



TACTIEK SOFTBAL



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Introduction

When you make a strategy decision as coach, it's a good or bad decision if it was based upon all the factors involved and not if it was successful or not!

In addition, it's a good or bad decision at the moment you make it, not after the play is over. As a coach, you must make your decision ahead of time-only the fans (parents) and the media get the advantage of waiting until the play is over and then deciding what you should or shouldn't have done.

Finally, keep in mind that each year the makeup of your team will change. Some years you will have more speed and other years maybe more power. Be sure you alter your strategy to go with your personnel changes and type of team you have this year.

Outs will be the key to your strategy decisions-both offensively and defensively. When to make outs on defense-and how to avoid making outs while on offense will become critical keys in your strategic decisions.

In a seven inning game both the visiting team and the home team get 21 outs. Outs mean everything!! On offense you will try to avoid them. The closer the later in the game, the more you will risk giving up an out to move a runner into scoring position. On defense you will do almost to get three outs each inning to that your team can get up and have a chance to score. The bigger your lead and the later in the game, the more likely you will be to let the other score a run in exchange for an out. These are both very broad overviews of the important roles that outs play in our coaching decisions, so we'll discuss both of these in greater details in the offensive and defensive decisions chapters to follow.

While reading through these chapters pay close attention to the role that "outs" play. As coaches we are often too eager to just give the other team an out by bunting over a runner to second base, simply because we assume that pitchers dominate hitters in softball. We don't take enough time to study the exact situation we're in; how good is their pitcher, how good is our hitter, how well has this hitter been hitting, how well has this hitter hit this particular pitcher, what's the count and thus the likeliness of a ball or strike, who is up next and how well are they hitting, how fast or good are their infielders, is their pitcher a good fielding pitcher, and how well are they hitting your pitcher? Now, based the skill level and age of your team, these are questions you should be asking yourself throughout the game. So when situation does come up you'll have all the information you need to make the strategic decision with the greatest of putting your team in a position to win.

If time is running out in a basketball, football or soccer game and you're behind and on offense, you are going to have to take chances in order try and score before time runs out. Or, if you 're on offense and ahead with little remaining, you're going to play safe to prevent turning the ball over to the other team and allowing them a chance to score in the final seconds, our strategy is different. Instead of a certain amount of time remaining in a game - we have outs. The number outs remaining in an inning, and remaining in the game, are the keys!

When your team is behind late in the only have a certain number of outs remaining so you remaining so you have to be very careful. Your tame cannot give up those outs foolishly. Instead of trying to hurry up and take chances in order to beat the clock. Your team save outs and try to get a big hit. On the other hand, if you're ahead in a softball game, then you can gamble and try to increase your lead, since the other team still has a certain number of outs left to use regardless of what your team does on offense. You can't limit their possession time or chances of scoring by holding on to the ball, as you can in sports that play against a clock. Using outs instead of a clock makes softball strategy drastically different from most other sports. Being behind becomes a more conservative position since you are forced to "hurry up" your scoring efforts-while having a lead can allow you to be more aggressive in an effort to extend your lead, instead of trying to play conservative "keep-a-way".

Offensive strategies

Before I begin introducing the offensive strategy section of this book I want to briefly talk about why I think many of us are in need of this type of information. Strategy in general-both offensive and defensive – is an area that is very difficult for most of us to learn about. For one thing aren't sure just where to go in order to learn more. There aren't many books out there on the unless you want to wade through books, and unfortunately, too many of us as softball coaches don't want to do that. For some strange reason we feel that "baseball is different" and therefore we don't allow ourselves to learn from a very helpful, and extremely similar, source.

Fear of asking a coaching friend is another reason we fail to learn more about. Many of us think that if we ask one of our coaching friends or one of our successful competitors that they'll learn our weaknesses, or that the person we're asking will give away some huge secret. Well, I'm here to tell you that there are no secrets in softball! It's really a very simple game (to understand), and success on the field really comes down to execution by our player. The more that each of us would be willing to share what we know with other coaches, the greater each of us, the game itself, and most importantly – our athletes – will become. When you ask another coach why they did a certain thing you'd be amazed at how willing most coaches will be to tell you. As I said before there aren't any secrets and most of us realize that making a strategic move doesn't guarantee it's going to work. Therefore, telling you all the thoughts that went through my mind prior to coming up with a certain decision isn't the same as giving away the secrets to the universe. Let's all be more willing to share as coaches - for the improvement of ourselves, and for the sake of our players!

This section will be broken down into the following three parts:

1. Key factors in your offensive decisions
2. Offensive plays
3. Making out your line-up (deciding who bats where)

In "key factors" in your offensive options" I'll discuss lots of different elements that can influence any strategic decisions you may have to make. There is more to making a play successful than simply giving a signal for it. This section will explain in detail what list of things consider when trying to decide what play to call.

In "offensive options" I'll explain the pros and cons of ten different offensive plays. You'll learn what goes into deciding whether to bunt, or bunt & run, steal or hit & run, and in every case you'll learn what's the best count and situation for each play's success.

In the last section you'll learn what factors to consider when "making out your line-up". As you'll see in this section, your line-up is not a random thing, but rather a very calculated list one person's strengths and abilities are woven into the total picture.

Because this game deals with people whose actions and thoughts are not always predictable are no guarantees! But, what you can give yourself is a big competitive if you understand all of the factors influencing your current situation, and then make the with the greatest chance for success.

Keep in mind that no matter what your decision, the players still have to execute. From your perspective, if you have made a decision that will put your team in the best possible position to win-that is all you can do!

I. Key factors in your offensive decisions

On offense, your decisions will involve trying to get your runners around the bases while making the fewest outs possible. This section will explore some factors that can influence your offensive decisions. While everything may not apply to you or your current team, try not to let any of this information overwhelm you. Take what works for you and use it, then come back for the rest when you're ready. On the other hand, if I've left something out or you don't agree with a particular contract me so I can make the correction in future editions.

While this section will mention offensive plays like bunts, bunt & runs, and hit & runs, this is not the section that will explain these in detail. That's in the following section. Keep in mind that the purpose of this section is to go into detail regarding the many factors that will influence your decisions about whether to give up an out in order to advance a baserunner; whether you're going to hold a send her, bunt or swing away, hit, hit and run, or steal. Let's take a look now at what factors are and they can effect your offensive decisions:

- A. Your personnel - Before we get into talking about the runners and the hitters, let's talk in general about how your personnel figure your strategic decisions. As I think you've picked up by now, nothing in strategy exists in a vacuum. Every person and move really depends on the other people involved. You can't just consider the speed of the base runners without thinking about the catcher's arm and release time. You can't just think about the current hitter without considering what the hitters follow her can do.

Try to stay at least one step ahead of the current strategy decision you're faced with, so you aren't caught by surprise. Get in the habit of looking at your line up sheet to see whom you've got up this inning before the inning starts. Know the score and the inning so you can begin to prepare and plan for what might happen this inning. If you have some good hitters coming up but they aren't very fast, and it's a close game, you'll want to have some of your faster bench players start getting their legs warm so they can be ready to pinch run. Always look ahead and stay prepared. You will have a much calmer environment to consider all of the many options if you'll try and look ahead between innings. Waiting until a crucial situation comes up before considering all possible options will probably not give you the calmest environment necessary to ensure the proper decision.

1. Your pitcher - While your pitcher's ability may not seem something you'd need to think about when considering your offensive decisions. It does enter into it. If you know that your pitcher is good enough to hold the other team to no or one run, then you'll be able to take more chances on offense. You'll be more able to let your team swing away for the first few innings and give them a chance to score some runs on their own before having to bunt or try to manufacture runs.

On the other hand, if your pitcher is likely to give up a few runs, then your offensive will be based upon trying to score lost of runs-either by having a big inning, or lots of one-run innings. Knowing this going into the game will prevent you from being caught by surprise toward the end and then having to panic and play catch up when it's too late.

2. Your baserunners - Depending upon the score and the inning, you'll need to determine the speed of your runners, whether they're hurt (which will obviously make a fast runner slower), are they smart baserunners, and can they and will they slide if it's close play. Things to also know about your runners involve which ones are the trying or winning runs. If you're the home team, it's a close or tied ball games and you have two runners on base, make sure they are both as fast as possible. Make substitutions for both runners if you can, depending on whether you have faster people sitting on the bench than are on the bases. You don't want to just tie the game if you can score an extra run and win it!

In addition, the number of outs will often determine what moves you might make with your baserunners. For instance, say there are one or two outs, it's a close game, and

you've got runners on second base. If the runner on second base is fast but the runner on first base is not, you'll probably want to put a faster runner in at first base to prevent either a double play or an inning ending fore at second base.

If you're playing a very tough team and you doubt you'll have many opportunities to score, then don't hesitate to pinch run early in the game. This is often one of the most difficult decisions we have to make as coaches-when to pinch run for somebody, especially if they get on base a lot they get on base a lot and they aren't very fast. Too often we hesitate to run for them early in the game, thinking we'll be in a position to run for them later on - except later on never comes and we lose the game. In games that you that you know are going to be close, take a run any time it presents itself to you!!

3. The hitter currently up - No matter where the runners are or stage of the game it is, some things you'll always need to know about the current batter are: is she a good bunter? Does she hit the ball on the ground? Does she the ball in the air? Is she a good contact? Does she strike out a lot? Has she hit this pitcher well either so far in this game or in previous meetings? Is she in a slump or on a hitting streak? Is she a good hitter with runners on base? And is she a five o'clock hitter? (this is a term for the hitter who hits really well in pre-game batting practice but can't hit at all during games. The term comes from Major League Baseball where batting practice is typically taken at 5:00 pm before a 7:30 pm game). These are important things for you to know about your current hitter before deciding what to have her do, or opting to put in a pinch hitter.

For instance, your current hitter might be hitting .425, so just based on that you would want this hitter to swing away. But, in this particular instance; the game is tied 0-0 it's the bottom of the seventh inning, you've got the winning run on first base, 0 outs, your current batter-although hitting .425- has never gotten a hit off this particular pitcher (either in this game or any other), and your next two hitters have hit the ball off this pitcher. Based upon all of this information you would probably have your .425 hitter bunt the runner over to second base so the next two hitters (although they may only be .200 hitters) can try and hit the run in. Now, if your .425 hitters can't bunt very well because she hasn't really had to do it very often, then you'll probably want to pinch hit someone who can-just so you can move the winning run over to second base and have two outs to try and score her. Of course, the players still have to execute, but from your perspective, you've put your team in the best possible position to win, and that is all you can do!! They've still got to execute the win!

4. Hitters coming up - Before you make any decision with the hitter in the batter's box, always know who your next two hitters are. Your hitters that are due up will affect your decision to send a runner home or stop her at third base, to bunt or have the hitter steal, or to try a hit and run. If your current hitter is really good and you've got a fast runner on base, it might make sense to have your runner steal so your good hitter can hit her in. well, this plan goes out the windows if you don't notice who your on deck is. If you steal the runner and she's safe at second base but your opponents pay attention to who your on deck hitter is and they walk the good hitter, your on deck hitter becomes the important hitter. Maybe she's only hitting .125. this situation can be saved somewhat if you've got a good pinch hitter, but too often we don't think far enough ahead and we back and we back ourselves into a corner we never wanted to be in the first place. Take a minute when you're considering what to do with your current hitter to look at your next few hitters, as well as any pinch hitters. These players will help make a lot of your decisions seem a lot more obvious because you're staying one step ahead.
5. Anyone else on your bench - Don't limit your strategy decisions to the personnel you currently have in the game. Be sure to know who you've got on the bench. Very often you'll have a faster or smarter baserunner on the bench, or a better hitter currently not in the game. An example of this would be the following situation: your team is up, you have

a runner on third base, less than two outs and an average hitter up who usually hits ground balls. In this case you need either a basehit or a long fly ball for a sacrifice fly. If you don't think the current hitter can get a basehit off this particular pitcher, and she doesn't have much chance of hitting a sacrifice fly, then you would be wise to look at your bench and see if you have someone who typically hits long fly balls. If so, then making a substitution from your bench would be a good move.

B. Their personnel

1. Their pitcher - The more difficult the opposing pitcher, the harder it will be for you to count on your team hitting the ball well enough to score runs, so you'll have to try and create some runs. (keep in mind that "difficult" can mean pitcher throws too slow as well as too fast). When this is the case, you will be in a position to give up outs in order to move runners into scoring position. Decisions to "sacrifice bunt" will usually move runners over to the base, but will most likely in an out. Plays like "Bunt and Runs" or "Hit and Runs" are not as likely to result in outs, but at the same time, are much likely ways of moving runners.

Coaches: don't overlook the opposing pitcher's fielding ability when considering your strategy options. If you know their pitcher is a very good fielding pitcher, then squeeze plays, and bunts in general will become a little more difficult. Before you abandon the bunting game altogether, get your team to bunt the ball to either the third or first baseman. Now, if your team is not a good bunting team and cannot control where on the field they bunt the ball, then you may be forced to change your offensive options and decisions on that particular day. That becomes a problem that needs to be solved on the practice field, and not during the middle of the game. It does, however, leave you with fewer offensive options.

If their pitcher is a poor fielding pitcher, or possibly a pitcher who can field a ball cannot make an accurate throw, then you'll want to exploit that weakness by bunting to her and forcing her to make plays. She'll either make errors fielding balls, or the other team will have to make a defensive adjustment and have the first or third basemen cover the pitcher's area, leaving you in a better position to do other things offensively. I discuss the opposing pitcher's fielding ability in greater detail in the following section under #2.

2. Their Infielders' Defensive Speed -

- a. Corner infielders - You'll want to know whether their corners (first and third basemen) are quick in moving forward. If not, this will allow you to bunt more successfully. Be sure to look at each corner separately, since one of them may be quick in moving forward to cover ground while the other one may not move well at all. Another thing to pay close attention to is whether the third baseman can throw accurately while on the run. This can become a huge factor in your bunting game—especially with your quicker or lefty batter-runners. If the third baseman is quick in moving forward to cover, but does not throw accurately on the run, then it would still be smart to try and bunt or slap toward her and possibly force a throwing error. This would be a very good idea with a runner on second base – don't stop your runner as she goes around third base and you may possibly score on the throw to first base.
- b. Middle infielders - The lateral of the opposing middle infielders (second base and shortstop) can also give you some good options offensively. Let's talk about the second baseman first. If you have some quick runners, or a lot of lefties in your batting order. Then the lateral speed of the second baseman will figure in big. If their second baseman is not quick in covering first base on a bunt, then she'll have to start closer to first base (this is called "shading") leaving a pretty big hole up the middle. If your team has good bat control, then have them try and push bunt, or

slap the ball up the middle and you can often take advantage of a slow second baseman having to start closer to first base. Also, in this situation have your team bunt the ball softly toward first base, forcing the first baseman to field the ball-trying to beat the second baseman to the bag. This has a really good chance of working if it's surprise bunt (one your hitter does without anyone on base), since in a regular bunt situation the second baseman may be shading slightly toward first base, making it harder to beat her to the bag.

