

# CAMP HILL GIRLS SOFTBALL LEAGUE

## SKILL LEVEL GOALS

### A. Instructional Division

- a. Learn the name of each position in the infield
- b. Learn proper catching technique in the field
- c. Learn proper throwing technique
- d. Learn proper batting technique (hold a bat, etc.)
- e. Learn the name of each base
- f. Learn about getting the out at 1<sup>st</sup> base
- g. Learn proper base running technique
- h. Learn about differences in running to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and home
- i. Teach girls to sit on bench when not batting or in the field – do not visit parents

### B. 8u Division

- a. All of the above, plus:
- b. Learn how to pitch
- c. Learn how to be a catcher
- d. Learn how to hit off of a pitched ball
- e. Learn the strike zone
- f. Learn how to make outs at any base
- g. Learn different ways to make outs
- h. Learn about outfield positions

### C. 10u Division

- a. All of the above, plus:
- b. Learn how to steal a base
- c. Learn how to slide
- d. Learn how to bunt
- e. Learn how to tag up when running bases
- f. Learn how to decide where the play is
- g. Learn how to make a double play
- h. Learn when to tag a runner – force play vs. tag play
- i. Learn about cut off throws from the outfield
- j. Learn about run downs – running and fielding perspective

### D. 12u Division & 14u Division

- a. All of the above, plus:
- b. Focus more on specific skills for positions in the field – identify players' stronger areas and work on these positions
- c. Learn how to hit to specific fields
- d. Learn signals from coaches