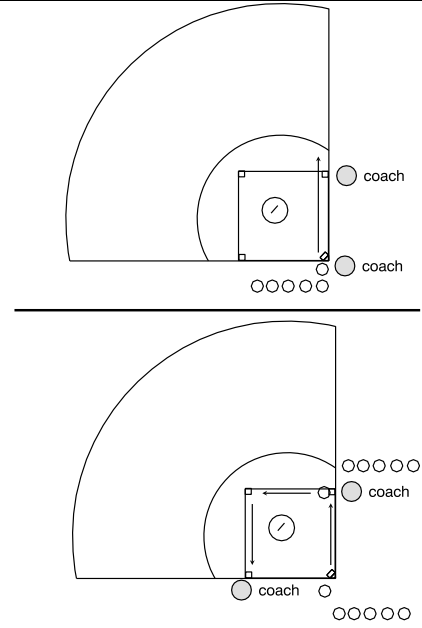




BASE RUNNING

**BASE RUNNING**

1. Line players up at Home plate. Have them run to and past 1st base.
2. Same as #1, but the runner then goes back to the base, and runs to 2<sup>nd</sup> base when the next runner goes to 1<sup>st</sup> base. Runners then advance to the next base when the following runners go to 1<sup>st</sup> base.
3. Same as 1, but have the coach tell them to run to 2nd base (No overrunning). After a couple of series, mix up directions. Have some run to 2nd, some stay at 1st.
4. Have 2 lines of players, one at Home and one at 2nd. On coaches signal, runners at Home run to 2<sup>nd</sup> base, and runners at 2<sup>nd</sup> base run to home.



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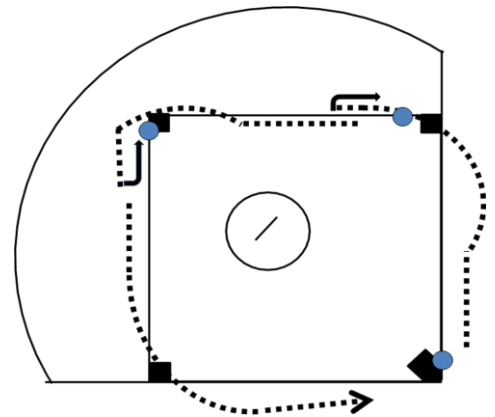
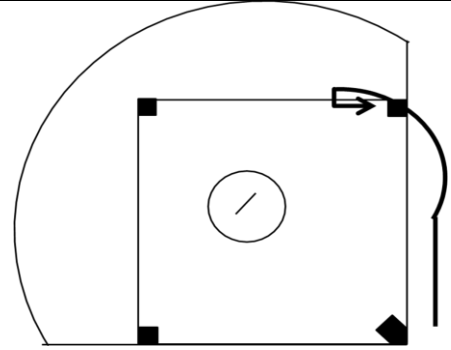
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BASE RUNNING

ROUND (FLARE) ON BASE HIT

Before beginning this drill, coach needs to explain and demonstrate a runner “flaring out” on the way to 1<sup>st</sup> base after a base hit.

1. Line players up at Home plate. On signal from coach, players run to and PAST 1<sup>st</sup> base.
2. After 2 or 3 times going to first, players “flare” ½ way down the line, goes about ¼ way towards 2<sup>nd</sup> base, and return to 1<sup>st</sup> base.
3. Place a coach in 1<sup>st</sup> base coaching box. If coach yells “HIT”, the runner flares in foul territory to round the base. If coach yells “THROW”, the runner goes to and past 1<sup>st</sup> base.



VARIATION: Round the base (flare) and return. Runners at Home, 1<sup>st</sup> base, and 2<sup>nd</sup> base. On coach’s signal, runner from Home rounds 1<sup>st</sup> base to about ¼ of the way to 2<sup>nd</sup>, then hustles back to 1<sup>st</sup>. Runner on 1<sup>st</sup> base does the same at 2<sup>nd</sup> base. Runner at 2<sup>nd</sup> base rounds 3<sup>rd</sup> base and runs to Home plate.