The average player goes from home to first base is 3.0 seconds. That equals one second per 20 feet. Or, in 1/10th of a second an average speed baserunner will cover two feet. How many plays at first base are closer than two feet? This distance can be gained by your baserunners simply by the defense wasting 1/10th of a second in either their or throwing fundamentals.

Lateral speed of their shortstop will figure into how easy it will be for you team to steal third base, since most teams will have their shortstop cover third base when a runner is stealing. This is especially true in a bunt situation since the third baseman will need to be up covering a possible bunt - leaving the shortstop alone to cover third base if the shortstop is slower moving sideways than your runner - then it's great time to try and steal third base.

3. Pitcher's fielding ability - The things to know about opposing pitcher's fielding ability include her range-how much area can she cover defensively? Can she move forward and if so, how far? If she can't move very far forward, and the catcher can't cover much ground, then you'll want to try and bunt against them to take advantage of this weakness. Can the pitcher over bunts in both directions, or just one? Be sure to bunt in the direction where she's weak. Is she right or left handed and how does that affect her fielding and throwing ability? Remember that she'll have the hardest time fielding and throwing quickly when moving away from the throw. Is she quick off the mound in covering bunts? If so, then if you bunt you'll have to bunt away from her. But, if she's a good fielder and show off the mound, then you'll still be able to bunt successfully against her even though she's good fielder. Very often you'll come across a pitcher who can't throw overhand at all, and in that case you'll definitely want to make her field and throw the ball, and the quicker the better. Just keep in mind that while you often can't hit a pitcher to beat her, you may find success attacking her in other ways.
4. Catcher's ability - When considering the opposing catcher in your offensive decisions, here are some key things to keep in mind.
 - a. Arm Strength - This is not only the most obvious catching trait that coaches consider, but unfortunately, also one of the least important. While the strength of their catcher's arm can certainly influence your decisions, it can only stop you from stealing if combined with the next two elements: Release Time and Accuracy. How long does it take their catcher to get rid of the ball when throwing to a base and how accurate is she when does throw? These are both very critical elements in determining whether or not you'll be able to run against this particular catcher. Pay attention to these three elements next time you see a game on TV, or face a catcher with a good arm. You may be surprised to find out that once you saw that she had a strong arm, you never looked any farther to know how quickly she got rid of the ball, and whether she was accurate or not.
 - b. Blocking Ability - Another thing to know about a catcher's ability that can figure that can figure into your offensive decisions is ability to block balls in the dirt. This becomes especially important if you're playing at a field with a lot of room between home plate and the backstop. If the pitcher throw pretty hard and isn't all that accurate-especially if she throws a lot of drop balls-then you'll probably be able to steal off the catcher's inability to block balls. Also keep in mind that the hardest

pitch for a catcher to make a throw on is the low pitch, because it takes her momentum in the opposite direction of her throw-so plan to run on a drop ball pitcher.

- c. Pick Off Ability – Does the opposing catcher ever throw to base trying to pick off your runners? If so, is she good at it? Don't worry too much about this if she isn't accurate in her throws, or doesn't know when to throw. But, if she is a quick and accurate pick-off throw your runners will need to know this when taking their leads. Finally, know if their catcher is pick-off happy. Does she like to throw to bases a lot to try and keep runners on? This is called "throwing behind the runner", and it can give your runner an advantage if she's a smart baserunner. When you know a catcher will throw behind your runner, have your runner take big leads trying to draw a few throws. When the catcher does throw behind one-too-many-times, have your runner sprint to the next base. This is called a "delay steal" and can work really well against pick-off happy catchers.
5. Outfielder's ability - Once your players get on base, the ability of the opposing team's outfielders, in a number of areas, becomes critical to your scoring abilities. Let's look at a number of things you should know about your opponent's outfielders-things that will drastically influence whether you should hold or send runners.
- a. Strength - Just like you did with their catcher, you'll want to know about the outfielders' arm strength. Know the strength of each outfielder's arm, and which one-if any will not run on because of her arm strength. Be sure to let your players know this information as well. Don't keep all the important stuff to yourself!
 - b. Accuracy - Can they throw a ball so the fielders can catch the ball and make the play? This is very important for you to know. Lots of outfielders have strong arms but they just heave the ball to the infielder, either throwing it wildly and missing the base, or short hopping the fielder so she can't catch the ball. Either throwing it wildly and missing the base, or short hopping the fielder so she can't catch the ball. Either way, knowing this information can help you successfully the fielder so she can't catch the ball. Either way, knowing this information can help you successfully send a runner on an outfielder with a strong. But inaccurate arm, if she takes a long time to get rid of the ball.

Lots of outfielders take four to six steps before releasing the ball. And since the average 18 year old takes a 6 foot stride while running full speed, this means your runner will be able to travel 24 to 32 feet - 1/3 to 1/2 of the distance to the next base-before that particular outfielder releases the ball.
 - c. Throwing on the run - How much does throwing on the run effect their strength, accuracy and quickness? Being able to throw on the run requires a great deal of skill, coordination, and balance, and many outfielders just don't have the ability to this. Watch for the balls in the gaps (the ones between their outfielders), the balls over their heads or dropping in front of them-any balls that force their outfielders to make throws while on the run.
 - d. Right or left handed - Send your runner if the outfielder has to go across their body to make the throw (assuming all other factors make sending the runner a reasonable call). For instance, if you have a runner approaching second base, there's a right handed centerfielder and the ball is hit in the right centerfield gap, the fact that the centerfielder has to read across her body and reposition her feet to make the throw can give you enough advantage to decide to send your runner. Knowing which outfielders are right and left handed can help you quickly decide whether the fielder has to reach across her body to make the throw.

- e. Groundball fielding ability - Can their outfielders throw your runners out after fielding a ground ball? This will often depend upon the condition of the outfield, but pay close attention because lots of outfielders either overrun ground balls all together, or they sit back and wait for the ball to get them. Either way, ground balls are a whole different ballgame for outfielders to handle, and way too many of them can't handle grounders successfully.
- C. The outs - The best thing I ever heard about outs and the role they play in your strategy decisions was by a great baseball coach at Georgia Southern, Jack Southern, Jack Stallings. Jack said that outs divide an inning into thirds. With no outs you 3/3rds of your inning remaining, one out you 2/3rd left you'll have 1/3rd of your inning left. It's such a simple, yet insightful way to explain the important role outs play – yet I'd never seen a lot clearer to me. As the number of outs you have go up, your chances for scoring drop down!
Never make the first out at third base or at home! (With zero outs your runner has two chances to score from second base or from third base, and the percentages are in your favour to score a runner from either base with zero outs).
Let's look at how the chances for your inning left, so play conservative and try for a big inning.
1. 1 OUT - 2/3rd of your inning left. Play slightly more aggressive since one of your outs has been lost and your chances for a big inning been reduced. Be very aggressive with your runners to reach third base since your runner can score from third base on a passed ball, sacrifice fly, grounder up the middle – a number of more ways than if she were at second base.
 2. 2 OUTS - 1/3rd of your inning left. Your chances for a big inning have been greatly reduced so you should be aggressive and try to score one run. Be especially aggressive with your runners in trying to reach second base. Since you have a much greater chance of scoring from second base and a base hit.
- D. The score - As we've already mentioned, the score will really determine what you'll have to do offensively. The closer the score, the more you'll have to play for one to two runs. In a close game you'll have to scrape and claw your way to a run by "sacrifice bunting", "stealing", working the pitchers for a walk and "drag bunting". This is especially true if you are behind. Playing catch-up tough, so the closer you can keep the score the better.
Conversely, the greater the difference in the score the more important runs become if you're behind, and outs become if you're ahead. If behind by four or more runs, then your decisions revolve around trying to create a big inning, scoring two or more runs, while giving up the fewest outs possible. On the other hand. If you're ahead by four or more, then you will be more likely to give your opponents a run in exchange for an out. This is especially true late in the game.
Let's take a more in-depth look at how the score can affect your offensive strategy. Keep in mind that the following principles are certainly going to be based upon your personnel, their personnel, and the outs.
1. When you're ahead - You can be more aggressive and more chances in an effort to try and extend your lead. Remember, your opponents don't have a clock to beat. They have you, and a certain number of outs for the of the game, so score all you can when your team is ahead and make it harder for them to play catch up. Some people will think you're "rubbing it in" if you keep trying to score, but with today's equipment (better bats), closer fences and stronger ballplayer, most of us have seen big leads disappear. Also, the younger the ballplayers the easier it is for a huge swing in the score to occur.

2. When you're behind - The biggest thing you want to do when behind is save outs. The more you're behind, the more careful you'll need to be.
 - a. If behind a little - Play a little more conservative to save outs try to score two or more runs.
 - b. If behind a lot - You'll need to play very conservative you'll need a couple of big innings in order to get back in the game. If your team is hitting poorly and you're behind, then your team may not be capable of having a big scoring inning, so scratch out one run at a time you may very possibly catch up.

The number of runs being scored is another important factor to consider. If you're behind by two runs, but the score is 6-8, than it's obvious that your team can hit the ball and score so you may not need to be as conservative. On the other hand, if you're down by two runs and the score is 2-0, and fifth inning, then it might be necessary to take a risk in order to get on the scoreboard.

- E. Scoring percentage - I want to share with you some information that I stumble across (during my strategy information search) in a great book by Jack Stallings. I thought then, and I think now, these are important to mention in this section, more as food for thought than anything else. The scoring percentages below have been taken from baseball and are based on over 50 years of major league baseball statistics. While they are baseball, not softball, and taken at the professional level and not amateur, I do think have some validity-how much I'm not sure, but in my opinion, they are close to accurate for softball. Since they weren't taken from softball, they are less important than other issues in this chapter. If nothing else, they should make anyone reading this chapter stop and think about why you do what you do offensively. Are you bunting because it's the best thing to do in this particular situation, or because there's a runner on first base, no outs and you're a softball coach? Sometimes we do our sport, and our players, an injustice by over bunting when we have batters capable of hitting the ball hard.

Read these percentages and pay close attention to the percentage of scoring by a runner on first base with no outs (43%), compared to runner on second base with one out (45%). When you look at it this way, it doesn't seem like that great of a move to give up an just to gain a % greater chance of scoring the runner-unless your batter is very poor hitter against this particular pitcher.

Look at the chart below to find what you give up out-wise, and what you will give up or gain scoring percentage-wise in order to advance a runner 60 feet closer to home-information that could certainly be helpful in making key offensive decisions.

Runner on 1st	Runner on 2 nd	Runner on 3 rd
0 out = 43%	0 out = 60%	0 out = 70%
1 out = 29%	1 out = 45%	1 out = 54%
2 out = 14%	2 out = 26%	2 out = 32%

Any percentages will be more meaningful when they involve more experienced and mature players rather than younger ones. Younger players do not possess the skills to perform at a consistent level so the outcome can change play – to – play and game to game. The more skilled and experienced players will be more consistent and their starts will be more valid. In addition, the more often you play a certain team or face a certain batter the more valid the percentages.

F. Stage of the game –

1. What inning is it? - Answering this question will help you significantly regarding your offensive options. Early in the game, say the first two to three innings: if you know the opposing pitcher is really going to be hard to hit you will want to do anything you can to score. (Again, remember that “hard to hit” can mean the opposing is either fast or too slow). This will include “sacrifice bunting” runners into scoring position (from first base over to second base) instead of letting your hitters swing away on their own, or calling for a “hit and run” or “bunt and run” with a runner on first. On the other hand, if you know it will be fairly easy to score some runs, you’ll want to take more chances early in the game and play for a big inning. This strategy would involve getting runners on first base and then allowing your next hitter, or hitters, to swing away, trying to move runners over with base hits instead of playing for the bunt and giving up outs. Again, this type of strategy is more risky since a base hit is never a sure thing: you are gambling on the fact that your team will not have a difficult time getting hits off this particular pitcher. Please keep in mind this entire discussion is centered on the first part of the game.

Another thing to keep in mind is that against a good pitcher, it will usually take the first few innings for your entire line-up to hit around once. Once your team has seen the pitcher, it often becomes easier to hit her. Your hitters have a better idea of just how the ball is breaking, how the umpire is calling the strike zone, how quick or slow she’s throwing, and the way the game is being called (either by the catcher or by the opposing catcher). All of these factors give the hitters information they can use to have a more successful second and third time at-bat. Why is this important to you? Because, as coaches we need to be more patient with our own hitters and sometimes allow them to get their bats going, instead of panicking if they aren’t successful the first time through the line-up. If your gut tells you that your team eventually hit this particular pitcher, then be more patient in the early part of the game and allow your team to swing away.

In about 50% Major League Baseball games, the winning team scores more runs in one inning than the losing team scores totally.

While I know this is a baseball statistic, I think the scoring trends in our game have changed enough within the past few years to probably make this true of softball games as well.

- a. Early in the game - in the first, second, third and fourth Innings - The next time you want to play for just one run early in the game, keep in mind that more runs are scored in the first than in any other inning. Often times a pitcher’s worst inning will be the first one when she isn’t completely warm. She will have a tendency to walk people and fall behind in the count, creating a great situation for your hitters. When this is the case, try not to take your team out of a potentially big inning for one run.
- b. Late in the game - in the fifth, sixth and seventh Innings - By this stage in the game you’ll have a better idea of how your team is hitting this particular pitcher. If the score is close, within two runs, and you’re behind you’ll need to take advantage of every opportunity you can to move a runner into scoring position, and then to score her. Once you get to the fifth inning, you only have nine more outs left. If you’re behind, you want to be very stingy with these nine outs, and only give one of them up if you believe there is no better way to move a runner or score a run. On the other hand, if you’re ahead by 1-2 runs and it’s late in the game, you will want to score any chance you get and increase your lead. A simple way to state your late inning strategy is: If you’re behind play conservatively, and if you’re ahead play aggressively.

