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A Pictorial Analysis of Softball Skills for Girls

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Boston University
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Thesis

A Pictorial Analysis of
Softball Skills for Girls

by

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(B.S., Boston University, Sargent College, 1951)

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the requirements for the degree of
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Boston University
School of Education
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A. Introduction

The advent of numerous scientific inventions is aiding man in accomplishing more quickly his daily tasks. People are finding that they have more leisure time than ever before. This extra time is valuable in helping to overcome the stress and strains of present day living. People may use this leisure time by participating in recreational activities they enjoy so that physical and mental health may be maintained.

For this reason instructors must motivate students to enjoy activities so that they will want to participate in sports as adults. Such a desire will result only if students have acquired skills in sports. It is the physical educator's responsibility to help every student gain in skills, knowledge, and the proper attitudes so that they may reach their maximum development.

It is necessary to include in the physical education curriculum those sports which have carry-over value. The widespread use of softball makes it a team sport that probably has more carry-over value than any other team sport.

Softball has wide appeal because it can be played under so many conditions. It is played by both sexes and can be easily adapted for people of all ages. Softball is played in family and church groups, clubs, schools, playgrounds, camps, community and industrial organizations. Because of its popularity as a recreational activity, softball should be included in every physical education curriculum.

B. Statement of the Problem

The problem in this research consists of a pictorial analysis of softball skills for girls. The pictorial analysis is accomplished through the use of thirty-five millimeter kodachrome slides. The slides are taken of the Winchester High School girls varsity and junior varsity softball teams. Consultant advice is given by three instructors of students majoring in physical education.

In developing the problem three steps are taken. First, a study of the literature, films, film strips, and an evaluation of the author's knowledge aided by professional consultant advice are made to analyze the basic skills and skill drills concerned with softball. Second, in the construction of the slides there are:

1. A series of basic skills established
2. A series of team tactics and strategy established
3. A series of skill drills established
4. A series of tests on basic skills, team tactics and strategy established
5. Kodachrome slides prepared on the above (1 - 4)

Third, a jury of three people reviews and evaluates the slides and makes suggestions for improvement and correction. The jury is comprised of Gretchen Schuyler, Barbara Henderson, and Eleanor Keady, all of whom have held national softball ratings and have taught softball to students majoring in physical education at Boston University Sargent Camp.

C. Purpose

This problem is undertaken to provide secondary school and college teachers with a visual analysis of basic softball skills, team tactics and strategy. Teachers may find the material useful in acquiring a better understanding of the fundamentals of softball and methods of presentation through skill drills. The tests may indicate the perception of students viewing the slides. Students and others interested in softball may also find a pictorial analysis of techniques helpful.

II Procedure

A. Preparation of the Kodachrome Slides

In approaching the problem the basic skills of softball including throwing, fielding, batting and bunting, base-running, pitching and catching were studied through an investigation of the literature. Some of these sources bear particular note. Extremely helpful were the diagrams found in Allen¹; analysis of techniques found in Lai²; teaching suggestions found in Frymir³ and Meyer and Schwarz⁴; and teaching progressions found in Miller and Ley⁵. A study of the films, "Softball for Boys"⁶ and "Play Ball Son"⁷ together with film strips entitled, "Beginning Softball"⁸ with accompanying "Instructor's Guide" also proved valuable.

- - - - -

1. Ethan Allen, Major League Baseball: Techniques and Tactics.
2. William T. Lai, Championship Baseball: From Little League to Big League.
3. Alice W. Frymir, Team Sports for Women.
4. Margaret Meyer and Marguerite Schwarz, Technic of Team Sports for Women.
5. Donna May Miller and Katherine L. Ley, Individual and Team Sports for Women.
6. Coronet Instructional Films, Inc., Softball for Boys.
7. Wilson Sporting Goods, Play Ball Son.
8. The Athletic Institute, Beginning Softball.

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In developing the skill drills material gathered from several books serve as the major source of material in this area. Particularly useful are the skill drills found in Frymir¹ and Reynolds² and game variations found in Miller and Ley³.

The tests may be significant in evaluating the perception of students viewing the skill analysis portion of the slides. In developing the tests no attempt is made to establish validity and reliability.

