

## SLOW-PITCH SOFTBALL

Slow-pitch softball is a game with emphasis on hitting and fielding. The game consists of seven innings. The winner of the game is the team that scores the most runs. Each time a base runner legally reaches home plate one run shall be scored.

### PLAYERS

There are ten players on a team. They are pitcher, catcher, first baseman, second baseman, short stop, third baseman, left fielder, left center, right center fielder, and right fielder

### PITCHING

In slow-pitch softball, the ball is delivered underhand and must make an arch that ranges between 6' – 12' as it travels to the batter. The arching pitch gives the pitcher more control and accuracy.

### THROWING

In the game of softball, throwing is one of the most important skills and is used in almost every play. The overhand throw is used when speed and distance are required. The underhand throw is used for short distances and to pitch. Remember to grip the ball with the fingers.

### BATTING

The batter must follow the flight of the ball toward him/her, make a judgment as to when and how to swing, and swing so as to generate the biggest force. Also, the batter must maintain control of the bat during the swing. The batter must always take a full swing at the ball. There are no bunts, fouling, free base if hit by a pitched ball.

### BASE RUNNING

The four bases in softball are first, second, third and home. The base runner must have good running form and speed. The runner must have agility and maintain control of his/her moving body. Remember to hit the ball and RUN! Run through or past the first base and turn to the right on a close play.

Always touch each base as you run by it. A player must remain on base until the ball reaches home plate. A player is awarded first base after four balls. A runner must be aware of the action of other base runners so that he does not jeopardize their play. There is no stealing, sliding or leading off in P.E. classes.

## TERMS

Backstop – The fence behind the catcher

Baserunner - A player who has finished his/her turn at bat and reached first base

Batted ball – Any ball that hits the bat or is hit by the bat intentionally or not

Batting order – A list of players in the order in which each player must come to bat

Catch – A ball caught with the hand or glove

Defensive team – The team in the field

Double play – Two offensive players are put out by the defense in continuous action

Fly ball – any ball batted into the air

Force out – A base runner loses the right to the base he is occupying

Infield – The are located inside the boundaries of the four bases

Inning – After three outs, teams alternate offense and defense. There are six outs in one inning

Offensive team – The team at bat

Outfield – That portion of the field within the foul lines and beyond first, second, and third bases

Overthrow – A ball thrown from one fielder to another and goes into foul territory on a play at first, third, or home base

Strike zone – The area between the batter's armpit and the top of his knee

Strike – A batter swings at a pitched ball and misses, or fails to swing at a pitch that falls within the strike zone.

Out – A batter is out when there are three strikes, a batted ball is caught a runner is tagged out, or a force out