

UPPERS

We expect our players to develop proper softball skills and a growing knowledge of the game. What you teach these girls at the UPPERS Level helps build confidence and growth for their high school and beyond careers.

Basic UPPERS Skills-

- Bunts with confidence
- Proper base running
- Slides properly
- Fields a ground ball and throws with accuracy to a given target.
- Catch a thrown ball to complete a force out at a base.
- Catch a high pop up.
- Understand 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 the season we want our UPPERS division 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 (without hesitation) to get the runner in, how and when to steal home)
- know how to properly tag up & breakdown in foul territory (or risk being tagged out)
- 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
- know how to "take" a pitch, being a smart batter and knowing your count
- know how to properly shut down a pickle with rotations
- Know how to safely handle metal cleats