

TRUST | EXCELLENCE | AMBITION | MANNERS



Fulwood academy PE Knowledge Organisers: Softball



Year 7: Softball Knowledge Organiser

Key Skills:

THROWING – From pitching to fielding this is where most errors are made in Softball. No matter what position you play, being able to throw a softball is one skill you cannot go without. Fast and accurate throwing using an overarm technique is essential for every softball player. Always step into your throw and use your dominant hand.

BATTING – To be able to bat successfully you need to get in the ready position with your bat resting close to your back. Your body should be turned sideward on and feet shoulder width apart with a slight bend in the knee. Swing through the ball.

CATCHING – it is important to be able to read the ball's movement off the bat and to move quickly into the correct position. Once in position concentrate on the coordination of the hands to caress the ball in to your hands. Different techniques are used if the ball is above or below the shoulder height

FIELDING – If you are effective at fielding you will be able to successfully field 'ground balls' that roll quickly across the floor as well as 'fly balls' that fly through the air. You will always have your dominant hand free and often wear a glove in your non-dominant hand. Always keep your eyes on the ball and get your body behind the ball.

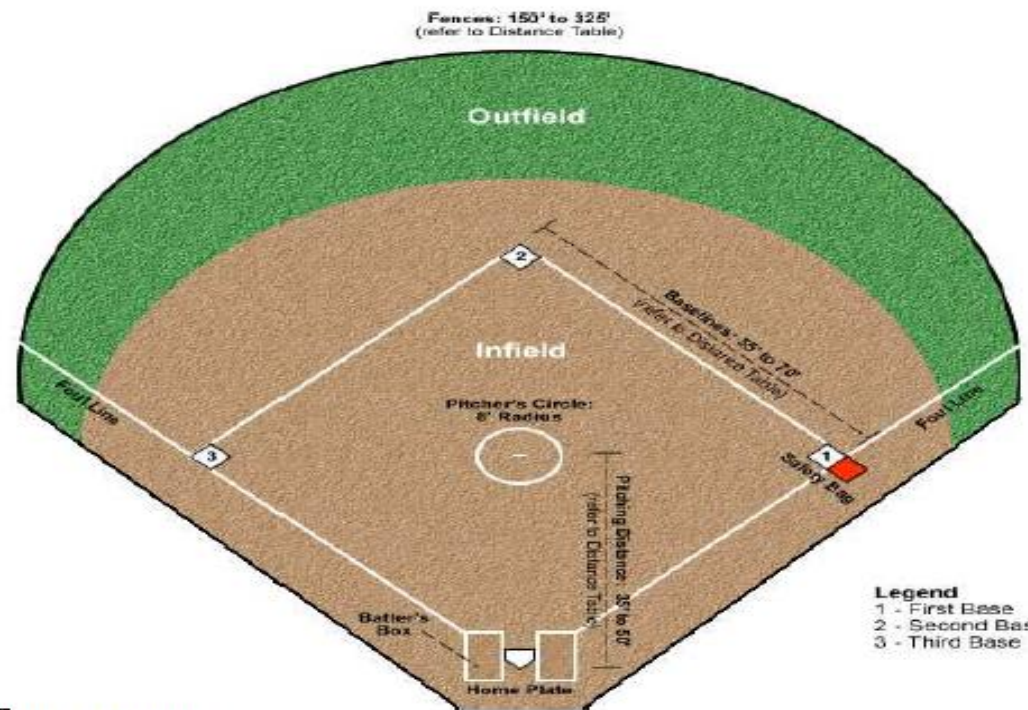
- TACTICS**
- Hitting the ball between first and third base and into space.
 - Throwing accurately and quickly to the correct base.
 - Targeting weaker opponents when batting.
 - Accurate pitching.
 - Always anticipate the ball in the field.

Stretch and Challenge Task:

- Draw a Softball court in your knowledge book and label it correctly with the lines and positions.
- Go online and watch some children playing Softball at a good level in the US.

Rules

- There are 9 players on each team (fielding and batting) although this can be adapted.
- When batting, a player has a maximum of three strikes. If you don't hit it in the correct area or hit the ball at all you're out.
- Any ball that is hit outside of the first and third base is a foul ball.
- The batter/runner must touch each base as they run around and can stop at any base.
- If the batter/runner makes it all the way around to the home plate they score a home run.
- Batters can be caught out and run out by the fielding team. They can also be tagged.
- The team with the most home runs at the end of all innings is the winning team.



Key Terms to learn:

- | | | |
|-----------|------------|-------------|
| Pitcher | Strike out | Out |
| Catcher | Base | Overthrow |
| Foul Ball | Home run | Obstruction |
| Strike | Inning | Safe |

Year 8: Softball Knowledge Organiser

Key Skills:

THROWING – From pitching to fielding this is where most errors are made in Softball. No matter what position you play, being able to throw a softball is one skill you cannot go without. Fast and accurate throwing using an overarm technique is essential for every softball player. Always step into your throw and use your dominant hand.