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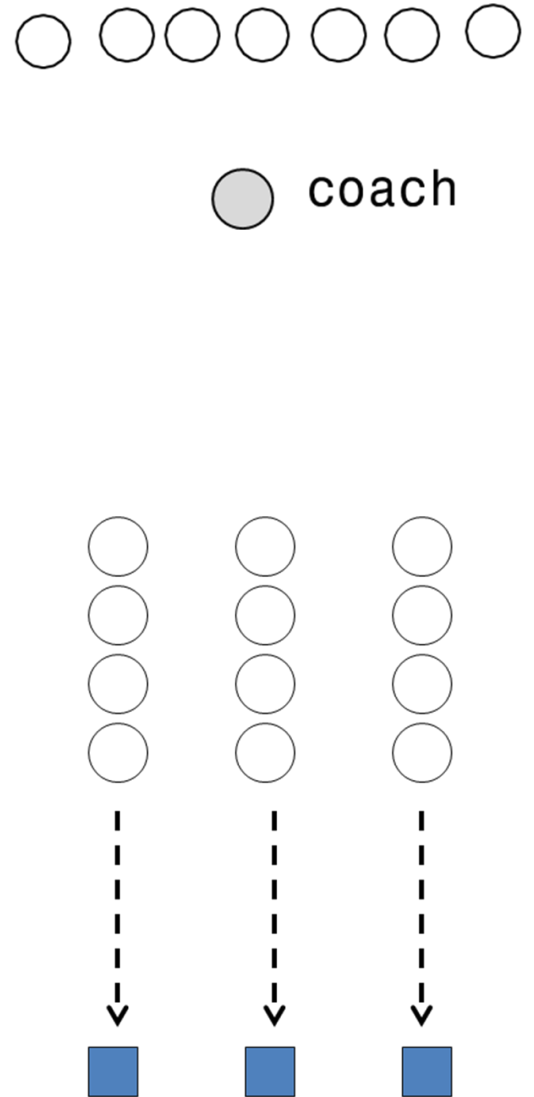
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BASE RUNNING

SLIDING DRILL

These drills are designed to be done on the outfield grass.

1. All players remove their shoes and sit on the grass. Alternate placing one leg straight and the other in the bent-leg tucked position
  - a. By putting hands behind themselves while in the sitting position, they push their body forward on the grass.
  - b. Here they are getting used to the position and finding out which side is comfortable. Sliders can be left or right so far as which side is more comfortable in the sliding position.
2. All players from a standing position practice the fall into the bent-leg slide. Player should concentrate on landing and direction, getting their hands in the air, and getting the bent-leg tucked in underneath.
3. All players practice from a standing position with three walking steps. Players that are comfortable on either side should practice both; however, others should perfect their best side first.
4. Players form into 3 lines about 20 ft. from a base or other marker. On coach's signal, the first runner in each line runs toward the base and executes a slide. Coach makes sure that players are sliding properly.



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BASE RUNNING

PRIMARY & SECONDARY LEADS

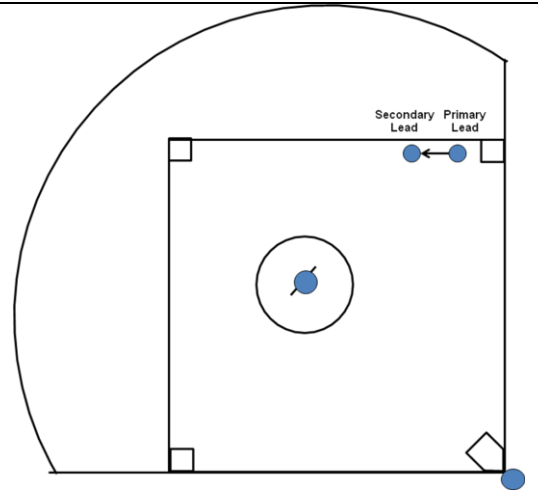
1. Pitcher on mound. Catcher behind plate, rest of the players line up at 1<sup>st</sup> base.
2. On the release of the throw (Softball) or when the ball crosses Home (Boys Rec.), the runner takes a lead, then goes to back of line.

NOTE: Stress importance of getting off the base at the correct time based on league rules.

