

**Questions**

**SOFTBALL STUDY GUIDE**

**Name:**

Who invented Softball?  
\_\_\_\_\_

What is one nickname for softball?  
\_\_\_\_\_

How many starting players on a softball team?  
\_\_\_\_\_

What position played between 2nd and 3rd base?  
\_\_\_\_\_

What position gets the cut off from right field?  
\_\_\_\_\_

What is a Grand Slam?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Can you "steal" in PE?  
\_\_\_\_\_

What are 4 ways for a batter to get out?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is a strike?  
\_\_\_\_\_  
\_\_\_\_\_

What is a ball (pitched)?  
\_\_\_\_\_

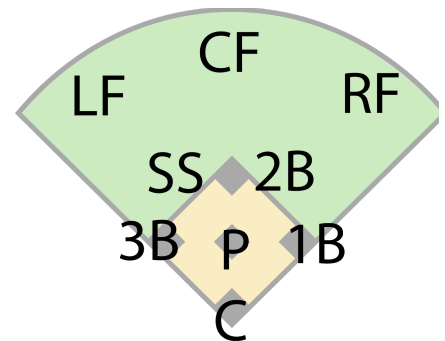
**Softball History**

George Hancock was the inventor of softball. He tied a boxing glove to look like a ball, chalked out a diamond on the gym floor and broke off a broom handle to serve as a bat. He shouted, "Let's play ball"

Softball was played with a larger ball, indoors, and was known as "indoor baseball". It was intended as a sort of substitute for baseball, a way of keeping in shape during the winter months. Nicknames for softball include: Kitten ball, army ball, mush ball, indoor-outdoor, recreation ball and playground ball. Hancock's game moved outdoors in 1888 and in 1889 he published his first set of softball rules.

**Field Positions**

- 1- Pitcher (P)- throwing ball underhand to batters, fielding the ball.
- 2- Catcher (C)- catching the ball thrown by the pitcher to home plate area.
- 3- First Base (1B)- covers the area around 1st base and halfway to 2nd base.
- 4- Second Base (2B)- covers the area around 2nd base and halfway to 1st base and also acts as the cutoff for right field.
- 5-Third Base (3B)-Covers the area around 3rd base and halfway to 2nd base.
- 6-Shortstop (SS)- Covers the mid area between 2nd base and 3rd base and acts as a cutoff for left field.
- 7- Left Field (LF)- Covers the outfield from 3rd base foul line to 2nd base.
- 8- Center Field (CF)- Covers the mid outfield section and also backs up right/left fielders
- 9- Right Field (RF)- Covers the outfield from the 1st base foul line to 2nd base.



**Terminology**

**Batting order-** order in which players must bat.

**Force Out-**when a fielder has possession of the ball at a base where the base runner was forced to run- do not need to tag runner.

**Foul Ball-** a ball that first touches an object or player outside of the foul line. It is considered a strike on the batter, if the batter has less than a two strike count

**Grand Slam-** a home run with bases loaded.

**Inning-** the portion of the game when the teams alternate in the field and at bat. Each team gets three outs. Typically a softball game is played with 7 innings.

**Lead-off batter-** first batter in an inning.

**Line Drive-** a hard hit ball that travels parallel to the ground.

**Stealing-** a base runner advances to the next base before the batter hits the ball.

**(This is not allowed in PE)**

**Strike Zone-** that space over any part of home plate between the batter's shoulders and knees.

**Strike-** A pitched ball that is swung at and missed by the batter: or crosses through the strike zone without swinging. Three strikes = 1 out

**Ball-** A thrown ball by the pitcher that is not in the strike zone. Four balls= a walk.

**Tag-up-** A base runner goes from his/her base to the next base after a fly ball is caught. The runner cannot run until is caught.

What is a Fly Out?  
\_\_\_\_\_  
\_\_\_\_\_

Can you pass another base runner?  
\_\_\_\_\_

In PE how many pitches are you allowed? \_\_\_\_\_

How many runners may occupy a base?  
\_\_\_\_\_

List one Throwing Technique \_\_\_\_\_  
\_\_\_\_\_

List one Hitting Technique \_\_\_\_\_  
\_\_\_\_\_

What happens if the batter does not put the bat in the hoop after hitting the ball?  
\_\_\_\_\_  
\_\_\_\_\_

How many defensive positions are on the field at one time?  
\_\_\_\_\_

**When is a Batter Out (most common outs)**

- Strike Out- 3 strikes
- Tag Out- Runner is tagged with the ball before reaching a base.
- Fly Out- Ball is caught in the air.
- Forced Out- Runner has to run to next base and defensive player touches base before runner.

**Other OUTS**

- Leaves base before the ball leaves the pitcher's hand
- Runner interferes with a field trying to field ball.
- A runner passes another base runner.
- A runner is hit by a fair batted ball

**Base Running**

- Runners must touch bases in order.
- Runners may overrun 1st base only, all other bases the runner may be tagged out if they are off base.

**PE Rules**

- Pitch to your own team. Play stops when the defense throws ball into the pitcher (or into the infield -- inside bases).
- Only 2 pitches per batter.
- If a batted ball hits pitcher, the batter is out.
- No stealing bases. Runner cannot leave base until ball is hit.
- No bunting- ball must be hit past the pitcher..
- Bat must be placed inside hula hoop or else batter is out.

**Techniques and Skills**

Throwing	Hitting	Fielding
-Stand with non-throwing shoulder to target -Step with opposite foot -Throwing elbow up in "L" position -Transfer weight from back to front -Follow through- snap wrist towards target.	-Grip hands on base of bat with dominant hand on top -Stand perpendicular to pitcher. -Hold bat above back shoulder -Keep eye on ball -Swing bat level.	-Athletic Stance -Slide feet to get in front of ball. -Grounder? Use "alligator mouth hands"



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