BATTING – To be able to bat successfully you need to get in the ready position with your bat resting close to your back. Your body should be turned sideward on and feet shoulder width apart with a slight bend in the knee. Swing through the ball.

CATCHING – it is important to be able to read the ball's movement off the bat and to move quickly into the correct position. Once in position concentrate on the coordination of the hands to caress the ball in to your hands. Different techniques are used if the ball is above or below the shoulder height

FIELDING – If you are effective at fielding you will be able to successfully field 'ground balls' that roll quickly across the floor as well as 'fly balls' that fly through the air. You will always have your dominant hand free and often wear a glove in your non-dominant hand. Always keep your eyes on the ball and get your body behind the ball.

BASERUNNING – This skill requires being focused on the game and running between bases with speed and accuracy. Often you can steal bases if you pay good attention through inaccurate throwing and catching.

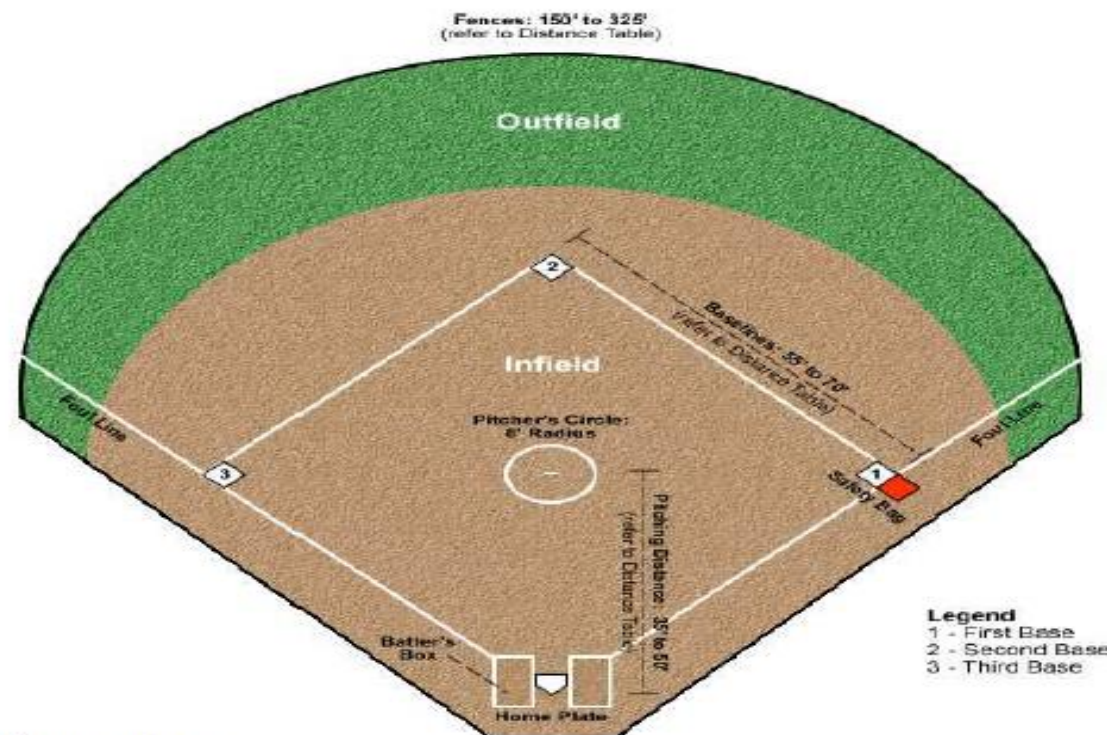
- TACTICS**
- Hitting the ball between first and third base and into space.
 - Throwing accurately and quickly to the correct base.
 - Targeting weaker opponents when batting.
 - Accurate pitching.
 - Always anticipate the ball in the field.

Stretch and Challenge Task:

- Draw a Softball court in your knowledge book and label it correctly with the lines and positions.
- Explain how a more able player would pitch and field?
- Go online and watch some children playing Softball at a good level in the US.

Rules

- There are 9 players on each team (fielding and batting) although this can be adapted.
- When batting, a player has a maximum of three strikes. If you don't hit it in the correct area or hit the ball at all you're out.
- Any ball that is hit outside of the first and third base is a foul ball.
- The batter/runner must touch each base as they run around and can stop at any base.
- If the batter/runner makes it all the way around to the home plate they score a home run.
- Batters can be caught out and run out by the fielding team. They can also be tagged.
- The team with the most home runs at the end of all innings is the winning team.



Key Terms to learn:

- | | | | |
|-----------|------------|-------------|-------------|
| Pitcher | Strike out | Out | Ground ball |
| Catcher | Base | Overthrow | Fly ball |
| Foul Ball | Home run | Obstruction | |
| Strike | Inning | Safe | |

Year 9: Softball Knowledge Organiser

Key Skills:

THROWING – From pitching to fielding this is where most errors are made in Softball. No matter what position you play, being able to throw a softball is one skill you cannot go without. Fast and accurate throwing using an overarm technique is essential for every softball player. Always step into your throw and use your dominant hand.

