

Name: _____

Date: _____

Slow Pitch Softball Assessment:

Throwing	3	2	1
Ball dominant hand			
Stand sideways			
Raise dominant hand to shoulder height			
Collapse Elbow			
Step non dominant foot			
Follow through toward target			

Pitching	3	2	1
Dominant hand back swing			
Step forward			
Release ball			
In Strike zone (shoulder to knee)			

Bating:	3	2	1
Hand position for bat grip (Dominant hand on top , Non-dominant hand on bottom)			
Turn Sideways			
Step			
Contact ball (level swing)			
Follow through			

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