- c. If you're behind late in the game by three or more runs, then you're going to have to play for a multiple-run inning. This means that you can't afford to give up any outs by bunting a runner into scoring position. Besides, getting a runner to second base isn't going to help you when you need at least three runs in order to tie the game. The exception to this thinking would be if you're in an especially weak part of your line up-the next two to four hitters don't have a very good chance of hitting the ball (especially a double or long ball) - and your lead off hitter gets on. In this case it wouldn't be too bad of an idea to bunt your runner over to second base and then even over to third and play for a single run. Getting one run out of the weak part of your line-up, while everything we've mentioned here about strategy may not call for it, is sometimes the smartest thing you can do for your team.
2. Are you home team or visitors? - This question is critical because it determines who gets to bat last. If you are Visitors, then you'll want to do whatever you can to get a lead and keep it. This forces the Home Team to have to try and at least the game by their at-bat. As a result, as the Visitors, you may take greater chances early in the game to score so you can get a lead and hold it. As the Home Team, you know you'll have the last at-bat so you can play to tie the score early in a game possibly playing for a multiple run inning. Now, of course this would vary would vary if you were facing the best pitcher in the world. In that case, you'd want to do whatever you could to score and then try and hold them. But in general, if you are Visitors you'll play to get the lead, and if you're Home Team you can make decisions that will tie the score-because you know you get last ups to win the game
- G. The count - The count will help you anticipate what pitch to expect to expect from the pitcher and then determine and then determine what you'll have a good chance of doing on offense. To put this terms: hit and bunt on pitches you think will be strikes, and steal and run on balls. While pitchers are certainly human and therefore not completely predictable creatures, there are some basic guidelines that count can help you with. Let's look at a chart of the different count and see what it can tell you about your offensive decisions.

Count	PITCHER'S OBJECTIVE	YOUR BEST OPTION
1-0	Pitchers don't want to walk people, so once a pitcher gets behind, expect to see her try throw a strike right away. The more advanced they are, the more balls they can get before trying to throw a strike.	Good count to try and hit or on. Hit & runs bunt & runs. Bunts are all good on positive counts.
2-0	Same as above.	Same as above.
3-0	Pitcher will definitely try to throw a strike to a void walking the hitter.	Great count to let the hitter hit.
2-1	Same as above.	Same as above.
3-1	Same as above.	Same as above.
0-1	Probably try to a strike, unless an advanced pitcher'; may mix in a pitchout or type of pitch out of zone.	If trying to bunt, do so before two strikes.
0-2	Beginning pitcher will try to strike batter out on this pitch-advanced pitcher will waste a pitch or two.	Not too many options. Be careful about stealing on this pitch because you can very easily have two outs on one pitch if batter strikes out and runner is thrown out.

1-2	Same as above.	Same as above.
0-0	Throw a strike since most pitchers try to throw first pitch for a strike.	Good count to hit & run, bunt & run.
1-1	Pitcher will probably try to throw a strike.	Same as above.
2-2	This count, and the 3-0 count, are the two counts when you can totally expect the pitcher to throw a strike to avoid having three balls on the and being dangerously close to walking the hitter!	While you can expect to see strike and let your hitter hit, the two strikes make any bunt & runs risky, and make steals a risk for a double play if the strikes out.

H. The field and game conditions –

1. The Field - These are mentioned last because while they can enter into your offensive decisions, they don't come up game, and they usually aren't priority factors. A great example of a way The Field can effect your offensive decisions is the outfield we play on in Columbus, Georgia. While we have an awesome stadium to play in, our outfield grass is cut the same way, every time. What this means is that a ground ball rolling in the outfield will snake, or jump, as it's rolling. Our outfielders are used to this and as a result they'll slow down while approaching a grounder. But, the opponents are not it at all. Knowing this, I am very aggressive when playing at home, and I send runners home on almost every single ground ball to the outfield - especially early in the season before the opposing outfielders get used to the a way our outfield grass plays.

a. The outfield grass - We've already discussed how that mowing can effect your offensive decisions, but there are other things about the grass that can enter into your choices. The length of the grass will determine if it 's cut short, then the grass will be fast and the ball will get to the outfielders quickly. If the grass is really thick and/or long , then the ball will be slow in getting to the outfielders and you'll be much more likely to run successfully against them.

b. Infield Dirt - This is very similar to the outfield grass-dirt can also be fast and show. Fast infield dirt is tightly packed and dry, very dry. In fact, an infield that sounds like a parking lot when the ball bounces off it swill be very fast. On the other hand, if the infield is really loose, or soft, or wet, then it will be pretty slow.

Ok, do what? What does any of this matter? Well, I'm not trying you how smart I am, believe me! This information can really help you make good offensive decisions. If you 're playing on a really fast infield, then you may not want to bunt much, since the ball will get to the infielders to the infielders a lot faster than usual. On the other hand, bunt a lot on a slow infield because the infielders will have a harder time getting to the ball, giving your runner and advantage.

2. Game Conditions - These are things like wind, drizzle, sun ,snow and a crowd. All of these are factors that can effect the game. Wind blowing out can help your hitters hit it farther also make the outfielders have to throw into the wind giving you a slight advantage. Drizzle, or early morning or late evening dew, can make a ball wet and give the defense all kinds of problems when trying to throw- so run on them and make throw a lot. The sun give the outfielders lots of problems, so run on them when the sun is in their eyes. Cold will make the fielders' hands and fingers very stiff, causing big accuracy problems. And finally the crowd. A big crowd can intimidate anybody but it usually has the biggest impact on the defense, since large crowd makes communication extremely difficult. Be heads up, and see if you can take advantage of defensive confusion.

Offensive plays

This chapter gets to nuts and bolts of offensive strategy-the plays. The previous section covered the many different factors that will influence these plays effect the decision you ultimately make. But, they are only factors, and factors-while they may be interesting to those of us who coach-are simply preliminary issues to determining the actual play. Now, let's discuss the guts of offensive strategy in detail and discover what you'll gain or give up with each up with each of the following offensive plays:

Each of these will be examined in the following manner: reason for using the play, what the batter does, what the runner does, advantages, disadvantages, best count to try this play and the reason. While these plays may be simple to use, there are some significant. What causes you to select one play over another may lie in something as unscientific as your gut. If you find yourself in a game situation, and after weighing all of the pros of your options you simply have a gut feeling which calls you to make a choice that 's OK! While I can't teach you how to make great gut decisions, I can help make you aware of all of your choices, and what factors you need to consider when weighing your options.

I. Sacrifice Bunt

Reason for Using This play:	This bunt is used to advance the baserunner to second base when you don't think your batter can get a base hit to advance her . Also, used to advance a runner from second base to third base usually with no outs.
What Batter Does:	Bunts a strike only (preferably a low pitch). Tries to bunt the ball on the ground to avoid popping up.
What Runner Does:	Runner waits to be sure ball has been bunted on the ground before running. Runner only runs if the ball is bunted.
Advantages:	Because the hitter only bunts strikes, this bunt is safer to keep from popping up. If the pitcher is fairly wild, or unpredictable with her strikes, this is a safer bunt to use. Because the runner waits until the ball is on the ground before running, this bunt usually prevents a double play on a pop up.
Disadvantages:	Because the runner doesn't leave with the pitch, a slower baserunner can possibly be thrown out at second base if the bunt is too hard. Because the hitter doesn't have to bunt the ball (unless it's a strike) she can sometimes just freeze at the plate and end up watching a strike go by.
Best Count To Try This Play:	Almost any count before the batter gets two strikes is a good count for the sac bunt.
Reason	Because the batter is out if they bunt a ball foul with two strikes, you'll want to avoid this play on any two strike count-except to one your very good bunters.

II. Bunt & Run

Reason for Using This play:	<p>Give the baserunner much greater chance of being safe at second base by putting her in motion with the pitch.</p> <p>This bunt will also give a slow or slower baserunner a much better chance of making it to second base.</p>
What Batter Does:	Batter must bunt the very next pitch, no matter where it is.
What Runner Does:	Runner leaves with the very next pitch, just as if they were stealing.
Advantages:	<p>This bunt will give your baserunner a couple of steps head start and thus a much greater of making it to second base.</p> <p>This can help prevent a force at second base because your runner leaves with the pitch.</p> <p>This bunt can also give a slower baserunner a good chance to make it to second by leaving with the pitch.</p>
Disadvantages:	<p>This can lead to a double play if the bunt is popped up because the baserunner leaves with the pitch.</p> <p>You run the risk of getting your runner thrown at second base if it's a bad pitch that your hitter cannot bunt.</p>
Best Count To Try This Play:	Usually best to try this ahead in the count 1-0, 2-0, 3-0, 2-1, 3-1 or 1-1.
Reason	These counts are the best for this bunt because the pitcher has to try and throw a strike, which gives your hitter a greater chance of having a good pitch to bunt.

III. Drag Bunt

Reason for Using This play:	<p>This is used as a surprise element to catch the defense off guard.</p> <p>It is very often effective by a good hitter who had a long a hit either the previous time at bat, or on the previous swing.</p> <p>Good choice if the defense, especially the third baseman, is playing exceptionally far back.</p>
What Batter Does:	<p>Lays down a bunt on her own as a surprise element to the defense.</p> <p>Batter waits as long as possible before moving her back foot to bunt.</p>
What Runner Does:	<p>Runner usually isn't aware the batter is going to do this so she'll react she would to any regular hit by the batter.</p>
Advantages:	<p>Great element of surprise.</p> <p>Even if not successful, can force the defense to move in giving the following batters angels to get base hits.</p>
Disadvantages:	<p>Not easily executed by everyone.</p> <p>Not easy to control because of how long the batter must wait before showing the bunt.</p> <p>Can take an at-bat, and a possible extra basehit, away from a big hitter.</p>
Best Count To Try This Play:	<p>First pitch, especially if the pitcher tends to throw first pitch strikes.</p> <p>On any count when the batter is ahead (1-0,2-0,3-0,2-1,3-1).</p> <p>On any count with less than two strikes so the batter doesn't foul the ball off and strike out.</p>

IV. Push Bunt

Reason for Using This play:	This bunt is used to “push” or “hit” the ball either between the infielders (usually third base and shortstop), or to push the ball over the infielders if they’ve really charged the expecting a bunt.
What Batter Does:	The batter holds the like she’s going to bunt, pulling the defense in. Then she pushes the ball hard out past the infielders. Or, when the batter pulls the bat back from the bunt position she resumes a regular batting stance and then the next pitch, trying to hit through the infield. (the “slug” bunt)
What Runner Does:	Runner waits to see that the ball is on the ground before running just like with the sacrifice bunt.
Advantages:	This bunt, when executed properly, really allows you to beat the defense that’s crashing in trying to beat your bunter. Because the defense is expecting your batter to bunt, this type of bunt creates a great element of surprise. This play, especially the “slug” element can really force the defense to get back on their heels-allowing your batter to either hit the ball past them, or freeze them back (expecting your hitter to hit the ball), then allowing your batter to bunt the ball and catch them by surprise.
Disadvantages:	The hitter runs a risk of popping the ball up, or pushing the ball right to one; of the defenders causing your runner to be forced out at second base base.
Best Count To Try This Play:	Good to try this after the batter has faked a bunt on the previous pitch, causing the defense to come in a few steps, making it easier to push the ball between the infielders. If trying the slug bunt, then any positive count is good (1-0, 2-0,..).
Reason	You’ll want a positive count if you’re trying the slug bunt because it will be easier to hit a strike.

V. Squeeze Bunt

Reason for Using This play:	Great element of surprise! Great to try with a good bunter at the plate, a runner at third base, and their third baseman playing back.
What Batter Does:	Batter bunts the very next pitch no matter where it is!
What Runner Does:	Baserunner leaves third base on the pitch sprinting home.
Advantages:	Biggest advantage is the element of surprise.
Disadvantages:	Big risk of the batter missing the pitch, or popping up the bunt, and the runner being either tagged out or doubled off. Risk of not knowing if the next pitch is going to a strike, or one that is bunt able.
Best Count To Try This Play:	Since the success of this play depends on the batter being able to bunt, or at least get her bat on the ball, you have to pick a count where the pitcher will have a huge likelihood of throwing a strike. This means a 2-0, 2-1, 3-0 or 3-1 count. This is especially risky against a pitcher that tends to be little wild.
Reason	

VI. Safety squeeze

Reason for Using This play:	<p>This play gives the runner a “safety valve” of not having to run home in case the bunt is popped up, or the play doesn’t work.</p> <p>It’s a good play to run if you have a close score and can’t afford to throw a run a way – especially against a pitcher who won’t let you get to third base very often.</p>
What Batter Does:	Batter bunts the very next pitch, trying to bunt the ball on the ground.
What Runner Does:	Runner waits before running home. She can decide to either stay at third base(if it looks like she’ll be out trying to score), she can try to score on the bunt, or she can wait and try to score on the fielder’s throw to first base base.
Advantages:	<p>Creates an element of surprise.</p> <p>Gives the runner a “safety valve” of not having to run in case the bunt is popped up, or the play doesn’t work.</p>
Disadvantages:	Because the runner doesn’t have to run, it can cause the runner to be tentative and either and either not run, or run at the wrong time and be throw out.
Best Count To Try This Play:	Usually good on the first pitch, or when ahead in the count.
Reason	The first pitch is a good time to expert a strike, which is a much easier pitch to bunt.

VII. Running Slap

Reason for Using This play:	<p>Add to the runner's speed by turning her around to hit from the lefthanded batter 's box.</p> <p>This type of hitter will force the defence to rush throws and result in numerous throwing errors.</p>
What Batter Does:	<p>The batter starts in the back of the lefthanded batter's box and as the pitch approaches she runs toward the ball, slapping down on the ball as she drops the bat and runs for first base.</p> <p>Batter tries to hit the ball down on the ground to get the ball to bounce either high or to the deep part of the infield (shortstop area),all in an effort to beat the ball to 1st base.</p>
What Runner Does:	<p>Runner responds according to ball-she doesn't leave on the pitch unless there is another play on like a hit and run.</p>
Advantages:	<p>The slap allows a player is not a very good hitter but who is very fast to start out two-three steps closer to first base by starting in the lefthanded batters, box.</p> <p>Hitting the ball hard down into the ground gives the runner a good chance of beating it out.</p> <p>Since hitter is hitting the ball down on the ground she has a very slim chance of popping it up.</p>
Disadvantages:	<p>Because the runner is running while trying to hit the ball it can often be very difficult to execute at first.</p> <p>Because the defense knows just what the hitter is doing it can position itself close to the hitter and force the batter to place the ball. Or to hit through them.</p>
Best Count To Try This Play:	<p>The count doesn't really matter as selecting a pitch that the hitter likes to hit.</p>
Reason	

VIII. Hit and Run

Reason for Using This play:	This play puts the runner in motion to either help them avoid being forced at second base, or to allow them to get to third from first base on a base hit.
What Batter Does:	Batter swings at the next pitch, trying to hit the on the ground so the runner isn't doubled off on a pop up or line drive.
What Runner Does:	Runner leaves on the pitch, turning her head to find the ball In the event the batter has hit either a line or a pop up.
Advantages:	Because the runner is in motion on the pitch there is less chance for a double play. Hit and Run can put a slower runner in motion to help prevent her from getting forced at second.
Disadvantages:	No way to prevent the hitter from popping up; hitting a line drive. Not a big percentage play. Can cause the batter to chase a bad pitch, getting the runner throw out at second base.
Best Count To Try This Play:	Either the first pitch, or when the hitter is ahead in he count.
Reason	This count will put the pitcher in apposition to have to throw a strike, giving the batter a much greater chance of hitting a strike.

