

# 10U

We expect our players to develop proper softball skills and a growing knowledge of the game. What you teach these girls at the 10U Level is critical to their development and ability to successfully move up through our softball program.

As coaches you are asked to prepare these girls by working with them to master some intermediate softball skills and introduce more advanced skills.

## **Intermediate Skills-**

- Visually track and swing with urgency at a pitched ball.
- Knows the basics of Bunting.
- Run with urgency through first base, break down and look for coach instruction.
- Round first base and run to second base upon a coach's instruction.
- Makes an attempt to slide or slides safely at appropriate bases.
- Move to field a ground ball and throw with general accuracy to a given target.
- Catch a thrown ball to complete a force out at a base.
- Catch a medium-high pop up.
- Understand basic rules of softball (i.e., out vs. safe, runs, fair vs. foul ball, etc.)
- Has basic softball situational awareness (i.e. If a ball is hit on the left side of the field where do I go?)

## **By the end of this Season, we want our 10U softball players to...**

- Have softball situational awareness (i.e. If a ball is hit on the left side of the field where do I go?)
- Understand the rules of softball
- Be aggressive baserunners (ie. when they get walked with a runner on 3B- to steal to get the runner in, how and when to steal home)
- Proper lead offs & dive backs
- How to properly tag up & breakdown on the bases
- Middle infielders need to know proper footwork (ie, when runners are sliding into 2, turning double plays)
- Outfielders need to know and understand drop stepping
- Catchers need to know where lead runners are always
- Infielder rotations & bunt coverage
- How to "take" a pitch, being a smart batter and knowing your count
- How to properly shut down a pickle with rotations