Kodachrome slides are taken of the Winchester High School varsity and junior varsity girls softball teams. Although these pictures represent techniques practiced, all of the slides were photographed at a time other than regular practice sessions. Approximately 250 slides were originally taken. This number was reduced to 163.

B. Preparation of the Narration Accompanying the Slides

Each slide is accompanied by a narration analyzing the skill or technique. The column labeled "Comment" is inserted so that notes may be made by the viewer for critical or further descriptive purposes. The jury reviewed the narration accompanying each slide.

- - - - -

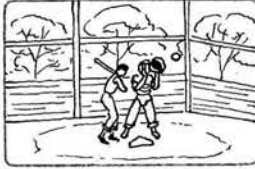
1. Alice W. Frymir, Team Sports for Women.
2. H. Atwood Reynolds, The Game-way To Sports.
3. Donna May Miller and Katherine L. Ley, Individual and Team Sports for Women.

On every slide there are two codes. The code in the upper left hand corner indicates the slides are consecutively numbered. The code in the upper right hand corner represents the classification of slides. The letter signifies the category and the number refers to the title. Both are used to classify the various techniques and correspond to those used in the written narration. For example:

Consecutive
Numbering - - - 82

Category (Pitching
and Catching)
E 20 - - - Title (Ready To Move)

SKILL ANALYSIS

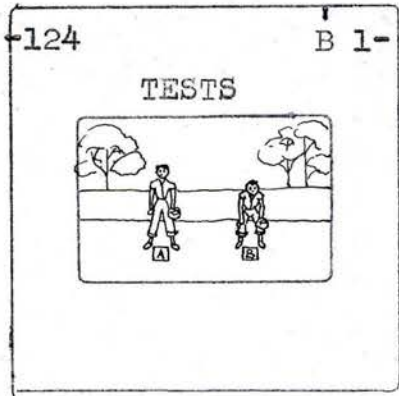


READY TO MOVE

In the tests of basic skills and team strategy each slide has two subjects, one labeled A, and the other, B. Each slide is accompanied by a statement. Students attempt to select the subject (A or B) that correctly identifies the statement. An answer sheet is included in the Appendix. An illustration of one of the statements under fielding follows:

Encircle the letter that most clearly shows the subject on the slide performing correctly the skill, tactic or technique stated.

Consecutive Numbering - - -124
 - - - -Category (Fielding)
 B 1- - -Title (Ready Position)



Ready Position

A (B)

INTRODUCTION

Title	Narration	Comment
-------	-----------	---------

A Equipment and Field

- | | | |
|-------------------------|--|--|
| 1 General
Equipment | Bats, balls and bases are necessary equipment for softball. A first baseman's mitt and fielders gloves are also shown. Softball shoes with rubber cleats are recommended but not required. The rules found in a current NSCWS softball guide should be followed. | |
| 2 Catching
Equipment | To prevent injury a catcher should use all equipment - a good mitt, mask and chest protector. | |
| 3 The Field | This diagram shows the markings of the field and positions of the players. | |
| 4 Play Ball! | A game in action | |

SKILL ANALYSIS

Title	Narration	Comment
-------	-----------	---------

A Throwing

- | | | |
|------------------|--|--|
| 1 Grip of Ball | Only the fingers should touch the ball. The ball is never palmed. Daylight can be seen between the hand and the ball. | |
| 2 Grip of Ball | All fingers used for gripping a ball is the easiest method. | |
| 3 Grip of ball | Another method is that of gripping the ball with two fingers and a thumb. The other two fingers rest on the side of the ball. This grip is more common among advanced players. | |
| 4 Overhand Throw | The elbow is back and level with the shoulder. The opposite foot is forward. The rear knee is bent and the trunk rotates toward the throwing arm. Incline body slightly backward for a long throw. | |
| 5 Overhand Throw | Transfer of weight to forward foot has begun as the wrist comes forward past the ear. | |
| 6 Overhand Throw | There is a full arm swing forward and downward with extension of the elbow as hand comes forward. With release of ball snap the wrist for greater power. | |
| 7 Follow Through | Weight on forward foot as ball is released. Arm swings forward and downward in direction of throw. | |
| 8 Overhand Throw | This picture shows the progressive views of the overhand throw. | |

