



## BillERICA Softball League Standard Skills



Standard Skills for U-8		Standard Skills for U-10	
<p>How to hold the ball</p> <p>How to throw the ball</p> <p>How to catch the ball</p> <p>Fielding stance</p> <p>Basic ball fielding</p> <p>Introduction to playing all positions</p> <p>Proper batting stance and form</p> <p>Proper batting swing</p> <p>Hit ball pitched by coach</p> <p>Basic fundamental environment (bases, fair/foul)</p> <p>Introduce basic fundamental rules (strikes, balls, etc)</p> <p>Sportsmanship</p> <p>Softball safety</p> <p>Social skills – how to have fun while learning</p>		<p>Review 8U standard skills</p> <p>Proper holding, throwing and catching the ball</p> <p>Introduction to Catching position</p> <p>Introduction to Pitching position</p> <p>Introduction to pitching windmill</p> <p>Introduction to opponent pitching</p> <p>Improve batting form and swing</p> <p>Proper base running and leading</p> <p>Introduction to stealing</p> <p>Introduce sliding</p> <p>Introduction to outfield play.</p> <p>Introduce outfield/infield interaction</p> <p>Introduce team communication, bench and field</p> <p>Instill team etiquette</p> <p>Inject more fundamentals (know strike zone, force/tag plays, tagging up, home/away etc).</p>	
Standard Skills for U-12		Standard Skills for U-14	
<p>Review/Introduce/Improve standard skills for U8, U10</p> <p>Improve catcher/pitcher techniques</p> <p>Increased use of pitching windmill</p> <p>Proper way to catch fly balls and play outfield</p> <p>Introduce and implement bunting</p> <p>Introduction to base running strategies (delayed, etc)</p> <p>Improve sliding</p> <p>Introduce tagging up/running on fly balls</p> <p>Introduce cutoffs</p> <p>Introduce defensive forward thinking (where to go w/ - ---ball)</p> <p>Proper team communication in the field</p>		<p>Review/Improve standard skills for U8, U10, U12</p> <p>Improve mental preparedness and forth sight like game time confidence and knowing steps ahead</p> <p>Proper tagging up techniques</p> <p>Improved batting skills/Improved pitching skills</p> <p>Know roles and responsibilities of all positions</p> <p>Use of strategic hand signs, offense and defense</p> <p>Use of multiple cut off strategies</p> <p>Use of base running strategies</p> <p>Preparation for increased competitive play in U-18</p>	
Standard Skills for U-18			
<p>Review/Improve Standard Skills from U8, U10, U12 and U14 and implement game strategies for entertaining, enjoyable and competitive play</p>			

### TIPS:

- Use the resources available: NYSCA will provide you a manual, YouTube videos are great, other coaches
- Know that you will be continually repeating yourself, especially coaching the younger ones
- Promote good work while ensuring proper criticism that will educate and not berate
- All girls should have an equal amount of time in the outfield, infield and the bench
- Search on line for drills specific to the standard. Perform appropriate drills that are fun, but educate
- Create practice plans ahead of time including conditioning and stretching
- Eliminate any down time for girls, except water breaks; keep them active
- Group activities if necessary
- Use props to facilitate coaching – hitstick, sandballs, whiffle balls, nets, bottles, cones, etc.
- Schedule additional practice time during the course of the season to work on skills. Example: 1x/week.