

SOFTBALL SKILLS RUBRIC

Skills	Excellent Skill Level 4 pts	Advanced Skill Level 3 pts	Intermediate Skill Level 2 pts	Basic Skill Level 1 pt	No Effort Skill Level 0 pts = Inc.
Throwing	<ul style="list-style-type: none"> ● Step with opposite leg of throwing arm to the target ● Turn and rotate hips forward when preparing to release the ball ● Fully follows through with throwing arm ● Eyes on target at all times 	<ul style="list-style-type: none"> ● Step with opposite leg of throwing arm to the target ● Little no follow through with throwing arm ● Hips do not rotate or do not rotate effectively to add power with follow through 	<ul style="list-style-type: none"> ● Little or no step ● No follow through with throwing arm ● No hip rotation or follow through 	<ul style="list-style-type: none"> ● Ball is in the proper throwing hand ● Student does not step to throw the ball ● Ball is thrown with a straight arm ● Ball is thrown with no accuracy and no follow through 	No Effort
Catching	<ul style="list-style-type: none"> ● Hands are extended out in front of the body ● Ball is caught with hands above or below the waist (thumbs up if ball is above the waist or thumbs are down if below waist) ● Student does cushion the ball with both hands ● Student can catch 90% or more balls thrown to them only using their hands 	<ul style="list-style-type: none"> ● Hands are extended out in front of the body ● Ball is caught with hands above or below the waist (thumbs up if ball is above the waist or thumbs are down if below waist) ● Student does not cushion the ball with both hands ● Student can catch 75% or more balls thrown to them only using their hands 	<ul style="list-style-type: none"> ● Hands are extended out in front of the body ● Student does not cushion the ball with both hands but traps ball against their body ● Student can catch 50% or more balls thrown to them only using their hands 	<ul style="list-style-type: none"> ● Hands are not extended out in front of the body ● Student does not cushion the ball with both hands but traps the ball against their body ● Student can catch 25% or more balls thrown to them only using their hands ● Student frequently misses the ball completely 	No Effort
Batting/ Hitting	<ul style="list-style-type: none"> ● Consistently stands parallel to the plate ● bat is gripped with middle knuckles lined up ● dominant hand is on top ● feet are staggered ● knees are flexed ● weight is on back leg ● keeps elbow away from body ● bat is held off the shoulder, eye is 	<ul style="list-style-type: none"> ● Demonstrates and applies proper body stance ● keeps hands together when gripping the bat, ● swings horizontally ● attempts to hold the bat off of shoulder, keeps eye on ball ● swings thoroughly 70% of the time. 	<ul style="list-style-type: none"> ● Demonstrates proper body stance ● dominant hand is on to ● keeps bat off shoulder, keeps eye on ball ● swings through the ball 60% of the time. 	<ul style="list-style-type: none"> ● Attempts to stand with the left side of the body toward the pitcher (rt handers) ● attempts to face the plate ● attempts to swing through the ball 40% of the time. 	No Effort

	<ul style="list-style-type: none"> on ball transfer weight from back to front, swings level with the ground at the height of the pitch, hits balls in the strike zone 80% of the time. 				
Rules / Fair Play	<ul style="list-style-type: none"> Displays an excellent sense of fair play Always follow the rules and never argues over plays 	<ul style="list-style-type: none"> Displays a very good sense of fair play Almost always follows the rules and rarely argues with other students. 	<ul style="list-style-type: none"> Displays a good sense of fair play Usually follows the rules and occasionally argues with other students 	<ul style="list-style-type: none"> Displays lack of fair play Sometimes follows the rules and argues with other students. 	No Effort
Teamwork/ Sportsmanship	<ul style="list-style-type: none"> Consistently respects their team and opponent Shows strong evidence of cooperation and communications with the team. 	<ul style="list-style-type: none"> Usually respects their team and opponent Shows some evidence of cooperation and communication with the team 	<ul style="list-style-type: none"> Sometimes respects their team and opponent Shows little evidence of cooperation and communication with the team 	<ul style="list-style-type: none"> Rarely shows respect to their team and opponent No evidence of cooperation and communication with the team 	No Effort