SKILL ANALYSIS

Title	Narration	Comment
A <u>Throwing Cont'</u>		
9 Sidearm Throw	The hand is away from the body and behind and below shoulder level. Opposite foot is forward while weight is on the rear foot.	
10 Sidearm Throw	Arm starts forward. The weight begins to shift forward.	
11 Sidearm Throw	Weight is forward as arm is extended forward in horizontal plane. Ball is about to be released with a wrist snap.	
12 Follow Through	Weight is on the forward foot. Ball is released as arm reaches full extension in front. Arm follows through across body.	
13 Sidearm Throw	Shown here are the progressions of the sidearm throw. Note in contrast to the overhand throw the hand is away from the body.	

SKILL ANALYSIS

Title	Narration	Comment
B <u>Fielding</u>		
1 Ready Position	The defensive player is in position to field any ball. Knees are bent and weight is evenly distributed on balls of feet so she can move quickly in any direction.	
2 Catching Above Waist Height	Above waist height the player has fingers pointing toward the sky to catch.	
3 Catching Below Waist Height	Below waist height the player has fingers pointing toward the ground to field or catch any ball.	
4 Ground Balls	The body is in line with the ball. The left foot is ahead while both knees are bent. Bend from the hips. Eyes on the ball. The glove is close to the ground and opposite the left toe. A ground ball should be caught as it rises from a bounce to prevent bad hops. However, beginners find it easier to catch the ball at the peak of its bounce.	
5 The Catch	As the ball enters the glove, the player should give with the ball and cover it with the throwing hand. "Give" with the ball by bringing the glove from the toe toward the heel of the left foot.	
6 Start of Throw	The catch is actually part of the throw. The ball is brought back from the glove in preparation for the throw. Note that the feet do not move as they are already in the proper position.	

SKILL ANALYSIS

Title	Narration	Comment
B <u>Fielding Cont'</u>		
7 Step and Throw	As the arm comes forward, the left foot steps forward. It is not step to throw but step and throw.	
8 Cross-over Step	Frequently the ball is not hit directly toward a fielder. She then must move in front of the ball if this is at all possible. In going forward and to her left the right foot comes in front of the left for the first step. This method will save half a step. Similarly, as a player moves forward and to her right the left foot comes in front of the right.	
9 Reaching for Ball From the Left	Every baseman wants to reach as far as possible toward the thrown ball. Here the first baseman is reaching for a ball thrown from the shortstop. Her right foot is on the corner of the base as she stretches toward the ball with her left foot.	
10 Reaching for Ball From the Right	As the ball is thrown from the second baseman her left foot contacts the base as the right foot reaches toward the direction of the throw.	
11 Wide Throw	Sometimes a ball is thrown so poorly that a baseman cannot reach it and remain in contact with the base. She must then leave the base so that a possible overthrow does not occur.	

SKILL ANALYSIS

Title	Narration	Comment
B <u>Fielding Cont'</u>		
12 Tag Play	A runner must be tagged whenever a force-out does not occur. The baseman straddles the bag in a crouched position with one foot pointing toward the runner and the other foot toward the direction of the throw. The tag is made by dropping the glove hand with the ball to the ground and the runner will then tag herself out.	
13 Flyball	Player A is going back for a ball hit over her right shoulder. She pivots on her left foot and takes the first step with her right foot. Similarly, Player B is going back for a fly ball hit over her left shoulder. She pivots on her right foot and takes the first step with her left foot. Note that neither player is backing up for the ball. Both are going diagonally back.	
14 Catching Flyballs	A flyball may be caught by cupping the hands in nest shape at waist height with the heel of the hands together and fingers diagonally upward.	
15 Catching Flyballs	Another method of catching a fly is by holding the glove with fingers upward at head height but never in front of the eyes.	
16 Fielding Areas	This slide shows the area for which each fielder is responsible. There is overlapping. The player in the best position to make the play should field the ball.	