FOR LEAGUES THAT ARE ALLOWED TO LEAD OFF BEFORE THE PITCH

1. Add a 1<sup>st</sup> baseman covering the base. Pitcher takes sign from catcher and goes into the stretch position as runner at 1<sup>st</sup> base takes primary lead.
2. If runner is too far off of 1<sup>st</sup> base, pitcher makes a 1/2 speed throw to 1<sup>st</sup> base to get runner back to the base.
3. After a couple of rounds, the pitcher will either (1) try to pick off runner or (2) throw home. If throw goes home, runner takes secondary lead.

NOTE: This is also a good time to teach the proper way for a pitcher to throw to a base and to institute a "Catcher's Call" on pick off plays where the Catcher signals the Pitcher to throw to 1<sup>st</sup> base.



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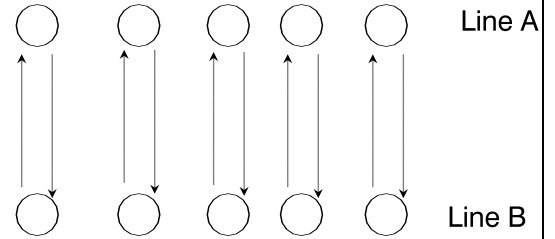




FIELDING

COMBINATION DRILL

Players get into 2 lines, facing each other, about 5 feet apart (Important to also keep players in same line apart from one another). Try to get players of same skill level as partners. Check players for good throwing mechanics.



1. **WARM UP:** Players start off by tossing ball back and forth at  $\frac{1}{2}$  speed. As they start to get warmed up, throw at  $\frac{3}{4}$  speed.
2. **QUICK HANDS.** Ball in hands of the players in Line B. Players throw to each other at full speed. Receiving player tries to get the ball out of his glove and throw to the other player as fast as possible. Be sure to check for proper footwork on throw. You can make a game of this by having the pairs count the number of times player in Line A receives the ball in a given time period.
3. **LONG TOSS.** Players in Line A move back about 10 feet on coach's command. Continue to back up Line A until the pair cannot accurately throw to one another. Some pairs may be further apart than others. From here, you can position them for the Cut-Off drill below.

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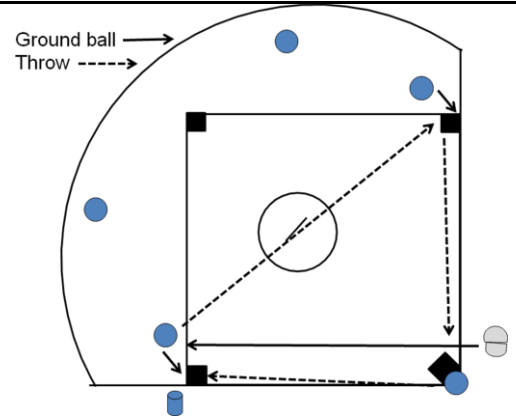


FIELDING

COVERING YOUR BASE

5 players - all infield positions except for pitcher. Bucket by 3<sup>rd</sup> base.

1. Coach hits ground ball to 3<sup>rd</sup> baseman, who throws to 1<sup>st</sup> base. 1<sup>st</sup> baseman throws to catcher, who then throws to 3<sup>rd</sup> baseman covering 3<sup>rd</sup> base. SS backs up throw. 3<sup>rd</sup> baseman then puts ball into bucket.
2. Coach hits ground ball to the SS who throws to 1<sup>st</sup> base. 1<sup>st</sup> baseman throws ball to catcher, who then throws ball to 2<sup>nd</sup> base being covered by SS and backed up by 2<sup>nd</sup> baseman. SS throws to 3<sup>rd</sup> baseman covering base, and puts ball into bucket.
3. Coach hits ground ball to the 2<sup>nd</sup> baseman who throws to 1<sup>st</sup> base. 1<sup>st</sup> baseman throws ball to catcher, who then throws ball to 2<sup>nd</sup> base being covered by 2<sup>nd</sup> baseman and backed up by SS. 2<sup>nd</sup> baseman throws to 3<sup>rd</sup> baseman covering base, and puts ball into bucket.
4. Coach hits ground ball to the 1<sup>st</sup> baseman who throws to 3<sup>rd</sup> base. 3<sup>rd</sup> baseman throws ball to catcher, who then throws ball to 1st base. 1<sup>st</sup> baseman throws to 3<sup>rd</sup> baseman covering base, and puts ball into bucket.