IX. Steal

Reason for Using This play:	Put a runner onto scoring position (second base) without having to give up the current batter's at-bat. Also put a baserunner closer to home (stealing from second to third base).
What Batter Does:	This can vary: the batter can either swing at the next pitch and miss on purpose, trying to distract the catcher's view and subsequent throw or, the signal can be given without the hitter knowing. This can depend on whether the coach wants to give another strike to the hitter.
What Runner Does:	Runner leaves with the pitch.
Advantages:	The steal can put a runner into scoring position without giving up the current batter's at-bat. The steal is a good way to advance a runner to second (a very fast runner) if you have a weak hitter or poor bunter up at bat. Can prevent the double play by getting your runner to second base.
Disadvantages:	Can run yourself out of the inning. Can run yourself out of the inning. Can create an open base and allow the current batter to be walked especially if a very good hitter.
Best Count To Try This Play:	Late in the count to lull the defense. Immediately after a pitch-out. Anytime you might suspect a ball or a bad pitch-especially a low pitch since this is the hardest pitch for the catcher to handle on a throw. Anytime you think the pitcher is going to throw a changeup, since this pitch will give your runner an advantage. (A runner at second base can see the signals and relay them to hitter). Any time the runner gets a good jump or lead off on the pitch and you're playing a so-so catcher who bobbles a low pitch. On a 3-2 count (full count) - especially with runners on first and second base. it's difficult for a team to get both the hitter and the runner out, and with two runners on you will exchanger a runner at second base and first base for a runner at second base.
Reason	

X. Play: 1st & 3rd

Reason for Using This play:	Create confusion among the infielders regarding which runner is going to run, if any, ;and when.
What Batter Does:	This depends on whether you have a steal on. If you do, then the batter will usually swing and miss while the runner at first base steals second base.
What Runner Does:	There are four options: <ol style="list-style-type: none"> 1. Runner at third base stays at third base, while runner at first base steals second base. 2. Runner at third base stays at third base, while runner at first base jogs to second base trying to draw a throw from the catcher and get caught in a rundown. At some point during this rundown the runner at third base breaks for home trying to score - it 's a timing play where the runner is trying to time her break toward home with a fielder being unable to throw her out. 3. Runner at first base steals second base while runner at third base steals home on catcher's throw to second base. 4. Nothing happens-neither runner runs anywhere.
Advantages:	This play, when run correctly creates a lot of confusion in the defense. Because there are so many options for the runners, it puts the defense in a position to react and make the wrong decision.
Disadvantages:	Runners can often run into outs. Runners often things to happen and make; stupid decisions thus leading to an out. Minimal disadvantages for the offense.
Best Count To Try This Play:	If runner at first base is stealing count isn't that important. If you're trying a hit & run or bunt & run with runner at first base, then try it with a positive hitter's count (1-0, 2-0, 3-0 or 3-1)
Reason	

Making out your line-up

I. Deciding who bats where

Below are some tips for making out your batting order, keeping in mind that your player and their abilities may not fit perfectly into these guidelines. If you have no one that comes to fitting these guidelines, then the basic concept of any batting line-up includes:

- A. Trying to get someone on base as soon as possible-and then putting this up first.
- B. Bat someone next who can move the first runner into scoring position (second base).
- C. Let the player bat that have the greatest chance of hitting in runs in the order that they'll likely do so.
- D. Then start it all over again - the best that you can.

One very important thing to remember about a batting line-up: the line-up will only bat this way the first time up. After that, your line-up becomes random, depending upon which batter made the last out of the previous inning. Some innings you'll have your third hitter leading off, and other off, and other times it may be your 8th hitter, so at that point what you spent all that time creating as your "perfect" line-up goes out the window. Keep that in mind when you sit down to figure out the "perfect" line-up. But, here are some general guidelines:

- #1-Hitter** Good on-base percentage (gets on base a lot), good contact hitter, good speed, has two or three ways to get on base either by a walk, a bunt or hit.
- #2-Hitter** A hitter, good bat control to try hit & runs, good bunter to move runner into scoring position, good speed if possible.
- #3-Hitter** Power hitter, run producer (hits well in clutch), extra hitting potential, good contact hitter. I used my best overall hitter in the #3 position.
- #4-Hitter** Power hitter, RBI person, great in the clutch. If close to same as #3, this player will usually have slightly more power than #3.
- #5-Hitter** Next best power hitter, will hit the long ball occasionally.
- #6-Hitter** Your second lead off hitter(same as #1); this hitter able to drive in runs.
- #7-Hitter** Similar hitter to #2 hitter, good speed if possible, good bunter.
- #8-Hitter** Combination of #2 and #3 hitter, weaker hitter than either #2 or #3, but able to get on base.
- #9-Hitter** Good speed, good bunter, can get on base, but a weaker hitter than #1 since she'll get one less bat per game and about 60-70 less at-bats per season. This can be one of your weakest hitters, but should be someone with speed if your lead off hitter has speed. Otherwise, if your # hitter gets on base she will clog up the bases for your lead hitter by slowing her down.

II. Using your line-up card

Defensive strategies

Now that we've discussed and explored the offensive side of the game, and the multiple factors affecting a coach's offensive decisions, let's investigate what goes into defensive strategies. Unfortunately, it's not quite as easy as reversing what you did or thought on offense, but is very similar in detail. While it may be easier to diagram a certain defensive coverage, don't let that trap you into believing that's the only method for covering that particular play. Defensive coverages depend upon many different factors, and it's those factors I'll explain in the following chapters so that you will understand the concepts behind the coverages. This will enable you to expand upon these concepts and create coverages that I may not be able to mention, but that might be crucial to team's particular defensive situation.

Being able to understand the factors influencing any defensive coverage is much easier once you can peer inside the offensive mind of the opposing coach. That should be a lot simpler for you now that we've already covered Offensive Strategy in entirety. Now let's look at the factors that we'll examine when we explore defensive strategies.

I. Key factors in your defensive decisions

Just as we discussed in our offensive factors chapter, this section will cover the factors you'll need consider when making defensive adjustments or coverages - but not the coverages themselves. Those will be discussed in detail in sections 2 through 7. This section investigates the following factors and how they influence your defensive coverages:

A. Your team

1. Your pitcher - The ability of your pitcher will be the number one factor in your defensive considerations because if you've got a great pitcher in the game, and the other team can't score, or doesn't have a very good chance of scoring, then your defensive life will be much easier! Conversely, if your pitcher is struggling to hit your pitcher, then you better be ready for them to start bunting against you and playing the short game. Put yourself in their shoes and don't let this sudden change in their game plan catch you by surprise. If they do start trying to bunt a lot because your pitcher is so dominant, it will usually be on their second or third time through the batting order. Most teams will try to hit your pitcher before going to plan B.

Your pitcher's fielding ability will also figure into your defensive plans because her ability, or lack of it, will strongly influence how the rest of your infield sets up for, and handles, all bunt defenses. If your pitcher is a good fielder and can cover not only her defensive area but another side of the infield as well, that allows you the option of holding either your first or third baseman back. You can hold your first baseman back by the bag in the event a very fast batter is up, giving her time to cover the bag on the throw. Or, keep your third baseman back to cover third base against a steal, or defend against a slapper or a possible slug bunt. Either way, having a good fielding pitcher is a big advantage. On the other hand, if your pitcher cannot even field a ball in her area, let alone cover anyone else's, your defensive coverages become pretty cut and dry. You'll have to bring both your first and third basemen in on all bunt situations, which means they both better be pretty quick at and back, or their life will get pretty frustrating fast.

Don't overlook the need to include your pitchers in all ground ball drills, because once the ball leaves their hand on the pitch become infielders just like everyone else. And the better they are at fielding their position, the stronger your entire infield will be.

2. Your catcher - There are a couple of skills that will help that your catcher make your defense better and thus your defensive decisions much easier:
 - a. The pace - Have her slow down the pace late in the game to keep your pitcher from rushing and getting into trouble. This will usually happen as situations get tougher - pitchers begin to press and they rush, causing a loss in their rhythm and control.

- b. Her arm - The better your catcher is at throwing runners out at second the less likely the opponents are to try steal late in the game, and the predictable the offense becomes in how they're going to get runners into scoring.
 - c. Her blocking skills - The better your catcher's blocking skills, the more able your pitcher will be to throw drop balls with a runner on third base. This makes your opponent less likely to score the run with a sacrifice fly with less than two outs, having instead to revert to a possible squeeze play. This is important to know on defense.
 - d. Her defensive quickness - The quicker your catcher your catcher can pop out from behind the plate and get balls in the infield (either bunts chopped hits) the farther back the corners can play, giving them greater range to cover harder-hit balls.
3. Your third baseman - Her quickness is her greatest asset for you an defense. Your third baseman's ability to move sideways to cover a ground ball in the 5-6 hole (this is the gap between a third baseman - #5 in the official scorebook- and the shortstop - #6 in the scorebook), and to charge and successfully cover a bunt will greatly improve your defensive options. Let's look at each of these skills and see how they can impact your entire infield defense:
- a. The third baseman's ability to field balls in the 5-6 hole - with a runner on first base , if your third baseman has good range to her left the shortstop can move a step toward second base to help cover for a possible steal, groundball up the middle or a throw to second base on the bunt. On the hand, if the third baseman has no lateral range then the shortstop is forced to either hold her position, or move a step away from second base (especially against a lefty who can punch the ball between the shortstop and third baseman). this will make the shortstop's ability to cover second base on a steal or a bunt play extremely difficult and risk a possible big inning for your opponents.
 - b. Now, your third baseman's ability to charge in and cover a bunt will not only allow your pitcher to just worry about pitching (instead of covering the left side of the infield on a bunt) but will also discourage the offense film trying to bunt as much, possibly forcing them away from their strength.
4. Your hitters - Your team's ability to hit the ball can either allow you to take more chances defensively, or force you to play very tight. Conservative defense. If your team has a good chance of scoring a lot of runs today. Then you can make the decision on defense to go for an out and let a baserunner move into scoring position, or even let a run scorn in exchange for an out. On the other hand, if it looks really doubtful that you'll score at all today, then you better do everything you can keep them from ever getting into scoring position, let alone ever scoring a

B. Their team

1. Their Hitters - Two key questions to ask yourself are:
 - a. What can this hitter do? - In considering the first question, here are some things you should know: can she hit? If so, does she hit for power or just a punch hitter for base hits? Does she pull the ball or is she a spray hitter (hits to all fields)? Hits will determine where you'll need to position your outfielders and some of your infielders] Does she have any speed? Can she bunt? Can she hit your pitcher? This will help you determine whether you'll pitch to the current hitter or take your chances with the on-deck, or walk current hitter and talk your chancres with their next few hitters] the answer to these questions will directly effect your defensive decisions because they will tell you where to position your fielders and what to likely expect from the current hitter.

- b. What Do They Need Her To Do? The question of “what do they need her to do” can sometimes most easily be answered by putting yourself in the opposing coach’s shoes. Does the current situation require this hitter to risk getting a base hit, or do the sure thing and bunt the ball? Do they need her to the ball on the ground, or try to hit a sacrifice fly? Are they in a position to risk giving up an out in order to move a runner into scoring position? These are all questions that you should ask yourself in order to better anticipate just what choices the offense is likely to make. Your defensive decisions need to be based on a combination of the greatest likelihood of what the current hitter can do and what they need her to do.
2. Their runners - You’ve got to know speed of their baserunners, how this will figure into their needs at the moment, and then position your defense accordingly. Be sure to consider any pinch runners they may use as well. Are their runner(s) likely to steal? Are they smart baserunners or just fast? (The difference between is a young player who is fast that is put in as pinch runner late in a close game. She takes a huge leadoff, due to her speed, and the catcher throws down and picks her off first base. This runner was fast, but not smart!) You should also know whether their runner gets a good jump with the pitch. If she’s fast. But doesn’t get a good jump with the pitch, you will have a good chance to force out at second base on a bunt. Let your defense know this prior to the pitch, so they can be ready for the play and the bunt to set up for the throw to second base.
3. Their coach - I’ve found this to be a very helpful element in my defensive plans. What I know about their coach can help predict how she/he will coach the game and what she’ll do in certain situations. If they are risk-takers in life, then they’ll probably be aggressive in their coaching moves. They’ll probably let batters hit away in situations instead of bunting right off the bat, squeeze when you don’t expect it, and possibly try some bunts with two strikes on a batter. On the other hand, if you know the coach is a conservative-type person, they will probably be more conservative in their coaching decisions. This type of coach will probably bunt in every bunt situation, they will very rarely steal except with their fastest players, they will rarely squeeze, and they will generally be very predictable – trying instead to beat you with execution instead of the element of surprise. While this is certainly my own personal theory, I have found it to be pretty true. When I’ve found myself in a defensive situation where I was really struggling with what I thought the opponents were going to do, I’ve resorted to this theory and it’s proved helpful for me.
- C. The count - A thorough knowledge of what count means to a hitter is crucial to your understanding of what the hitter will be trying to do, and how your team is going to try and defend it. Of course the score, the outs and the stage of the game will certainly enter into it, but there are some rules of thumb concerning that we can in general:

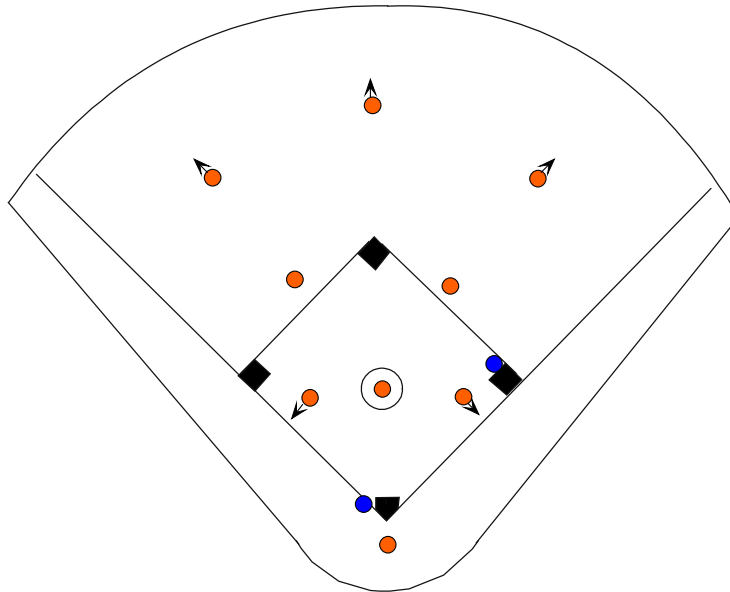
Count	PITCHER’S OBJECTIVE	GENERAL RULE OF THUMB:
Batter Ahead in Count (1-0,2-0,2-1,3-0,3-1)	Pitcher will be trying to throw a strike.	Batter has a good chance to bunt, bunt & run or hit &run.
Batter Behind in Count (less than two strikes)	Pitcher will be trying to waste a pitch.	Batter will have a hard time bunting a fair ball.
Batter has two strikes	If pitcher is a beginner - will try to throw a strike and strike out the hitter. If pitcher is advanced - she will probably try to make the batter chase a	If advanced pitcher-good pitch to try a steal since pitch may be tough for catcher to handle. This is not a good pitch to try a bunt.

	waste pitch.	
First pitch	Pitcher will try to throw a strike.	This is the most common count used by coaches to try type of offensive play.