SKILL ANALYSIS

 Title Narration Comment

B Fielding Cont'

17 General
 Defense

This slide indicates the correct position of all the fielders when the infield is playing:

In	Back	Type of Batter
A	D	Right hand pull hitter; left hand opposite field hitter
B	E	Left or right hand straight away hitter
C	F	Left hand pull hitter; right hand opposite field hitter

18 Defense

Shown here are the possible areas that can be covered when the infield is playing in and back. The chances for a batter to get a hit are far greater when the infield is playing in.

SKILL ANALYSIS

Title	Narration	Comment
<u>C Batting and Bunting</u>		
1 Selection of Bat	Each player should select a bat that "feels right" and is suited to her size and strength.	
2 Standard Grip	A batter should grip the bat so that the second row of knuckles on each hand are in line. This method will provide the greatest power.	
3 Choke Grip	The bat is gripped two or three inches from the end. This method will provide better balance and control. Notice that the label is up so that that part of the bat cannot hit the ball.	
4 Position	Assume a position at the plate that will allow the heavy portion of the bat to hit any pitch that is over the plate. Test the distance by extending the bat over the plate.	
5 Strike area	The strike area lies over the plate between the knees and the armpits. Only hit balls that are within this area.	
6 Stance	Feet are comfortably spread with weight evenly distributed. The bat is gripped firmly but not tensely. The body is upright and well balanced with the forward shoulder toward the pitcher. Knees are slightly bent. Shoulders and hips are level. Stand toward the front of the batter's box when the pitcher uses slow balls and toward the rear when she relies on fast balls.	

SKILL ANALYSIS

Title	Narration	Comment
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C Batting and Bunting Cont'

- | | | |
|---------------------------|---|--|
| 7 Hitting
Position | <p>Eyes are on the ball. Weight is shifted to the rear foot. The bat is back at shoulder height as far as the left arm will comfortably reach across the chest. Elbows out from the body and left elbow in line with left hand. Bat does not rest on shoulder. If desired, take a short stride with the forward foot toward the pitcher as the ball approaches the plate.</p> | |
| 8 Swing | <p>Force comes from the shoulders, elbows and wrists as ball is hit. Elbows are well away from the body. Weight is transferred to forward foot. Wrists snap as ball is contacted. The left arm pulls the bat while the right arm guides it. Avoid pushing bat.</p> | |
| 9 Follow Through | <p>The hips act as pivot as the trunk turns. The rear foot remains in place. The right hand ends with the palm down. Body turn varies according to where the ball is hit. A complete turn is made when the ball is pulled; less turn when the ball is hit to the opposite field.</p> | |
| 10 The Swing | <p>This slide shows the technique for a complete swing.</p> | |
| 11 Golfing Low
Pitches | <p>In hitting low balls drop the shoulders and lower the barrel end of the bat and golf the ball.</p> | |

SKILL ANALYSIS

Title	Narration	Comment
C <u>Battling and Bunting Cont'</u>		
12 Bunt - Square Away	When a bunt is expected by the defense, the batter may "square-away" before the ball is pitched. She should move her left foot back rather than moving her right foot forward to face the pitcher. The chalked foot mark close to the baseline indicates where her left foot was. This method eliminates the possibility of the right foot stepping out of the batter's box and causing the player to bat illegally.	
13 Sacrifice Bunt	To disguise the bunt the batter keeps her feet stationary and rotates her body from the waist as the ball is pitched. The lower hand does not move; the upper hand slides down the bat close to the label. The ball hits the bat between the tip and the upper hand. The arms are relaxed and give with the ball at contact. The lower hand guides the bat so that the ball is hit half way down the baseline.	
14 Bunt for a Hit	The method just described is used in order to fool the defense if the batter is attempting to get a base hit. In this case however, the batter is on the run as contact is made.	
15 Place Hitting	The batter has placed her feet in a normal position to pull the ball.	
16 Place Hitting	The batter may alter the position of her feet in order to place hit. Here she has moved her forward foot closer to the plate to aid her in hitting to the opposite field. An alert defense can spot this change and adjust accordingly.	

