

MGS Rec Softball Competencies

6U Competencies

Warm up techniques
Names and learn locations of defensive positions
How to execute a throw (proper grip and motion)
Proper fielding position (down and ready)
How to hold a bat properly
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
Develop a love of the game from a positive, fun first experience of softball

8U Competencies

Warm up techniques
Number of outs per inning
Fielding techniques (proper down and ready position, butt down)
Uses both hands to catch the ball vs. one handed or trapped catches
Understands where to make the defensive play
Pitching mechanics
Proper Batting technique (position at the plate, swing mechanics, load, turn, extension)
Proper base running (rocker step, not track start, running the bases)
Good Sportsmanship (End each game with a High Five)
Mindfulness - importance of being in the moment

10U Competencies

Advanced warm up techniques
The ball is always "LIVE"
Ground ball fielding techniques
Where to make the play
Relaying the ball from the outfield to the infield
Catching flyballs, introduction to the crowhop.
Batting stances (closed, open)
Bunting
Fundamental Catcher Skills (blocking, throwing down to 2nd, 3rd, body hand position, framing, protecting the free hand).
Base running and stealing
Infield Fly Rule
Communication (calling for a fly ball)
Backing up plays
Pitcher position (how to field from the pitcher position)
Understanding force plays and tag plays and how to make them.
Always show good Sportsmanship on and off the field (no bad mouthing other players, umpires, or coaches.)

12U Competencies

Coming on time to practices and games prepared to play softball
Understanding how to maximize hitting opportunities in the batters box
Directional bunting
Acceptable level of determining ball vs. strike
Passing the bat through the strike zone
Proper base running techniques including:

- o Stealing after the ball crosses the plate
- o When to tag up
- o How and when to slide

Correct pitching mechanics
Use Catching skills (blocking the plate with the ball, blocking wild pitches, dropped 3rd strike, throwing out runners)
Proper footwork to field and throw quickly
Drop Step
Execute proper pitching motion
Sacrifice situations
How to rundown a base runner (pickle)
Covering bases and backing up positions after a hit
Always show good Sportsmanship on and off the field (no bad mouthing other players, umpires, or coaches.)

15U Competencies

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:

- o Exploding off the base after the ball crosses the plate
- o When to tag up Vs going half way
- o Proper sliding techniques

Execute proper pitching motion
Use Catching skills (blocking the plate with the ball, blocking wild pitches, throwing out runners)
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 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, umpires, or coaches.)