

BENSON PUBLIC SCHOOLS PLAYER PROGRESSION

Tee Ball (Ages 5 - 6) Tee Ball is generally the first introduction to organized softball for most players. The primary objective by the end of the season is to ensure that each player has a "positive experience" with softball, desires to play again the following year, and has successfully demonstrated the skills listed below.

- Warm up techniques
- Names of defensive positions
- How to execute a throw (proper grip)
- 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

Morning Recreational Softball (Ages 6 - 8) The primary objective at this level is to ensure that each player has a "positive experience" with softball, desires to play again the following year, and has learned the skills listed below.

- TEAM concept
- Warm up techniques
- 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
- Understands where to make the defensive play
- Proper Batting position • Proper base running (on the ground vs. in the air)
- Good Sportsmanship

Chippewa Valley League Softball (Ages 8 - 10) At this softball level the players should recognize situations and understand "HOW BEST" to make certain plays. The primary objective is to ensure that each player has a "positive experience" with softball, desires to play again the following year and has learned the skills listed below with the emphasis on "HOW BEST".

- 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

- Batting stance (closed, open)
- Pitching mechanics
- Bunting
- Infield Fly Rule
- Communication (calling for a fly ball)
- Backing up plays
- Pitcher position
- Difference between a Force Play and a Must Tag
- Good Sportsmanship

In addition to the above fundamentals, students ages 11-18, or grades 7-12 will develop skills in the following areas. Coaches will use this checklist to guide their practice plans.