SKILL ANALYSIS

Title	Narration	Comment
C <u>Batting and Bunting Cont'</u>		
17 Pulling the Ball	A more deceptive way of place hitting is timing the swing of the bat. Swing early (meeting the ball in front of the plate) in order to pull the ball.	
18 Straight Away	Contact the ball as it crosses the plate in order to hit to center field.	
19 Hitting to Opposite Field	Swing late (meeting the ball after it has crossed the plate) to hit to the opposite field. Many batters use a combination of timing and foot position to place hit.	
20 Areas to Place Hit	The colored areas show the ideal spots to place hit.	

SKILL ANALYSIS

Title	Narration	Comment
<u>D Baserunning</u>		
1 Start for First	The rear foot always remains in contact with the ground at the conclusion of the swing.	
2 First Step	The first step is taken by the rear foot as the bat is dropped to the ground. The first few strides are short ones. The trunk of the body is in a semi-crouched position.	
3 Running toward First	By now the runner has lengthened her strides and the body has been raised. Eyes are on first base. She does not watch her feet or the ball. Always run out every hit at top speed.	
4 Touching First	When running only to first base, touch the middle of the bag to lessen chances for ankle injuries. After overrunning first, turn to the left so that play may be observed.	
5 Rounding First	On a long hit curve into foul territory about twenty feet from the base and touch the inside corner with the left foot, pivot off it, locate the ball and head for second. Do not break stride in order to touch the base with the left foot however.	
6 Circling the Bases	This picture shows the correct path of a runner in circling the bases in a minimum time.	
7 Lead Off	As the ball is released by the pitcher, the runner may lead off base. She moves down the baseline ten or twelve feet with short quick steps or slides. The runner faces the diamond with eyes on the catcher. The weight is on the balls of the feet so the runner may move in any direction.	

SKILL ANALYSIS

Title	Narration	Comment
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2 Pitching and Catching

- | | | |
|------------------------|--|--|
| 1 Grip for Fast Ball | It is necessary to grip the ball properly. This picture shows the correct method for a fast ball. | |
| 2 On the Rubber | Stand with both feet comfortably spread in contact with the rubber. Face home plate with the ball held for at least one second in both hands in front of the body. | |
| 3 Backswing | The trunk rotates to the right as the right arm is drawn back. It is fully extended with the wrist cocked. | |
| 4 Step Forward | As the arm is brought forward, step toward home plate with a natural stride. The arm remains extended with the wrist cocked. | |
| 5 Application of Force | When the arm is even with the body, the wrist snaps forward to give greater power. | |
| 6 Release | The ball rolls off the finger tips as the wrist snap is completed. | |
| 7 Follow Through | After the ball is released, the right foot is brought up parallel to the left in a wide stride. Now the pitcher is ready to field any ball hit in her direction. | |
| 8 Complete Pitch | Here is the complete motion involved in this pitch. | |
| 9 Windmill Pitch | Another method of pitching is the windmill. The arm is brought above the head and then forward. The same starting position is used - feet on the rubber and body facing the plate. | |

SKILL ANALYSIS

Title	Narration	Comment
<u>E Pitching and Catching Cont'</u>		
10 Backswing	The hand swings forward and upward as the weight begins to shift onto the right foot.	
11 Backswing	Step forward as the arm progresses further back and remains extended.	
12 Application of Force	The wrist snap is the same as before but now the power of the legs and body are added.	
13 Release	The pitching motion continues in a full follow through. The weight now is all on the left foot and the right foot begins to shift forward.	
14 Follow Through	The right foot ends parallel with the left. Weight is evenly distributed.	
15 Windmill Pitch	The motions involved in the windmill pitch are shown.	
16 Curve Ball	A good pitcher will not rely solely on a fast ball. For a curve grip the ball with two fingers along the seams. The delivery is the same as for the fast ball except the wrist is snapped sharply to the left as the ball is released. The ball rolls off the inside of the first two fingers causing the ball to curve away from a right hand batter. Caution must be exercised that the wrist does not go further from the body than the elbow. The wrist snap may be made sharply to the right causing the ball to break away from a left hand batter.	