D. The score/the inning - Talking about the score and the inning are so interchangeable that I've got to discuss them together. I'll do this as simply as possible without confusing you more than you probably already are. The easiest way to discuss both of these topics is to look at the score in terms of close games and games where your team has a 4-5 run lead and to deal with the innings in terms of early in the game and late in the game.

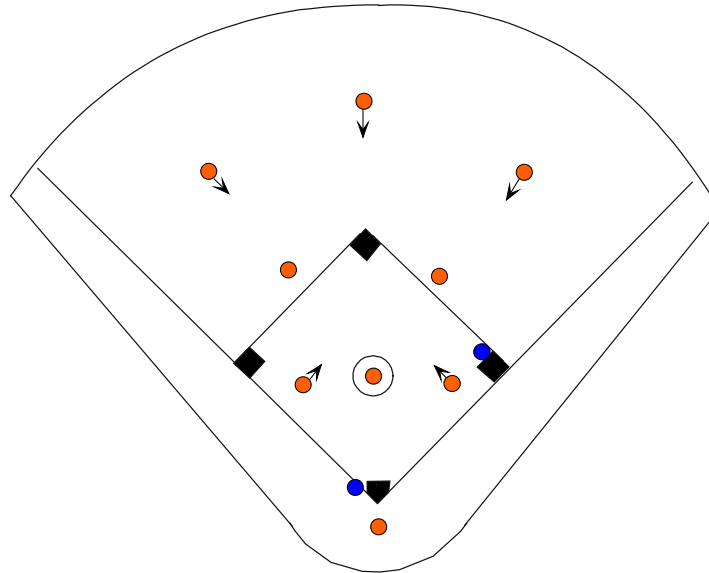
1. Close games (tied or one-run games) -

- a. Close game/early in the game - In the first five innings of a close game your role defensively is obviously to prevent them from either getting a lead or from increasing their lead. The offense is more likely to take some extra chances (if they are this type of team at all) early in the game rather than later on, so don't be caught by surprise. When taking chances, their baserunners will be more likely to try and stretch singles into doublers, and score from second base on base hits to the outfield. To defend this, your outfielders will become instrumental in the early part of a close game by expecting this type aggressive from the runners, and attacking balls so they can come up and make key throws. If your team can play solid defense in the early part of a close game, it can put your offense in position to win early instead of being pressured to win the game during your last at-bats.
- b. Close game/late in the game - First of all, expect the offense to play one base at a time, so look for the bunt, especially with 0 outs, and to steal anyone with speed. With that said, let's look at some important close game/late in the game concepts.
 1. Put your best defensive team on the field - And if you have a one run lead, then you must do this no matter what you might be giving up offensively!
 2. "No Doubles"- the key is "no doubles", meaning don't allow your infield or outfield to give up any doubles. Keep the other team off second base. You can do this as follows:



- (i) Outfielders - Move your outfielders back three to five steps to eliminate the double. Give up a single if you have to but eliminate the double.

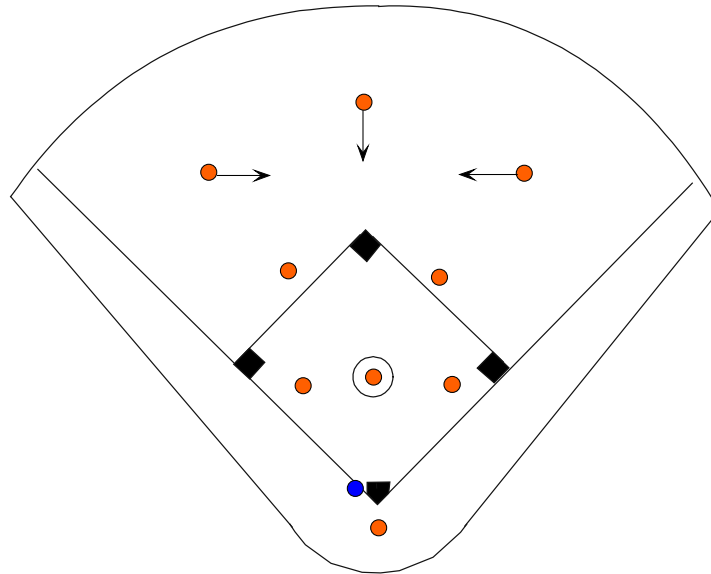
- (ii) Infielders - Move your corner infielders (third baseman and first baseman) within one foot of the foul line to prevent doubles down the line. Keep in mind that a righthanded third baseman will have to move closer to the foul line than will a lefthander because the glove is on her left hand which is farther away from the foul line. Along the same lines, a lefthanded first baseman will have her glove on the opposite side of her body from the foul line and as a result will have to play even closer to the line this defense.
3. "No Doubles" Changes When- this situation changes as soon as the tying or winning run reaches second base. At that point:



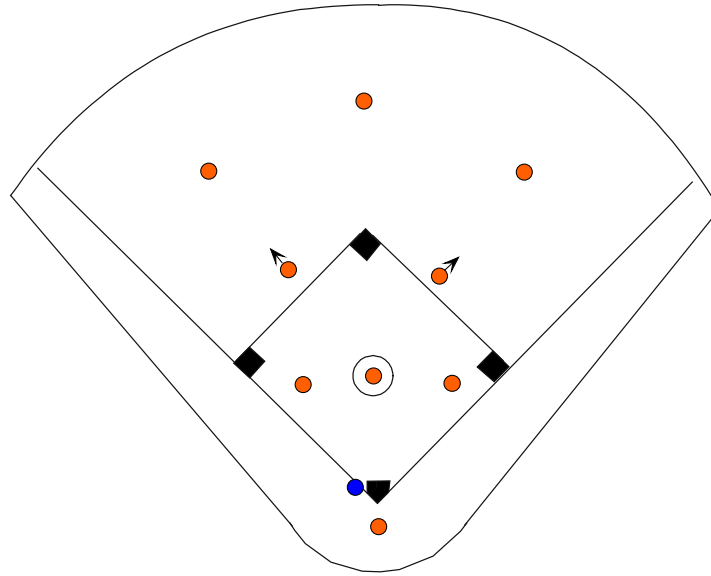
- (i) Outfielders - Move your outfielders off the foul line and in toward the infield three to five steps to prevent any bloopers from scoring the runner at second base.
 - (ii) Infielders - Move the infield corners (third baseman and first baseman) off the line one to two steps, to be able to cover more ground on a ball hit in the infield.
2. 4- run lead / late in the game (5th Inning on) - The key to this type of game is to increase your chance for an out! Once you get to the fifth inning you only have nine outs left. With this big of a lead you will gladly give up a big hit for an out, and you'll even give them a run for an out, up to a point. Since 90% of all balls hit are hit in front your outfielders, the first move you'll want to make is to bring your outfielders in a few steps to prevent a bloopers base hit. It's the string of 4 to 5 of bloopers a row that suddenly wipes out your big lead and can cause you to either lose this type of a game, or hang on and win it by the skin of your teeth. The risk of moving your outfielders in is that you might give up the double hit over their heads. But, unlike the previously discussed issue where you're trying to protect a small lead late in the game, in game where your team has a big lead giving up a double is not going to hurt you. It's much less likely that a team will hit three to four doubles in a row against you than it is for them to dink in 4 to 5 bloopers base hits. With a lead this big, play the odds and do what you have to increase your chances for an out! You only have nine outs left, so do everything you can to get one, without letting them get back into the game.

Let's look at the steps you need to take to protect a big lead late in the game:

- a. Gap your outfielders - If you're playing in a big outfield (bigger than a 200 ft outfield). "Gap" is a term to describe the area between fielders, in this case between outfielders. They will be referred to as the "left-centerfield gap" and the "right-centerfield" gap. Again, you'll only "gap" your outfielders with a big lead, if it's late in game and you're playing on a field with a very long outfield fence. The reason you'll "gap" your outfielders is to get to the most common type of ball hit into the outfield - the little blooper in between your outfielders and between your outfielders and your infielders.



- b. Regular outfield set-up - If playing on a regulation field with an outfield fence approximately 200 ft all the way around.
- c. Runner at second base - In this situation, keep the batter at first base on a basehit. Do this by making your outfielders throw to second base on a single hit to the outfield. Have your outfielders keep the hitter from getting into scoring position.
- d. Spread your middle infield - Move them back deeper. By moving your shortstop and second baseman back it will give them better angles and more time, allowing them to get to more balls, make more plays, and keep more balls from getting through the infield. Just how far back you move your middle infielders will depend a great deal on how quick they are. The slower either one's footwork, the closer you'll want to keep them to the infield. Likewise. The weaker each one's arm, the closer to the infield. You probably won't move both of them back exactly the same distance.



- E. Number of outs - The number of outs will help you anticipate what your opponents are probably going to do on offense, and therefore can help you greatly in anticipating what you'll need to prepare for. For instance, a team is much more likely to bunt against you (especially sacrifice bunt) with 0 outs and will very rarely try it with two outs. What does this mean to you oh defense? With a runner on first base, a close game and no outs - you should move your corners (third baseman and first basemen) in, looking for a bunt. Now, in this same situation with two outs instead of none, you would move your corners back a bit and expect a steal, or a hit & run (both are methods for getting runner from first base to second base without automatically giving up the hitter). Same situation, different outs- resulting in different decisions by the opposing coach.

Now, with one out it is a little bit more difficult to anticipate what your opponents are going to do, since this can be up to the particular coach. Some coaches will continue to bunt with one out, while others will go away from the bunt and try a hit & run, a steal, or just let the batter hit away. Keep in mind that whenever the opposition has one out and a runner on first base, giving up a run to get a runner to second base gives them one less out to go 60 more feet. The confidence in their team's ability to do this will greatly upon the hitting ability of the next two hitters. Remember to go beyond considering just the on-deck hitter because with one out, if the current batter bunts the runner over to second base, first base is now open which allows the on-deck hitter to be walked if she poses a threat. This leaves the play in the hands of the batter who was "in the hole" before this whole play started.

- F. Are you home or visitors - Knowing whether you're home or visitors can help you make tough decisions based on last at bats. If you're home team, you get last at-bats, so you'll be able to take more chances defensively than the visitors. For instance, it might be late in a close game, their lead off hitter gets on, and since you're home team you can now take the chance of throwing to second base on the bunt trying to get the lead runner, or even going for a double play. Both are decisions you would probably not make if you were visitors.
- G. Are you home or visitors - Knowing whether you're home or visitors can help you tough decisions based on last at bats. If you're home team, you get last at-bats, so you'll be able to take more chances defensively than the visitors. For instance, it might be late in a close game, their lead off hitter gets on, and since you're home team you can now take the chance of throwing to second base on the bunt trying to get lead runner, or even going for a double play. Both are decisions you would probably not make if you were visitors.
- H. Game conditions - The condition of the field, the weather, and the crowd can certainly effect your teams' defensive play.
1. Wind - On windy days, make sure your outfielders wait a little bit longer before calling for fly balls. Since the wind carry balls, you don't want your outfielders calling for balls early. Only to watch them drop as they blow into infield or into another's part of the field. It's always better for your fielders to over estimate the wind and play too far back than to underestimate it and watch a ball blow over their heads.
 2. Wet – If grass or the ball is wet, then be sure your fielders take a little bit more time and care in gripping the ball, and be sure they grip it tighter. If they don't think they have a good grip on the ball when staring to make a throw-don't throw the ball.
 3. Crowd - Playing in front of a big crowd is hardest on the defense because communication is so crucial, and talking to each other becomes harder with a big crowd. Make sure your players talk or yell-to each other as loud as they can, and also use hand signals to communicate with each other whenever there is a loud crowd, and not just rely on talking. When the crowd is huge and loud then visual communication – not verbal communication-is the key.

Cut-off en relay

Wedstrijden wint men door in de aanval extra honken te pakken. Met een goede cut-off en relay verdediging kan men dat als verdediging voorkomen.

Goede aangooien - Het team dat goed kan gooien en vangen en dat een minimaal aantal denkfouten maakt geeft zichzelf de mogelijkheid een wedstrijd te winnen. Het is belangrijk voor de speelsters om de bal van de grond te houden. Een goede aangooi door de buitenveldster leidt een goede aangooi van de binnenveldster in. Net zoals een slechte eerste aangooi de volgende slechte aangooi leidt. Men ziet bijvoorbeeld regelmatig een slechte aangooi met een korte stuit naar de binnenveldster, gevolgd door een aangooi uit de richting naar de achtervanger.

Sterkste arm – Kijk wie van de veldsters de sterkste arm heeft en maak daar gebruik van. Vaak is het de buitenveldster die de sterkste arm heeft en de grootste gooi afstand moet overbruggen. Maar als dat bijvoorbeeld de korte-stop is, dan dient hij zich dicht bij de buitenveldster op te stellen en de langste aangooi te maken. De vervolg aangooi moet wel accuraat zijn.