After 2 or 3 rounds, players rotate positions. Keep rotating until all players have played all positions

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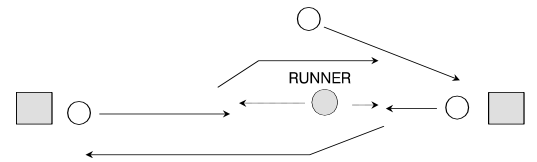




FIELDING

RUN-DOWN (HOT BOX/PICKLE)

1. Players at 1st base, 2nd base, and Shortstop positions. 1st baseman has the ball.
2. Runner stands about 10 feet off of 1st base.
3. 1st baseman chases runner until the runner is about 1/3 of the way to 2nd base. Then throws to the shortstop covering 2nd base. 1st baseman then **FOLLOWS THE THROW** to cover 2nd base. 2nd baseman covers 1st when 1st baseman leaves.
4. Shortstop runs the runner back towards 1st base. Tries to tag out the runner. Can use fake throws to get the runner. If runner continues on to 1st base, the Shortstop throws to the 2nd baseman who is covering 1st base. Shortstop **FOLLOWS THE THROW** to cover 1st base.
5. 2nd baseman chases the runner towards 2nd base, which is now being covered by the 1st baseman.
6. Continue chasing and switching positions until the runner is tagged out.



NOTE: Stress that fielders **FOLLOW THE THROW** and back up the base. Try to get the runner back to the previous base.

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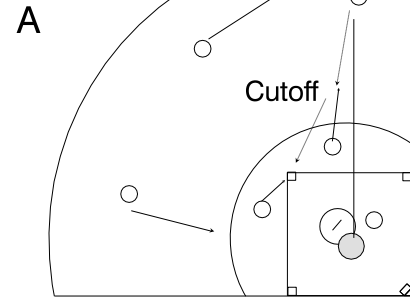


FIELDING

**CUT-OFF POSITIONS**  
(Dark circle is the coach)

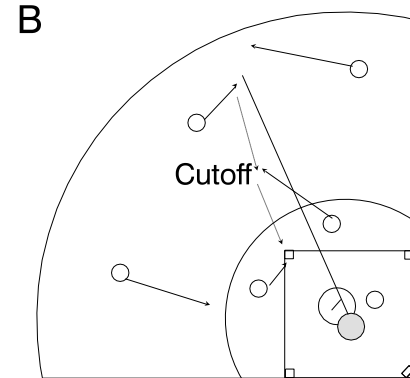
**A. Ball hit to Right field**

1. Right fielder catches the ball, throws to cut off .
2. Center fielder backs up the right fielder
3. Left fielder backs up the throw to 2nd base.
4. 2nd Baseman takes the cut off throw
5. Shortstop directs cut off, and takes throw to base



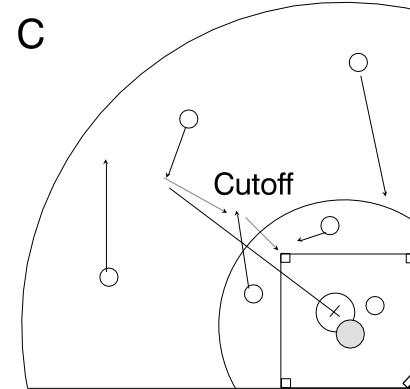
**B. Ball hit to Right-Center field**

1. Center fielder catches the ball, throws to cut off .
2. Right fielder backs up the center fielder
3. Left fielder backs up the throw to 2nd base.
4. 2nd Baseman takes the cut off throw
5. Shortstop directs cut off, and takes throw to base