SKILL ANALYSIS

Title	Narration	Comment
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E Pitching and Catching Cont'

- | | | |
|-------------------|---|--|
| 17 Change of Pace | The nails of the first two fingers grip into the ball. The thumb and the third finger apply equal pressure on each side of the ball. The delivery is the same as the fast ball except the release. The whole hand is opened simultaneously so that all the pressure is released at the same time; thus there is no spin. This causes a slow ball and tends to throw a good batter off her timing. | |
| 18 Signals | To aid the pitcher the catcher studies all batters to discover their weaknesses. Here the catcher gives a signal calling for a pitch. The catcher is sitting on her heels and protecting the signal from the third base coach by extending her glove hand to her left knee. | |
| 19 Crouch | While waiting for the pitch, she comes to a crouch position so she can move easily in any direction. Weight is on the balls of the feet with the left foot slightly ahead so that a quick throw may be executed. The glove is setting up a target for the pitcher. The bear hand is clenched to lessen chances for injury. | |
| 20 Ready to Move | Always move in front of a poorly pitched ball. There is less chance for error than if only the arms are extended to the side. | |

SKILL ANALYSIS

Title	Narration	Comment
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E Pitching and Catching Cont'

- | | | |
|-----------------------|--|--|
| 21 Removal of Mask | Use the bare hand to flip the mask off when pursuing a fly ball. It is much easier to see without the mask. | |
| 22 Blocking the Plate | It is legal to block the plate providing that the catcher has the ball. Let the runner slide into the tag. Note that the catcher has removed her mask. | |
| 23 Action! | Strike three swinging! | |

SKILL DRILLS

Title	Description	Comment
<u>A Fielding and Throwing</u>		
1 Double Line - Throwing	One ball for each couple. Start lines about ten or fifteen feet apart and gradually increase as throwing improves.	
2 Shuttle Formation	One ball. Leader throws ball to girl opposite her. Thrower goes to end of her own line. Player receiving throw makes catch and return throw to new player. Emphasis placed on speed of catch and throw.	
3 Infielder's Practice	A target is made three feet from the ground with circles two, four and six feet in diameter. Players stand on a line sixty feet from the target. Score throws that hit the target: Inner circle 3 points Middle circle 2 points Outer circle 1 point Give five throws per person or twenty-five points to win.	
4 Double Line - Fielding	One ball for each couple. Players on one side throw ground balls to their partners. Fielders retrieve balls and throw overhand to partners. After five ground balls, players change so that each group has equal chance for fielding. Grounders may also be thrown to the left and the right of the fielders. Also fly balls and line drives may be given to keep fielders alert.	
5 Batted balls	Fielders recover batted balls and throw to base where batter indicates. As a lead-up the ball may be thrown rather than batted.	

SKILL DRILLS

Title	Description	Comment
A <u>Fielding and Throwing</u> Cont'		
6 Wall Ball	Players stand behind line twenty feet from the wall. Ball is thrown against the wall and recovered after the first bounce. Give ball to the next person and go to the end of line. Ball may also be allowed to bounce any number of times. Same procedure with fly balls.	
7 Fly Balls	Players scattered informally in field. A leader tosses fly balls. When proficiency in judging and catching increases, balls may be batted. Emphasis placed on fielders calling for each fly.	
8 Running for Fly Balls	A single line with players one behind the other. The first girl runs straight ahead. A batter will hit the ball far enough ahead so the fielder may take it on the run and immediately throw home. She then forms a new line on that side of the field.	
9 Pepper	A small group of players with a ball in a semi-circle around a batter. Ball is tossed gently to batter and ground balls are hit to fielders. Helps to quicken reactions of fielders and aids in place hitting.	
10 Infielder's Accuracy	A target four by six feet is made and placed two feet from the ground. Players stand single file behind a line sixty feet from the target. Score one point if A,B,C is hit; two points if D,E,F is hit; four points if letter specified by instructor is hit.	

