

### **3) 6U Skills Competitions:**

#### **Overall rules/guidelines**

6U Skills Competitions are designed to display and test basic softball skills the players have developed during their introduction to the game, prior to competing in an actual game setting. These competitions will be held on regular softball fields, with bases in place just as they will be for regular games, but will be formatted per the following rules.

Each team will have equal number of participants/attempts at each event. If one team has more players present than the other, the team with fewer players will have as many players as necessary repeat the skill to make the total number of attempts for each team equal. Once a player on a shorthanded team has been a “repeat participant” in an event, they cannot be a repeat participant in another event until all teammates have been a repeat participant at least once, and so on.

Each team will have one or more coaches on the field to run the drills, as well as one person (coach or parent) on the field to keep track of points in each event, as well as the number of events each team wins. Coaches will score their own team. The two teams scorekeepers should work together to compare scores and determine the victor of each event, and of the overall competition. Two points will be awarded to the team winning each event. Ties in any event stand, with each team awarded one point. (The final score of the two teams will therefore total ten points.) The team with the higher score will be declared the victor. If the final score is 5-5, the competition will be recorded as a tie.

#### **Event #1: Throw/Catch Relay**

Each team lines up in a straight line (the two team’s lines parallel to each other, with the lines spaced about 30 feet apart, likely starting near home plate and extending into the outfield), with teammates spaced about 20-25 feet apart in each line. The first player in each team’s line has a ball. On “Go”, that player will throw the ball to the next player in line, who will attempt to catch it, and then throw it to the next player in the line. If a player doesn’t make the catch, she must retrieve the ball, and **RETURN TO HER ORIGINAL STARTING LOCATION**, before throwing it to her next teammate. When the ball reaches the end of the line, that player will throw it back to the player who threw it to her, reversing the direction of the throwing. Whichever team get the ball back to the original starting player (and, if she didn’t catch the last throw, she has retrieved the ball and returned to her starting spot) wins the event. Note, if one team has more players than the other, the team with fewer players must complete two additional throws back up the line for every player they are short, resulting in an equal number of throws/catches for each team.

#### **Event #2: Base Running Relay**

One team starts at home, the other team starts at second base. On “Go”, one player for each team will run around the four bases. Player must touch each base as they go. The next player in line may not pass the “start line” (extended third base line for the team starting at home, extended first-to-second line for the team starting at second) until the previous player touches her last base. Penalty for any infraction (failing to touch any of the four bases, starting too early, or interfering with an opposing runner) is a team member running an extra lap. First team to finish wins the event.

### **Event #3: Fielding Grounders**

One team will line up near first base, while the other lines up near third. Each coach will be located near home along their team's baseline. The coach will throw or hit a grounder to the first player in line, with enough force that, if not fielded, the ball would continue significantly past the player. (Throwing is encouraged for consistency and accuracy.) If the player fields/stops the grounder—that is, the ball does not bounce away from or go past the player—a point is awarded. (Note, because we want the girls to learn to stop the ball, a point will be awarded for stopping the ball in her vicinity, even if the ball does not end up in the glove.) Each player will go through the line twice, receiving one ground ball each time through the line. If team sizes are not equal, the smaller team will have enough players go through the line three times such that the total number of grounder attempts is equal for each team. The team with the most points wins the event.

### **Event #4: Fielding Popups**

This event is essentially the same as the “Fielding Grounders” event, but with the coach throwing popups instead of grounders. Throws of approximately 15-20 feet in height are suggested. One point is awarded for each catch. Each player will go through the line twice, unless the team sizes are unequal, in which case the team with fewer players will have enough players go through the line three times to equal out the attempts. The team with the most points wins the event.

### **Event #5: Hitting**

Players may hit either off a tee, or from a coach's pitching, at the player's and coach's discretion. Each player gets up to six swings. For each swing, if the batter makes contact and puts the ball in fair territory, they get one point (up to a maximum of three points per batter). For every fair territory hit which goes past the first-to-second-to-third baseline (be it on the fly, bounce, or roll), they get a bonus point (up to a maximum of three bonus points per batter). (Therefore, if a batter hits her first three swings in fair territory, but none get past the base lines for bonus points, she can still swing up to three more times in an attempt to get the three bonus points. Conversely, if her first three swings all go past the base lines in fair territory, she will already have earned six points, and is done with the hitting competition.) Players from each team alternate in the batting order. The team with the greatest number of points in the event wins the event.

- If the player hits off a tee, the hit ball must advance at least ten feet from the tee, in fair territory, to get a point. Players hitting live pitches (not using a tee) will be credited for a point for a ball hit any distance in fair territory.
- When using the tee, the ball must advance as a result of contact with the bat—no point is awarded if the ball goes in fair territory after being hit by the tee.
- Players who choose to hit a coach's pitching will get up to ten pitches to take their six swings.
- A player who starts their turn hitting from coach pitching may choose to switch to a tee anytime before her sixth pitch. Any swings taken at coach's pitches will count toward that player's six total swings. Each player may only switch from pitches to tee once; and players who start on a tee must complete their entire turn using the tee.

### **If Time Allows**

After the skills competition is completed, coaches are encouraged to use any time remaining for a joint practice/scrimmage, to help players learn how the games will be played after May 8. Emphasis on player positions, throwing to bases, hitting coach pitches, and running bases is recommended.

# 6U Skills Competition Score Sheet

**Team 1:**

**Team 2:**

**Event Points** (2 for win, 1 for tie, 0 for loss)

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	<input style="width: 60px; height: 60px;" type="text"/>	<b>Event 1: Throw/Catch Relay</b>		<input style="width: 60px; height: 60px;" type="text"/>	
	<input style="width: 60px; height: 60px;" type="text"/>	<b>Event 2: Baserunning Relay</b>		<input style="width: 60px; height: 60px;" type="text"/>	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	<input style="width: 60px; height: 60px;" type="text"/>	<b>Event 3: Fielding Grounders</b>		<input style="width: 60px; height: 60px;" type="text"/>	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	<input style="width: 60px; height: 60px;" type="text"/>	<b>Event 4: Fielding Pop-Ups</b>		<input style="width: 60px; height: 60px;" type="text"/>	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50	<input style="width: 60px; height: 60px;" type="text"/>	<b>Event 5: Hitting</b>		<input style="width: 60px; height: 60px;" type="text"/>	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50
<b>TOTAL SCORE &gt;</b>	<input style="width: 60px; height: 60px;" type="text"/>			<input style="width: 60px; height: 60px;" type="text"/>	<b>&lt; TOTAL SCORE</b>