Year 9 Softball Knowledge Organiser

Skills

- I can consistently hit the ball and I am beginning to place the ball when batting.
- I can vary my bowling e.g. by using different speeds/**spin**.
- I can effectively **back up** a **base** when fielding.
- I can adjust my body position when catching so that I can use my glove to take the ball.

Decision Making

- I can judge when and where to **back up** a base when fielding.
- I know how and when the field needs adjusting e.g. for left handed batters.
- My team and I can decide an appropriate batting order.
- I know when to use a **bunt** as a batting tactic.
- I can recognise when there is chance of a **double or triple play** to get more people out.

Growth & Development.

- I complete regular exercise to help develop the components of fitness which will benefit my softball performance.
- I can analyse the impact of different exercises on my performance in softball.
- I can explain what type of exercise is predominately used in softball and how to develop this energy system.

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a small sided game to improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.

Key Terms

Back up	**Diamond**
Home run	**Double/Triple play**
Spin	**Ball**
Strike	**Bunt**
Foul ball	**Base**

Rules

- The batter has 3 good ball attempts to hit the ball inside the **diamond**.
- If a player swings and misses, or leaves a good ball, it is a **strike** – 3 strikes and out.
- A **"ball"** is called if the pitch doesn't go over home plate, is below the knee or above the shoulder of the batter.
- If 4 **balls** are bowled the batter will walk to first **base**.
- A **home run** is scored when a batter makes it all the way around the **diamond**.
- If the ball is hit outside the **diamond** then it is a **foul ball** and counts as a **strike**.