



Softball Skills' Assessment

Athlete name:

Uniform size:

Age:

**Circle 1-5 for each station*

Running (record sec from home to first)	1 (21+ sec)	2 (17-20 sec)	3 (13-16 sec)	4 (9-12 sec)	5 (5-8 sec)
	Comments:				

Catching (Throw 5 balls ~15 ft away)	1 (0 caught)	2 (1 caught)	3 (2 caught)	4 (3-4 caught)	5 (5 caught)
	Comments:				

Throwing (catch 5 balls ~15 ft away)	1 (0 to mitt)	2 (1 to mitt)	3 (2 to mitt)	4 (3-4 to mitt)	5 (5 to mitt)
	Comments:				

Fielding (pop fly/ ground balls)	1 (no movement to or observation of ball)	2 (observes the ball, little or no attempt to catch)	3 (observes the ball & attempts to make the catch)	4 (anticipates the ball, successful catch 50%)	5 (anticipates the ball, successful catch 75%)
	Comments:				

Batting (pitch 10 balls)	1 (0-1 hit)	2 (2-3 hit)	3 (4-5 hit)	4 (6-7 hit)	5 (8-10 hit)
	Comments:				