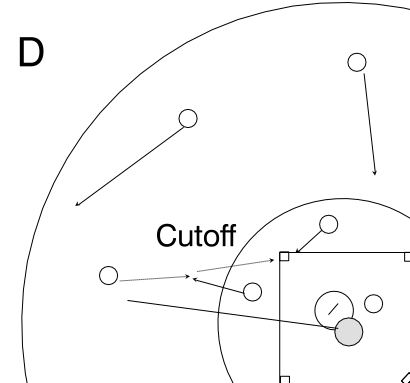
**C. Ball hit to Left-Center field**

1. Center fielder catches the ball, throws to cut off .
2. Right fielder backs up the throw to 2nd base.
3. Left fielder backs up the center fielder
4. Shortstop takes the cut off throw
5. 2nd baseman directs cut off, and takes throw to base



**D. Ball hit to Left field**

1. Left fielder catches the ball, throws to cut off .
2. Center fielder backs up the left fielder
3. Right fielder backs up the throw to 2nd base.
4. Shortstop takes the cut off throw
5. 2nd baseman directs cut off, and takes throw to base



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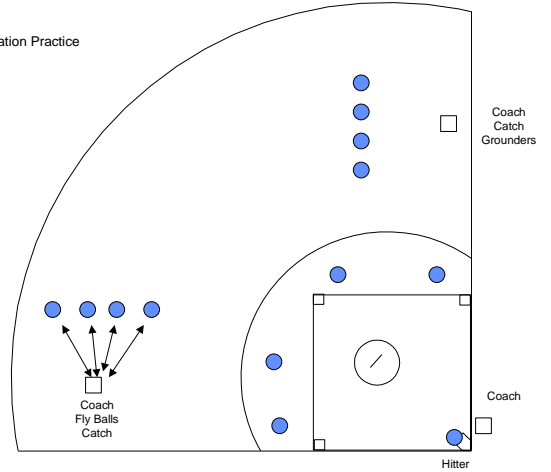
MULTIPLE STATION PRACTICE

3-STATION PRACTICE

It is better to have multiple stations rather than have players standing around during a practice. In this example, we have 3 stations: Hitting, grounders, and fly balls. Players should rotate from station to station as a group rather than leave a station individually.

1. **Hitting:** One player hits while the rest fields the hits. You can position the players in the outfield rather than the infield for this drill. When all players have hit, rotate to the next station.
2. **Grounders/Catch:** Coach lines players up and hits/throws grounders to each player. Coach concentrates on fielding form and throwing motion.
3. **Fly balls/Catch:** Coach lines players up and hits/throws pop flies to the fielders. Concentrate on getting under the ball and using two hands to catch a fly ball.

Multiple Station Practice



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## SAMPLE PRACTICE PLAN

Practice is where the players learn the fundamentals of baseball/softball. It is the part of coaching that many find the most enjoyable. It's a time when you as coach become teacher and mentor.

Over the years, we have found that the most successful coaches are the ones that are organized. They show up at practices with a practice schedule in hand, and show up at the games with an inning by inning schedule of what players will be in what positions.

Tips for conducting a successful practice

1. Keep practice **FUN** for the players.
2. Have an organized practice.
3. Get the parents to help. Most are willing to help when asked.
4. Use multiple stations during practice
5. At this level, stick to the fundamentals of the game

Sample practice plan that covers 1 ½ hours of practice.

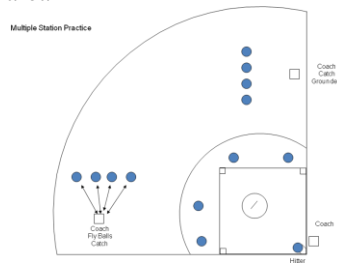
5:30 – 5:35 Coach welcomes players  
Ask parents to help out at practice

5:35 – 5:45 Running drills – whole team (this gets some of the energy out of them so they'll be more receptive to instruction)

- Home to 1<sup>st</sup> (overrun)
- Runners stay on 1<sup>st</sup> and then advance to next base when next runner goes to 1<sup>st</sup>.

5:45 – 5:50 Divide team into 3 groups for station drills. This is where you need the parents to help out. The more the merrier.

