

## Softball Study Guide

### History

Softball is played with a bat and a ball on a diamond shaped field with four bases. The object of the game is to score runs by hitting the ball and touching all the bases without being tagged or put out. The game of softball is a lot like baseball. Some of the few differences are that the ball is larger and heavier, it is pitched underhand and the base path is 60 feet, baseball is 90 feet. Softball is a sport that is played and enjoyed by men and women of all ages. It can be played competitively or recreationally. Softball was invented at the Farragut Boat Club in November of 1887 in Chicago Illinois. It is played at the middle school, high school and collegiate levels. In 1996 the game of softball was introduced into the Olympics. Michelle Smith is an outstanding pitcher that has played for the Olympic team in years past. She graduated from Voorhees High School in 1985.

### Terms

Ball – when the ball is pitched across the plate out side of the strike zone.

Base on Balls – batter receives four balls in one turn and may advance to first base. This is also considered a walk.

Bunt – a legally hit ball that is not swung at but tapped with the bat. The ball usually lands in front of home plate.

Catching – be sure to use two hands when catching a ball.

Count – the number of balls and strikes on the batter.

Double Play – when two base runners are called out on the same play.

Fielding – field the ball with two hands, out in front of your body. Make a triangle with your feet and hands.

Force Out – when a runner must advance because they occupy the base the batter is trying to reach.

Foul Ball – a ball batted outside of fair territory.

Full Count – three balls and two strikes on the batter.

Grand Slam – a home run with the bases loaded.

Ground Ball – a batted ball that hits the ground after it makes contact with the bat.

Home Run – when a batter hits the ball so hard they can touch all the bases.

Infield – fair territory within the base paths (pitcher, catcher, 1<sup>st</sup>, 2<sup>nd</sup>, short stop and third base).

Inning – a portion of the game after each team has an opportunity to get three outs at the plate. (7 innings make up a softball game.)

Line Drive – a ball that is hit and travels on a straight line, close to the ground.

On Deck – the next person to bat.

Outfield – fair territory beyond the infield (left, center and right field).

Pop Fly – a batted ball that is hit straight into the air.

Stealing – when a runner tries to advance to the next base when the pitcher pitches the ball or the ball is thrown in the dirt.

Strike Zone – area on the batter between their knees and arm pits. This is the area that a ball needs to be pitched between in order for it to count as a strike.

Tag Play – when a runner advances at their own risk. The runner needs to be tagged with the ball in order to be called out.

Tag Up – on a long fly ball, the runner needs to get back to the base and wait for the ball to be caught. They are permitted to advance to the next base after the catch. (The runner needs to touch the base after the catch before they advance.)

Throwing – grip the ball with 2 or 3 fingers across the laces. Step with the opposite foot towards your partner. Snap your wrist on the release. Throwing occurs with your dominate hand and one step with your opposite foot.

### **Rules and Regulations**

- 3 outs per team
- 7 innings per game
- 9 players per team
- In PE we bat Girl/Boy/Girl/Boy
- 4 fouls and your out
- 3 strikes and your out
- Everyone bats, then we go to the top of the order

### **Strategies**

- Place one player at each of the positions.
- Everyone is responsible for covering their base.
- When a ball is hit to the right side of the field the short stop will cover second.
- When a ball is hit to the left side of the field the second baseman will cover second.
- Call the ball when it is in the air.
- Always look to put out the lead runner.
- If a runner doesn't have to run he/she must be tagged.
- If a runner has to run because they are forced by someone behind them all you need to do is tag the base they are approaching.
- Hit the ball hard and keep it on the ground.
- Know where you are going to throw the ball before it is hit at you.
- Know how many outs there are before the ball is pitched.