Veel training - Cut-offs en relays vereisen veel training en teamwork om het goed te kunnen spelen. Ieder keer wanneer men de cut-off vrouw in een wedstrijd situatie mist, resulteert dit vaak in een extra honk voor het aanvallende team. Dat wil zeggen dat het aanvallende team met een honkslag minder kan scoren.

Duidelijk beeld - Iedere speelster moet van tevoren een goed beeld hebben van de spelsituatie. Dit is afhankelijk van de score, inning, aantal nullen en snelheid honkloopsters. Tijdens alle cut-off en relay situaties bewegen alle negen speelsters. Alle honken zijn door een veldspeelster bezet en er wordt achter ieder honk gedekt. Buitenveldsters pakken de bal of dekken een honk. Buitenveldsters sprinten naar de bal en proberen de bal zo snel mogelijk bij het binnenveld te pakken om zodoende agressieve loopsters te stoppen.

I. Cut-off

Een spelsituatie, waarbij een speelster tussen de bal en het (thuis)honk in staat om eventueel de bal te kunnen onderscheppen en naar een ander honk te gooien om te voorkomen dat een honkloopster een extra honk loopt.

A. Positioneren –

1. Oplijnen –

- a. De binnenveldster lijnt zichzelf op tussen bal en het bedreigde (thuis)honk en geeft een doel aan met opgestoken armen.
- b. Bij een aangooi naar de thuisplaat staat de cut-off vrouw ter hoogte van de heuvel. Bij een aangooi vanuit het midveld blijft de eerste honkvrouw aan de tweede honkzijde van de heuvel. Dit om te voorkomen dat de bal van richting verandert, doordat de bal de heuvel (werpersplaat) raakt.

2. Afstand – De afstand wordt bepaald door de armsterkte van de buitenveldster of de relayman. We moeten voorkomen dat de derde honkvrouw of catcher een aangooi met een korte hop krijgt. Deze is moeilijk te verwerken.

- a. Het ter hoogte van de heuvel staan heeft als voordeel dat;
 1. Het maakt de beslissing; wel of niet onderscheppen van de bal makkelijker voor de speler op het doel.
 2. Het geeft de cut-off speelster meer tijd om te reageren op een slechte aangooi en onder een betere hoek.
 3. Het is makkelijker om voorwaarts te bewegen en onder een goede hoek de bal te corrigeren naar een ander honk, dan om achterwaarts te bewegen.

4. Het vertraagt de slagvrouw/honkloopster omdat deze wacht of de bal wel of niet wordt onderschept.
 - b. De cut-off vrouw gaat dichterbij de thuisplaat, als:
 1. De buitenveldster een zwakke arm heeft.
 - c. De cut-off vrouw gaat dichterbij de buitenveld, als:
 1. Wanneer de bal diep geslagen is.
 2. Vanwege weersomstandigheden (wind tegen en regen).
 3. Fake - De cut-off speelster dient een volledige fake te maken wanneer de bal niet wordt onderschept, om te voorkomen dat de achterste honkloopster(s) een extra honk pakken.
- B. In combinatie met (dubbele)relay
Bij een (dubbele)relaysituatie op de thuisplaat gebruikt men de eerste honkvrouw als cut-off man. Alleen bij een bal geslagen langs de rechtsveldlijn is de korte-stop de cut-off vrouw.

II. Dubbele relay

De dubbele relay vindt plaats wanneer de bal in de gaps of over de buitenveldster heen wordt geslagen. De korte-stop en tweede honkvrouw gaan als een tandem eruit (de cut-off en de trailer) om als tussenstation tussen de bal en het doel in te staan, om een te lange aangooi te verlengen. Een lange aangooi wordt ingekort en is daardoor nauwkeuriger en sneller. De voorste vrouw stelt zich zo op dat zij met één stuit de bal op thuis kan gooien. De relaymensen lijnen zichzelf op.

- A. De voorste honkvrouw – De ander is vanzelfsprekend de achterste honkvrouw.
 1. Tweede honkvrouw voor het rechtsveld en rechts-midveld.
 2. Korte-stop voor het linksveld en links-midveld.
 3. Degene met de beste arm in het midveld
- B. Positioneren –
 1. Oplijnen - Als de dubbele relay het buitenveld ingaat, kijkt de voorste vrouw (cut-off) kort waar de actie mogelijk naar toe gaat en lijnt zichzelf op. Zonder honkloopsters lijnen we op naar het derde honk en met een loopster op het eerste honk lijnen we op naar de thuisplaat. Hij kijkt van tevoren naar zijn positie en daarna een aantal keren kort naar het oplijnen. De trailer (achterste speelster) is het oog van de voorste speelster en helpt tijdens het sprinten de voorste speelster op te lijnen.
 2. Afstand - De speelsters gaan beide eruit met een tussenruimte van ongeveer acht meter. Deze afstand wordt aangepast afhankelijk van de armsterkte van de buitenveldster. Heeft de buitenveldster een zwakke arm, dan is de afstand korter en heeft de buitenveldster een sterke arm, dan kan de afstand langer zijn. De positie van de achterste speelster (trailer) is een halve meter aan de rechterkant uitlijn van de relayvrouw. Hierdoor houdt deze speelster goed zicht over de situatie.
 3. Beslissen - De trailer in de relay adviseert de voorste speelster in het maken van een beslissing. Wanneer de trailer goed staat opgelijnd en de aangooi is goed op de voorste speelster, draait zij zich om te zien waar de loopster is en aan te geven waar de aangooi naar toe moet. Zij is de laatste die kan beoordelen waar de bal definitief naar toe moet, omdat de voorste speelster op het laatste moment bezig is de bal te beoordelen en te verwerken.

4. Slechte aangooi –

- a. Wanneer de bal voor de voorste speelster slecht te verwerken is, dan laat deze de bal gaan en verwerkt de achterste speelster de bal (communicatie). De voorste speelster probeert iedere bal te pakken, m.u.v. korte stuit of de bal waarvoor zij moet springen. Wanneer de bal over het hoofd van de voorste speelster wordt gegooid en ontvangt de bal borsthoogte in opengedraaide positie.

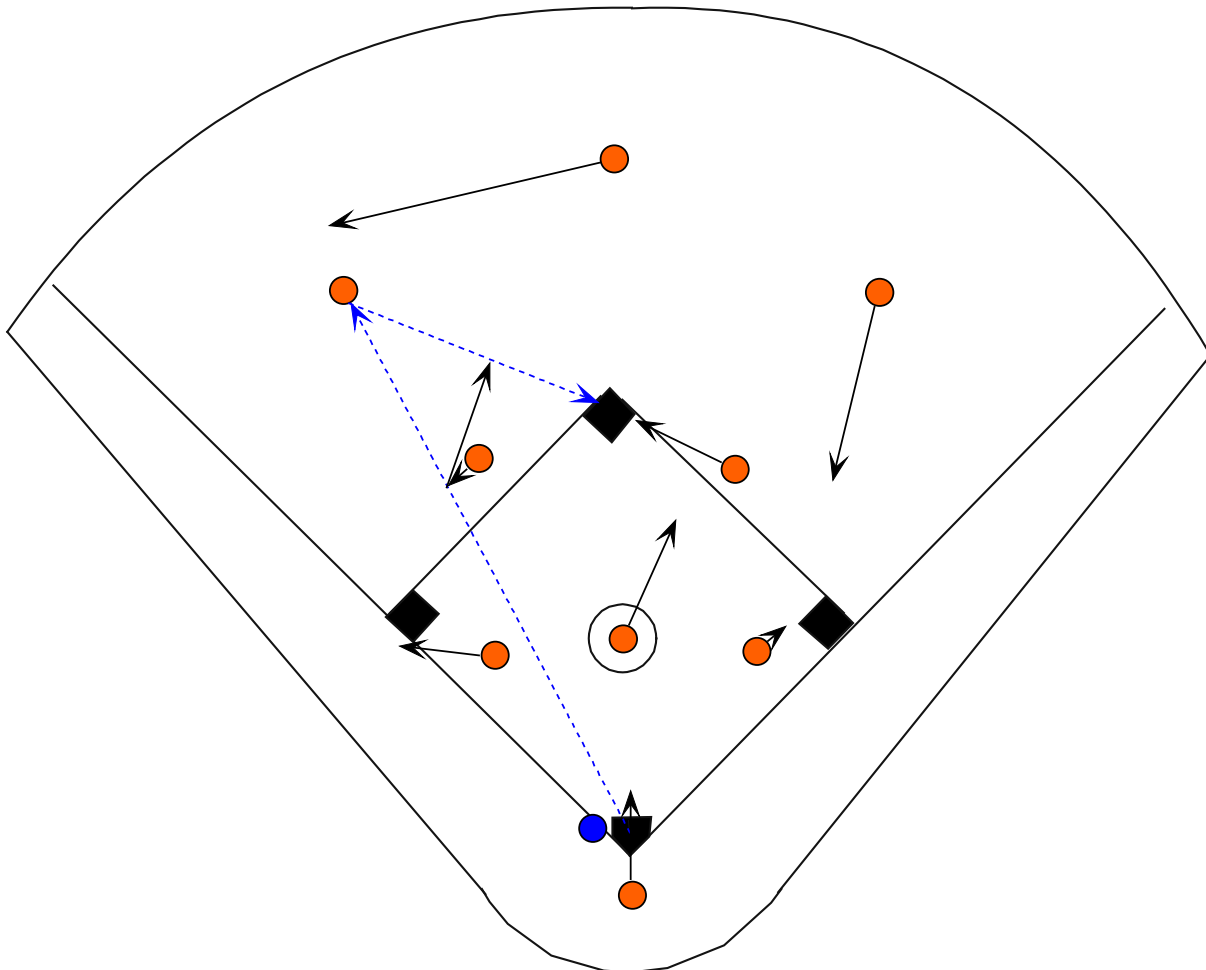
III. Belangrijk bij de cut-off/relay situatie

- A. De cut-off speelster dient twee handen in de lucht te houden om een duidelijk doel te zijn.
- B. De cut-off speelster moet snel denken en voortdurend vooruit denken om op mogelijke situaties te zijn voorbereid. Uit haar ooghoeken moet zij kunnen zien waar de loopsters zijn. Hij kan zodoende zichzelf beter positioneren voor de aankomende situatie.
- C. De bal moet op de cut-off/relayspeelster worden gegooid en niet naar het doel. De bal ineens op thuis lijkt zo mooi en het is voor het publiek erg aantrekkelijk, maar het is niet effectief.
- D. Houdt in alle spelsituaties de honken gedekt waar een mogelijkheid is om een nul te maken of een loopster dicht bij het honk te houden.
- E. Buitenveldsters dienen elkaar te helpen bij ballen die tussen hen in worden geslagen. Dit kan door te dekken en/of te roepen waarheen de bal moet worden gegooid.
- F. De binnenveldsters dienen aan de binnenkant van het honk te staan als ze kijken of de loopster het honk aanraakt. Op deze manier maakt de looper een ruimere bocht, hetgeen de afstand tot het volgende honk vergroot. Pas op hem daar niet bij te raken, daar er anders obstructie wordt gegeven.

IV. Woordseinen die worden gebruikt

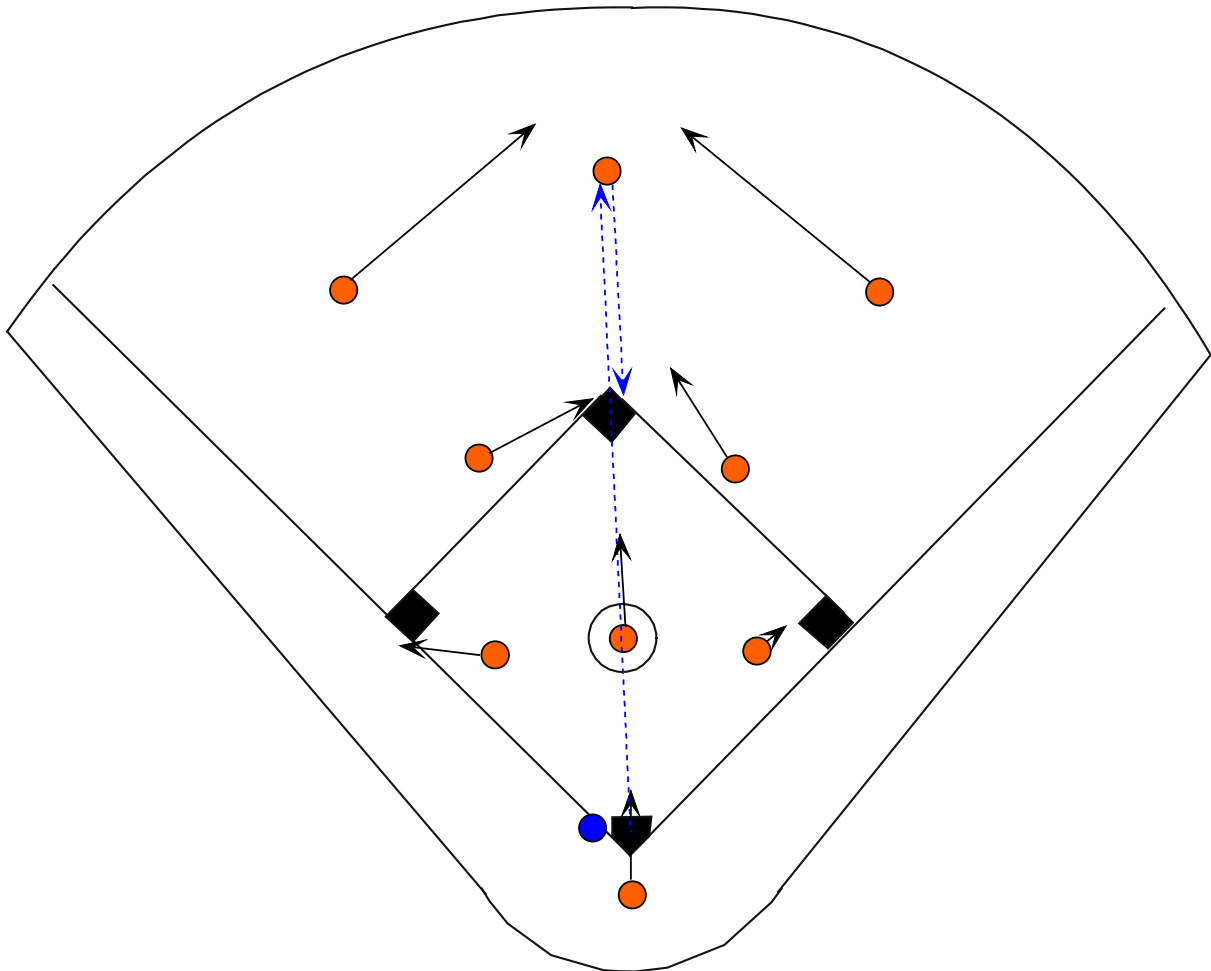
- A. De communicatie dient kort en krachtig te zijn.
- B. Bij het oplijnen van de cut-off of relayspeelster gebruikt men de volgende termen - links, rechts, in, uit en goed. Links en rechts bewegen gaat per stap.
- C. Bij een goede aangooi wordt er niets gezegd. Voor het onderscheppen van de bal gebruiken we:
 1. Thuis, thuis – drie, drie – twee, twee – één, één
 2. Pak/pak - Onderschep de bal en sta klaar om de situatie te vervolgen.
 3. Door/door - Onderschep de bal en gooi hem door naar het honk waar men voor staat.
- D. Als de bal uit de richting gaat moet hij natuurlijk altijd gepakt worden ook zonder dat het wordt geroepen. Een te laat teken kan twijfel brengen bij de cut-off speelster of de bal wel of niet onderschept moet worden. Bij twijfel moet de bal altijd onderschept worden.