- Station 1 – Infield area
- Station 2 – Left field area
- Station 3 – Right field area



5:50 – 6: 40 Station Drills – 15 minutes per station and then rotate  
(Review Skills list with coach at each station)

- Station 1 – Hitting (use parents as shaggers)
- Station 2 – Fielding basics
  - Hands up – Hands down drill
  - Teach fundamentals of throwing
- Station 3 – Fielding drills
  - Playing catch
  - Throwing pop fly balls

6:40 – 6:55 Bring team back together for infield drill – (2 coach infield drill)

- Players throw to parent catching for coach (or coach hits with glove on – and throw to coach)

6:55 – 7:00 Bring team back together to tell them

- Next practice/game
- When/where
- Encouragement

**DEFENSIVE PRACTICE (5:30 – 7:00)****5:30 – 5:40** Stretching and warm-up exercises**5:40 – 6:10** Throwing Drills

5:40 – 5:45 Simple toss, 1 line on baseline, other line on grass

5:45 – 5:50 Quick hands

5:50 – 6:00 Long toss

6:00 – 6:10 Cut-off

**6:10 – 6:15** Team meeting

Discuss goal of practice

Coach talk

**6:15 – 6:35** Infield Drills

6:15 – 6:25 2-Line

6:25 – 6:35 Position

**6:35 – 6:55** Outfield Drills (3 stations, 5 minutes each)

1. Catching fly balls in outfield
2. Cut Off play
3. Right-Left

**6:55 – 7:00** Gather, Coach talk, and put equipment away**OFFENSIVE PRACTICE (5:30 – 7:00)****5:30 – 5:40** Stretching and warm up**5:40 – 5:50** Running Drills (2 Lines)

1. Home to 1<sup>st</sup> (Overrun and key turn) and 1<sup>st</sup> - 3<sup>rd</sup> (jog back to home after stopping at 3<sup>rd</sup>)
2. Round base and return. Runners start at Home, 1<sup>st</sup>, and 2<sup>nd</sup>.

**5:50 – 6:00** Team meeting**6:00 – 6:55** Hitting Drills (4 stations – 12 minutes each)

1. Live hitting
2. Bunting
3. Soft Toss
4. Pepper or Tee work

**6:55: - 7:00** Gather, Coach talk, and put equipment away

### SAMPLE GAME DAY LINE-UP SHEET

The Hudson Boosters highly recommend filling out line-up sheets before every game and post it on the backstop by the bench so that everyone can see it.

A blank copy of this form can be downloaded from the “Coaching – Softball” tab on the Hudson Booster web page. Format can be in either Excel.xls (preferred) or in .pdf format.

Benefits of having a printed or written line-up sheet:

- Players know (or a parent can show) where a player will be playing each inning.
- Speeds up the game because coach doesn’t need to try to figure out where everyone is playing between innings.
- Helps insure that the coach abides by the playing rules
- Helps insure that the players will be rotated to different positions
- Allows parents to see where son/daughter has played or will be playing for the game.

	INNING						BATTING ORDER
	1	2	3	4	5	6	
Pitcher	Mary	Mary	Louise	Denise	Betty	Betty	1 Peyton
Catcher	Jessie	Peyton	Peyton	Mary	Jessie	Jessie	2 Mary
1st Base	Peyton	Cindy	Betty	Alice	Mary	Denise	3 Betty
2nd Base	Alice	Alice	Josie	Fran	Josie	Fran	4 Alice
Shortstop	Betty	Betty	Jessie	Peyton	Alice	Peyton	5 Cindy
3rd Base	Cindy	Fran	Fran	Josie	Cindy	Mary	6 Jessie
Left field	Denise	Nancy	Denise	Carly	Louise	Carly	7 Denise
Center field	Josie	Louise	Cindy	Jessie	Denise	Alice	8 Fran
Right field	Jacklyn	Carly	Jacklyn	Nancy	Jacklyn	Nancy	9 Carly
Sitting	Fran	Josie	Mary	Betty	Peyton	Josie	10 Josie
	Nancy	Jessie	Nancy	Cindy	Fran	Cindy	11 Louise
	Carly	Jacklyn	Carly	Louise	Nancy	Louise	12 Jacklyn
	Louise	Denise	Alice	Jacklyn	Carly	Jacklyn	13 Nancy