BATTING – To be able to bat successfully you need to get in the ready position with your bat resting close to your back. Your body should be turned sideward on and feet shoulder width apart with a slight bend in the knee. Swing through the ball.

CATCHING – it is important to be able to read the ball's movement off the bat and to move quickly into the correct position. Once in position concentrate on the coordination of the hands to caress the ball in to your hands. Different techniques are used if the ball is above or below the shoulder height

FIELDING – If you are effective at fielding you will be able to successfully field 'ground balls' that roll quickly across the floor as well as 'fly balls' that fly through the air. You will always have your dominant hand free and often wear a glove in your non-dominant hand. Always keep your eyes on the ball and get your body behind the ball.

BASERUNNING – This skill requires being focused on the game and running between bases with speed and accuracy. Often you can steal bases if you pay good attention through inaccurate throwing and catching.

PITCHING – At a basic level this will simply involve an underarm accurate feed aiming above the knee and below the shoulder. As the ability of the group improves it could involve an overarm throw at varying speeds and following varying lines

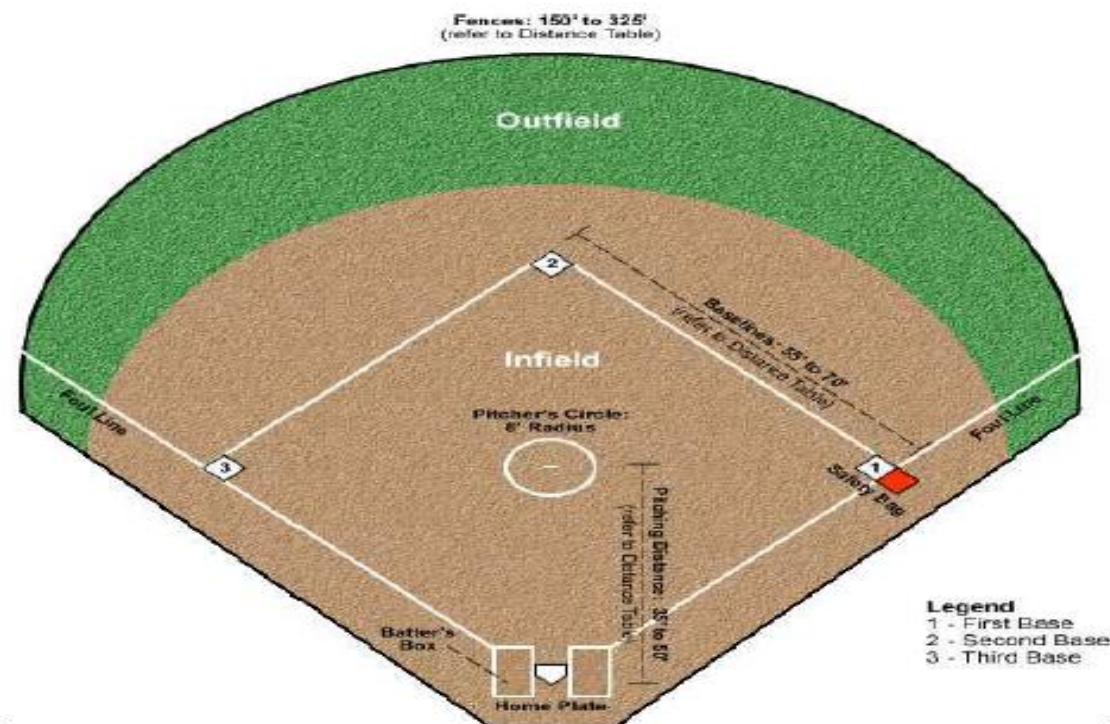
- TACTICS**
- Hitting the ball between first and third base and into space.
 - Throwing accurately and quickly to the correct base.
 - Targeting weaker opponents when batting.
 - Accurate pitching.
 - Always anticipate the ball in the field.

Stretch and Challenge Task:

- Draw a Softball court in your knowledge book and label it correctly with the lines and positions.
- Explain how a more able player would pitch and field?
- Go online and watch some children playing Softball at a good level in the US.

Rules

- There are 9 players on each team (fielding and batting) although this can be adapted.
- When batting, a player has a maximum of three strikes. If you don't hit it in the correct area or hit the ball at all you're out.
- Any ball that is hit outside of the first and third base is a foul ball.
- The batter/runner must touch each base as they run around and can stop at any base.
- If the batter/runner makes it all the way around to the home plate they score a home run.
- Batters can be caught out and run out by the fielding team. They can also be tagged.
- The team with the most home runs at the end of all innings is the winning team.



- Legend**
- 1 - First Base
 - 2 - Second Base
 - 3 - Third Base

Key Terms to learn:

- | | | | |
|-----------|------------|-------------|-------------|
| Pitcher | Strike out | Out | Ground ball |
| Catcher | Base | Overthrow | Fly ball |
| Foul Ball | Home run | Obstruction | Bunt |
| Strike | Inning | Safe | Force out |