A. Geen honkloopsters – honkslag in het linksveld



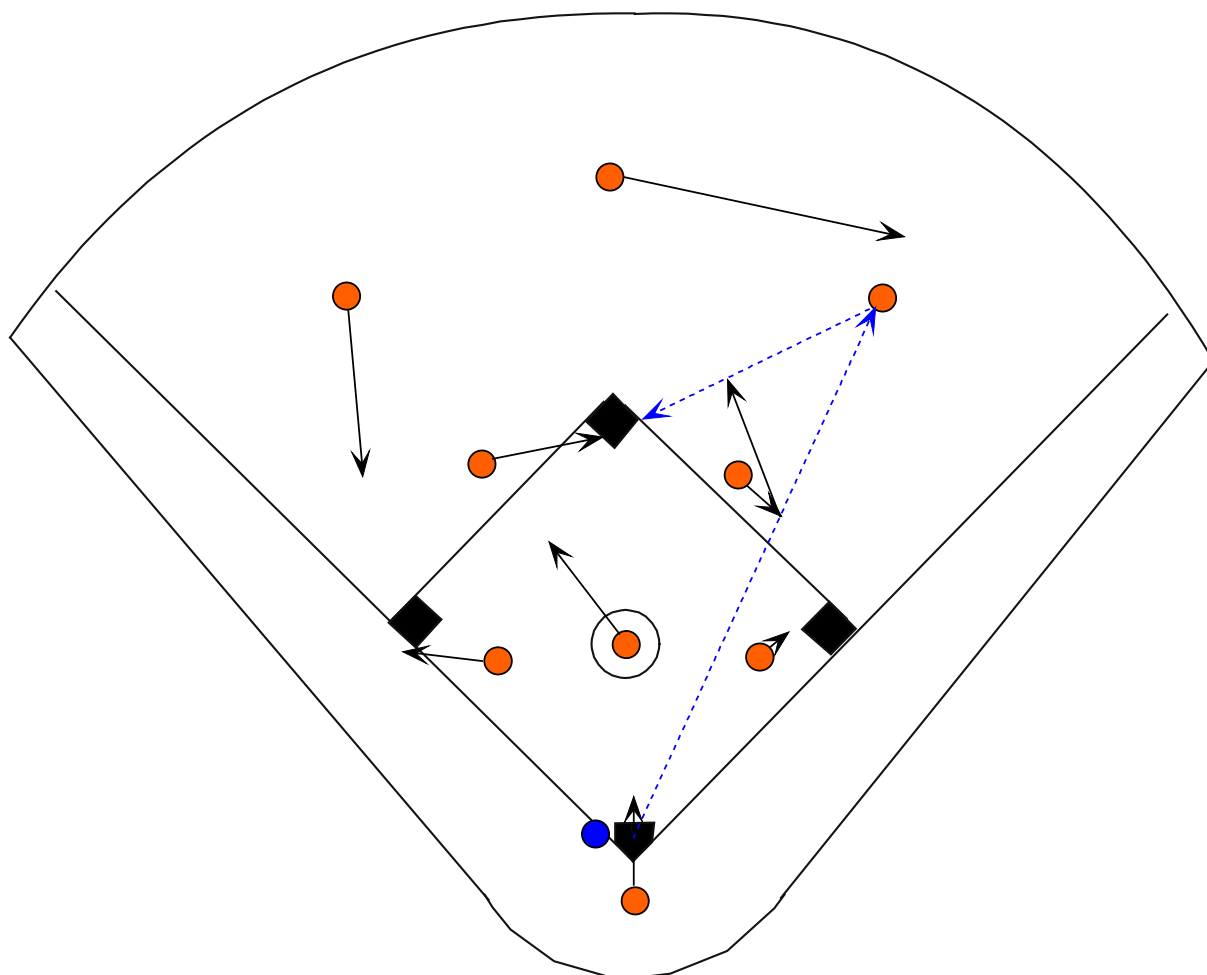
- PITCHER** : Gaat halverwege het tweede honk staan en dekt de aangooi aan de binnenkant van het tweede honk.
- CATCHER** : Komt voor de thuisplaat voor een eventuele vervolgactie.
- 1° HONKVROUW** : Komt aan de binnenkant van het honk, kijkt of de loopster haar honk aanraakt en houdt rekening met een mogelijke overthrow van de linksvelder op het tweede honk.
- 2° HONKVROUW** : Gaat naar het tweede honk en pakt de aangooi van de linksvelder.
- KORTE STOP** : Gaat richting de linksvelder en ontvangt de bal indien de aangooi niet naar het tweede honk gaat.
- 3° HONKVROUW** : Komt aan de binnenkant van haar honk.
- LINKSVELDER** : Pakt de bal en gooit naar het tweede honk of op de korte stop.
- MIDVELDER** : Dekt de linksvelder.
- RECHTSVELDER** : Beweegt richting eerste honk en dekt de aangooi van de linksvelder op het tweede honk.

B. Geen honkloopsters – honkslag in het midveld



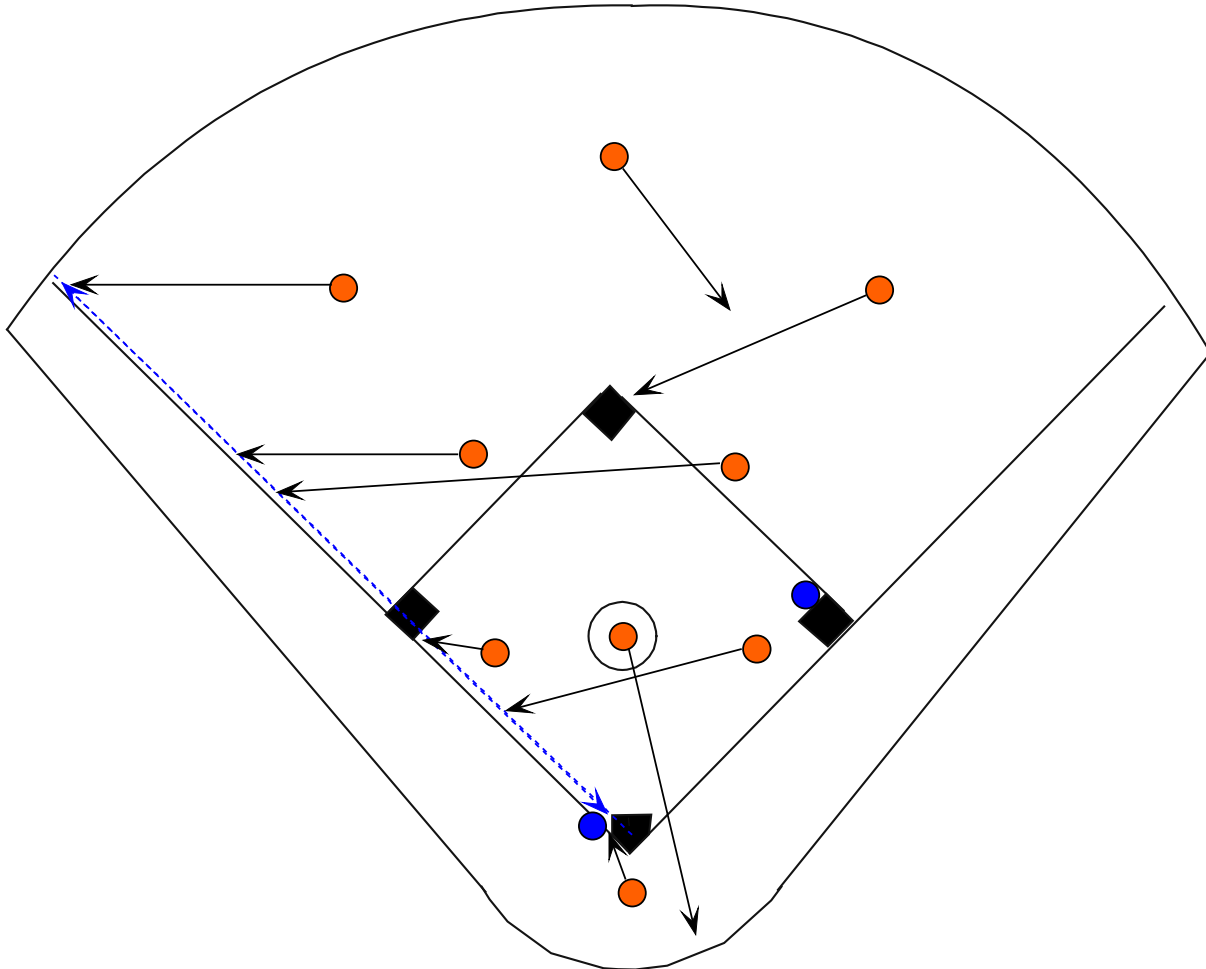
- PITCHER** : Gaat halverwege pitchersplaat en tweede honk staan en dekt de aangooi van de midvelder naar het tweede honk.
- CATCHER** : Komt voor de thuisplaat voor een eventuele vervolgactie.
- 1e HONKVROUW** : Komt aan de binnenkant van het honk, kijkt of de loopster haar honk aanraakt en houdt rekening met een mogelijke overthrow van de linksvelder op het tweede honk.
- 2e HONKVROUW** : Ontvangt de bal indien de aangooi niet naar het tweede honk gaat.
- KORTE STOP** : Gaat naar het tweede honk en pakt de aangooi van de midvelder.
- 3e HONKVROUW** : Komt aan de binnenkant van haar honk.
- LINKSVELDER** : Beweegt richting het midveld om mogelijk de midvelder te dekken.
- MIDVELDER** : Pakt de bal en gooit deze naar het tweede honk.
- RECHTSVELDER** : Beweegt richting het midveld om mogelijk de midvelder te dekken.

C. Geen honkloopsters – honkslag in het rechtsveld

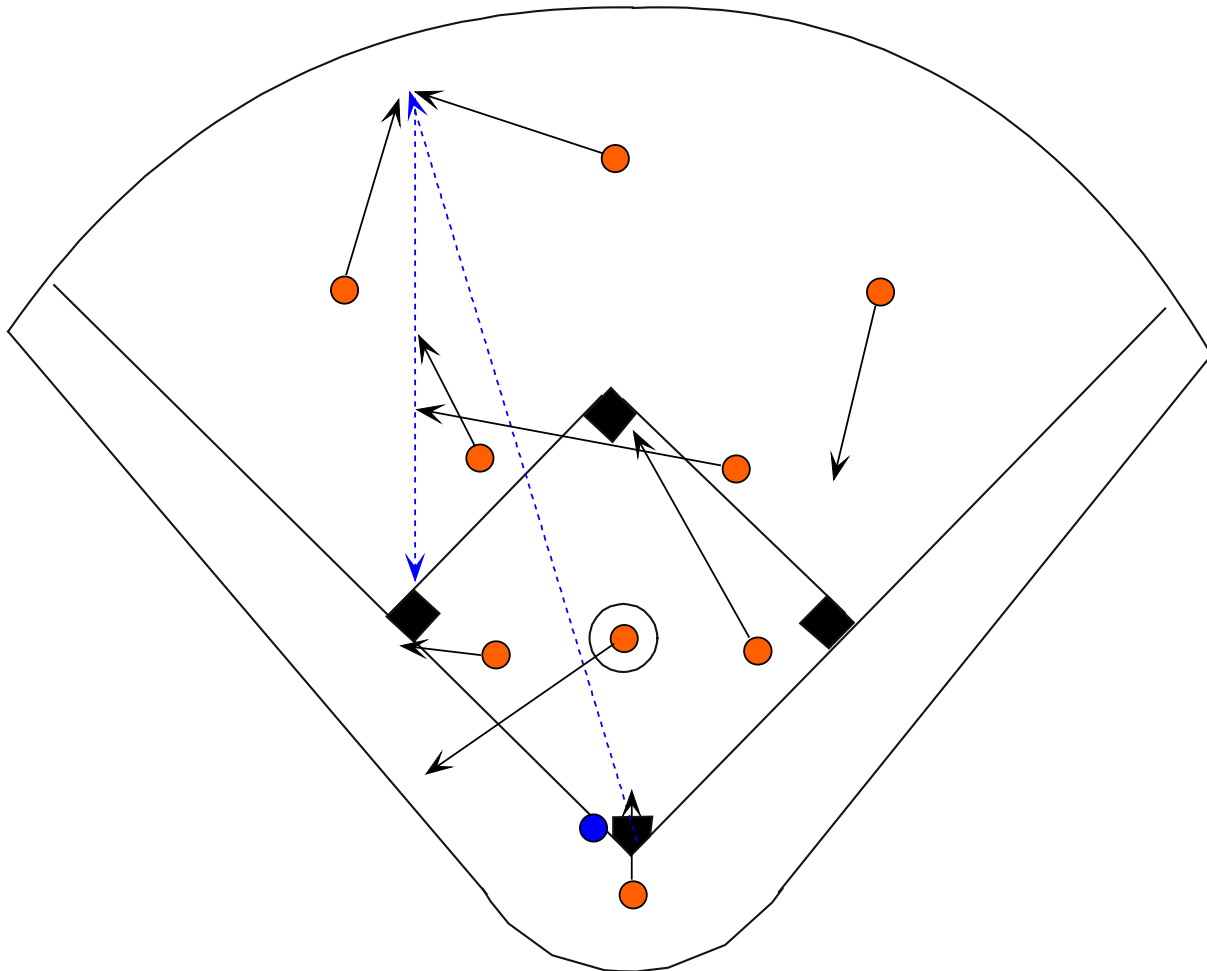


- PITCHER** : Beweegt richting de korte stop positie en gaat halverwege tweede honk staan. Dekt de aangooi aan de binnenkant van het tweede honk.
- CATCHER** : Volgt de honkloopster naar het eerste honk en dekt het eerste honk.
- 1° HONKVROUW** : Komt aan de binnenkant van het honk en kijkt of de loopster haar honk aanraakt.
- 2° HONKVROUW** : Ontvangt de bal indien de aangooi niet naar het tweede honk gaat.
- KORTE STOP** : Gaat naar het tweede honk en pakt de aangooi van de rechtsvelder.
- 3e HONKVROUW** : Komt aan de binnenkant van haar honk.
- LINKSVELDER** : Dekt de aangooi van de rechtsvelder op het tweede honk.
- MIDVELDER** : Dekt de rechtsvelder.
- RECHTSVELDER** : Pakt de bal en gooit deze naar het tweede honk.