SKILL DRILLS

Title	Description	Comment
B <u>Batting and Bunting</u>		
1 Rotate Hips	Mass formation. Hands on hips and rotate. Correct position of feet and back are emphasized.	
2 Pull with Lower Arm	The lower arm and hand that holds the bat provides the power in hitting. Group practice keeping that arm away from the body. Add use of bats.	
3 Swing	Using both arms swing the bat. Emphasize arms away from the body, proper twist and change of weight.	
4 Swing with Rock	Tie a rock the size of a tennis ball to a rope three feet long. Swing the rope and make the rock hit an imaginary ball. Almost all players will swing correctly. Caution must be exercised that no one is struck by the rock.	
5 Batting Tee	A batting tee may be used to teach beginning players the fundamentals of batting. The tee is made so the height may be adjusted. Because the ball is stationary, the tee should only be used for beginning players.	
6 Use of Balls	Various size balls may be used in teaching batting. Beginning players may learn to bat by hitting large balls. Smaller balls should be substituted until the regulation ball is used as the skill of the player increases.	
7 Batting Practice	Each player hits five balls. She runs the bases on her last hit. A batter should be in the on deck circle waiting her turn to bat so no time is lost. Players should play their own positions with utility players taking the place of the batter and on deck player.	

SKILL DRILLS

Title	Description	Comment
-------	-------------	---------

B Batting and Bunting Cont'

- | | | |
|-----------------|--|--|
| 8 Place Hitting | Each batter tries to hit to left field, center field, and right field. | |
| 9 Bunting | Circles with a six foot diameter are drawn half way down the baselines. Batters are given five attempts to place bunts within a circle. Batter with most success wins. | |

SKILL DRILLS

Title	Description	Comment
-------	-------------	---------

C Baserunning

- | | | |
|--------------------|---|--|
| 1 Start for First | Without a ball the batter swings her bat and immediately starts for first base. The initial impetus comes from the rear foot. | |
| 2 Running Out Hits | Batter hits ball and attempts to make as many bases as possible. This drill provides fast action as batters change quickly. It also aids in fielding and batting. | |
| 3 Circling Bases | Player start approximately five yards behind one another and circle the bases. As a variation each player circles the bases while running against a stop watch. | |
| 4 Baserunners | Leader at home throws or bats the ball and runners on base decide whether or not to run. A number of runners must be available so a few do not become exhausted. This drill also improves fielding. | |

SKILL DRILLS

Title	Description	Comment
<u>D Pitching and Catching</u>		
1 Wall Target	The target is seventeen by thirty-four inches and eighteen inches from the ground. The pitchers stand regulation distance from home plate. Score one point for hitting the target; three points for hitting colored areas.	
2 Pitcher's Accuracy	The target is seventeen by thirty-four inches and eighteen inches from the ground. The pitchers stand regulation distance from home plate. Score one point for hitting inner rectangle; two points, middle rectangle; three points, outer rectangle.	
3 Pitching Tee	Suspend a sheet that has an area marked which is seventeen by thirty-four inches and eighteen inches from the ground. Cut all except the top edge of this drawn rectangle. Pitchers are regulation distance. Each player has ten pitches. Any balls that go through count one point.	
4 Pitcher to Catcher	Pitchers throw to catchers who call balls and strikes for an imaginary batter. Four balls means a walk. Three strikes and the batter is out. Pitchers attempt to get three outs without walking a batter.	
5 Pitching with a Batter	Same as above only batter stands in batters box. Batter doesn't swing at any pitches. Batter changes from right hand box to left hand box occasionally.	

TESTS

Encircle the letter (A or B) that most clearly shows the subject on the slide performing correctly the skill, technique or tactic stated. *

A Throwing

- | | | | |
|----|--|---|---|
| 1 | The proper grip of a ball | A | B |
| 2 | A throw used for short distances | A | B |
| 3 | The footwork for a right hand player | A | B |
| 4 | The correct position of the wrist at the start of the overhand throw | A | B |
| 5 | Used commonly by infielders for a fast throw | A | B |
| 6 | The only throw that outfielders should use | A | B |
| 7 | Proper distribution of weight | A | B |
| 8 | A good sidearm throw | A | B |
| 9 | Follow through of a throw | A | B |
| 10 | An overhand throw | A | B |

*Answers are found in the Appendix

TESTS

Encircle the letter (A or B) that most clearly shows the subject on the slide performing correctly the skill, technique or tactic stated.*

