

## Softball Skills Practice Coverage Sheet

		Skill	Date Covered							
<b>CATCHER</b>		Passed balls								
		Bunts/pop-ups								
		Fielding situations								
		Runners on 1 <sup>st</sup> and 3 <sup>rd</sup>								
		Steal/throw to bases								
		Blocking								
		Framing								
<b>INFIELD</b>		Throws home								
		Grounders								
		Charging the ball								
		Pop-ups								
		Fore/backhand grounders								
		Throws to 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , Home								
		Relay/cut-off								
		Bunt coverage								
		Fielding Situations								
		Rundowns								
		Pick-offs								
		Runners on 1 <sup>st</sup> and 3 <sup>rd</sup>								
		Get the lead runner								
	<b>OUTFIELD</b>		Flys -short, long, right, left							
		Grounders								
		Balls hit between fielders								
		Charge flys/grounders								
		Throws to 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , Home								
		Fielding situations								
		Back-ups								
		Hitting the cut-off								
<b>HITTING</b>		Hitting off tee								
		Soft toss								
		Batting cage								
		Mechanics								
		Live pitching								
		Bunts								
		Slap hits								
		Hit and run								
		Bunt and run								
<b>BASE RUNNING</b>		Getting a good jump								
		Stealing								
		Delayed steal								
		Tagging up								
		Pick off back to bag								
		Listen to 1B Coach								
		Picking up 3B Coach								
		Bunts								
	Hit and run									