B Fielding

- | | | | |
|----|---|---|---|
| 1 | Ready position | A | B |
| 2 | Position of head in fielding a grounder | A | B |
| 3 | Position of hands for fielding a grounder | A | B |
| 4 | A fielder's glove | A | B |
| 5 | The footwork for a baseman reaching to her right | A | B |
| 6 | Third baseman's position when a sacrifice is expected | A | B |
| 7 | Position of glove for a chest high throw | A | B |
| 8 | Fielders in correct position for a cleanup hitter with two outs | A | B |
| 9 | Infielder moving back for a flyball hit over her head | A | B |
| 10 | The first step an infielder takes for a ball hit in front and to her left | A | B |

*Answers are found in the Appendix

TESTS

Encircle the letter (A or B) that most clearly shows the subject on the slide performing correctly the skill, technique or tactic stated.*

C Batting and Bunting

- | | | | |
|----|--|---|---|
| 1 | The proper grip | A | B |
| 2 | The proper grip | A | B |
| 3 | Proper position of bat to protect the label | A | B |
| 4 | A grip used for better balance and control | A | B |
| 5 | A good stance | A | B |
| 6 | The arm swing | A | B |
| 7 | Good follow through | A | B |
| 8 | Position of hands for a bunt | A | B |
| 9 | Proper way to hit a low ball | A | B |
| 10 | The best way to hit to right field to deceive the fielders | A | B |

*Answers are found in the Appendix

Encircle the letter (A or B) that most clearly shows the subject on the slide performing correctly the skill, technique or tactic stated.*

D Baserunning

- | | | | |
|----|---|---|---|
| 1 | The first step after the ball has been hit | A | B |
| 2 | Position of body on first few steps toward first base | A | B |
| 3 | Proper way to run to any base after the first few steps | A | B |
| 4 | Body position in approaching first base | A | B |
| 5 | The footwork in touching first on a single | A | B |
| 6 | The proper turn in overrunning first base | A | B |
| 7 | The proper turn at first base on a two-base hit | A | B |
| 8 | Correct footwork in rounding a base | A | B |
| 9 | A proper lead off base | A | B |
| 10 | A good lead off base | A | B |

*Answers are found in the Appendix

TESTS

Encircle the letter (A or B) that most clearly shows the subject on the slide performing correctly the skill, technique or tactic stated.*

E Pitching and Catching

- | | | |
|---|---|---|
| 1 Ready to pitch | A | B |
| 2 Start of the windmill pitch | A | B |
| 3 A legal pitch | A | B |
| 4 A well executed pitch | A | B |
| 5 Follow through | A | B |
| 6 A well protected catcher | A | B |
| 7 Signals | A | B |
| 8 Position of catcher while receiving a pitch | A | B |
| 9 Catching a flyball | A | B |
| 10 Position for tag at home | A | B |

*Answers are found in the Appendix

This study was undertaken to provide through the use of kodachrome slides a visual analysis of softball techniques for secondary school and college teachers. Teachers as well as students majoring in physical education may find the analyzation helpful. They also may acquire a better understanding of methods and techniques of presentation through skill drills. The tests may indicate the perception of students viewing the slides. Students and others interested in softball may find the slides interesting and helpful.

Should the visual test prove of value further study should be made in constructing a valid and reliable test. Further study might also be made on increasing the number of slides on skill drills and on team tactics and strategy.

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B. Visual Aids

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C. Test Answers

A Throwing

- 1 A
- 2 A
- 3 B
- 4 A
- 5 A
- 6 A
- 7 B
- 8 B
- 9 A
- 10 B

B Fielding

- 1 B
- 2 A
- 3 A
- 4 A
- 5 B
- 6 A
- 7 B
- 8 B
- 9 A
- 10 B

C Batting and Bunting

- 1 B
- 2 A
- 3 A
- 4 B
- 5 B
- 6 A
- 7 B
- 8 A
- 9 B
- 10 B

D Baserunning

- 1 A
- 2 B
- 3 B
- 4 A
- 5 B
- 6 B
- 7 A
- 8 A
- 9 B
- 10 B

E Pitching and Catching

- 1 A
- 2 A
- 3 B
- 4 A
- 5 B
- 6 B
- 7 A
- 8 B
- 9 A
- 10 B