D. Geen honkloopsters – tweehonkslag langs de linksveldlijn



E. Geen honkloopsters – tweehonkslag in links/midveld



PITCHER : Dekt de aangooi op het derde honk.

CATCHER : Komt voor de thuisplaat.

1° HONKVROUW : Is cut-off en later eventueel naar tweede honk voor insluitactie.

2° HONKVROUW : Is de tweede vrouw (dekt de korte-stop) in de dubbele relay, om een slechte aangooi door de outfielder te verwerken en gaat indien aangooi goed is meteen naar het tweede honk terug.

KORTE STOP : Is de voorste vrouw en de sleutelfiguur in de dubbele relay. Beweegt snel richting de outfielder om de bal te ontvangen.

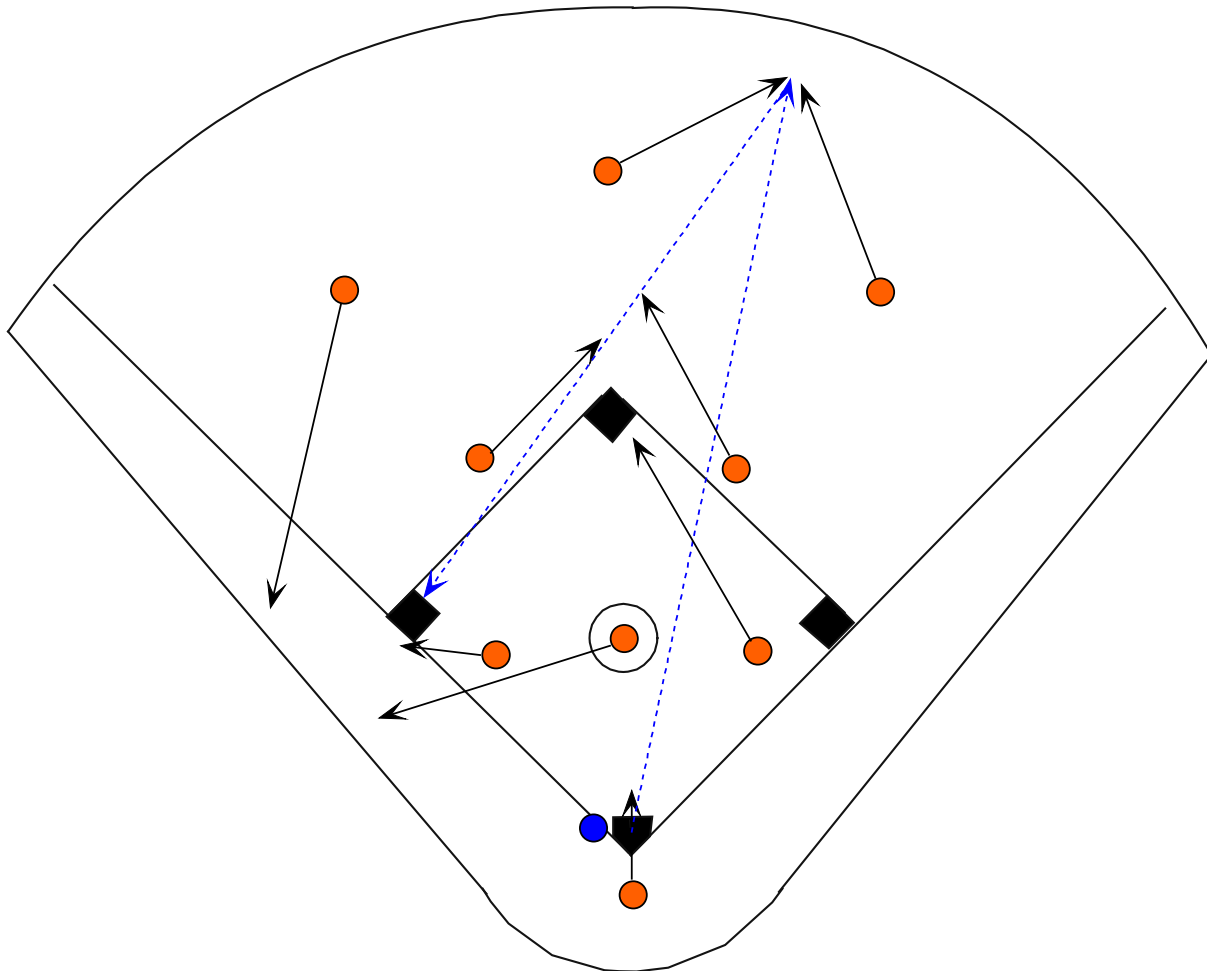
3° HONKVROUW : Neemt het derde honk.

LINKSVELDER : Pakt de bal of dekt de midvelder.

MIDVELDER : Pakt de bal of dekt de linksvelder.

RECHTSVELDER : Komt in richting het tweede honk (dekken) en is voorbereid op een eventuele overthrow.

F. Geen honkloopsters – tweehonkslag in rechts/midveld



PITCHER : Dekt de aangooi op het derde honk.

CATCHER : Komt voor de thuisplaat.

1° HONKvrouw : Is cut-off en later eventueel naar tweede honk voor insluitactie.

2° HONKvrouw : Is de voorste vrouw en de sleutelfiguur in de dubbele relay. Beweegt snel richting de outfielder om de bal te ontvangen.

KORTE STOP : Is de tweede vrouw (dekt de tweede honkvrouw) in de dubbele relay, om een slechte aangooi door de outfielder te verwerken.

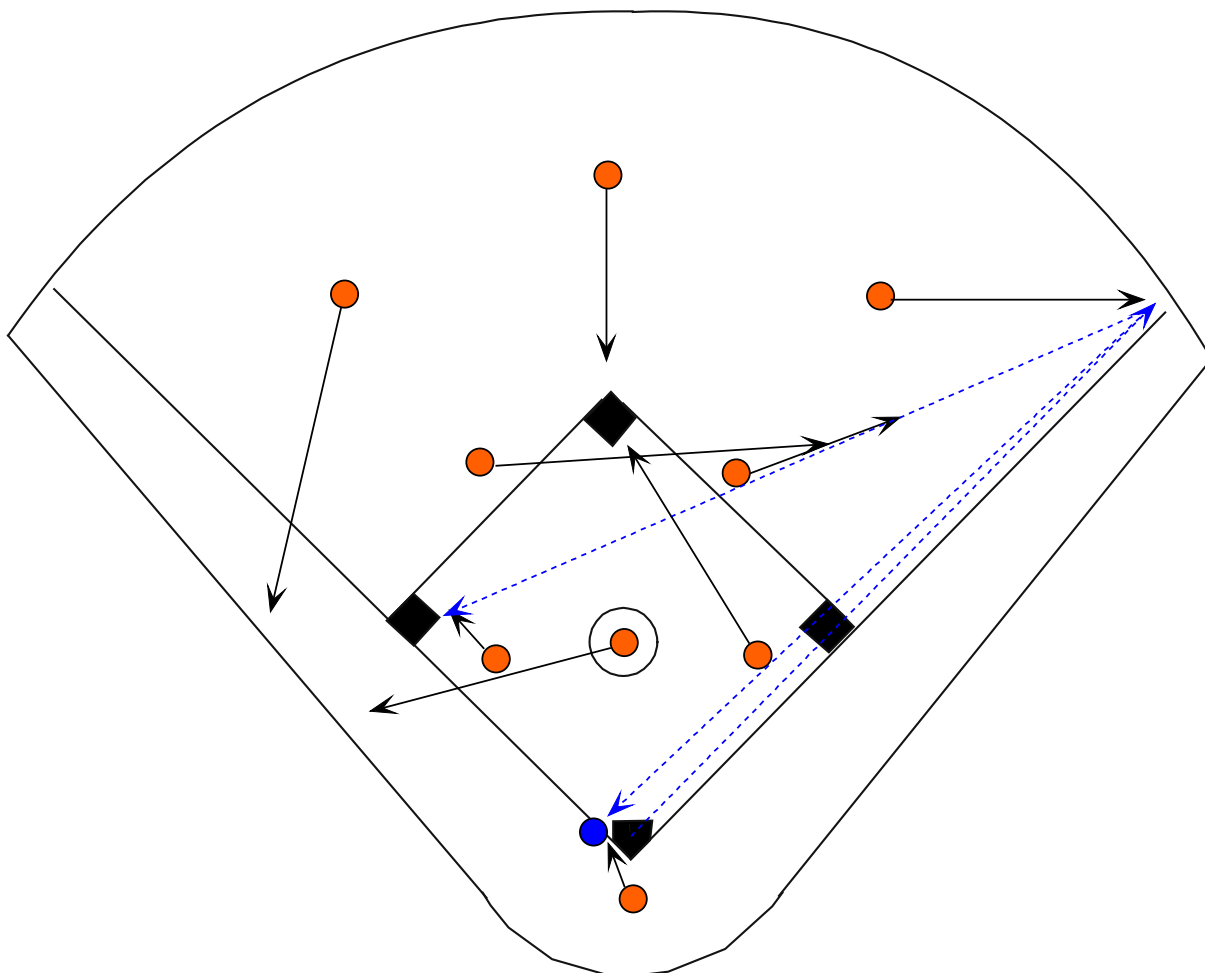
3° HONKvrouw : Neemt het derde honk.

LINKSVELDER : Dekt het derde honk.

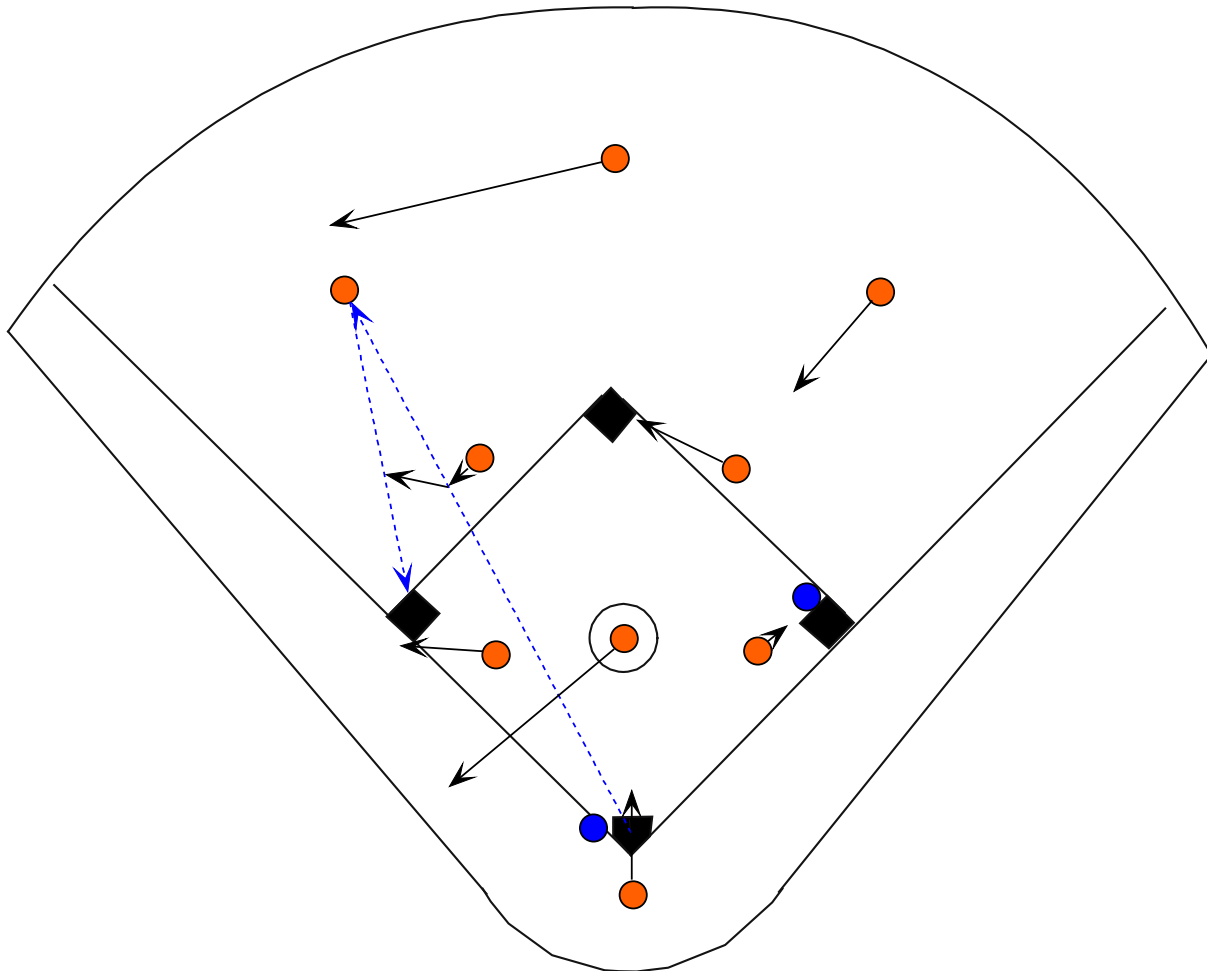
MIDVELDER : Pakt de bal of dekt de rechtsvelder.

RECHTSVELDER : Pakt de bal of dekt de midvelder.

G. Geen honkloopsters – tweehonkslag langs de rechtsveldlijn

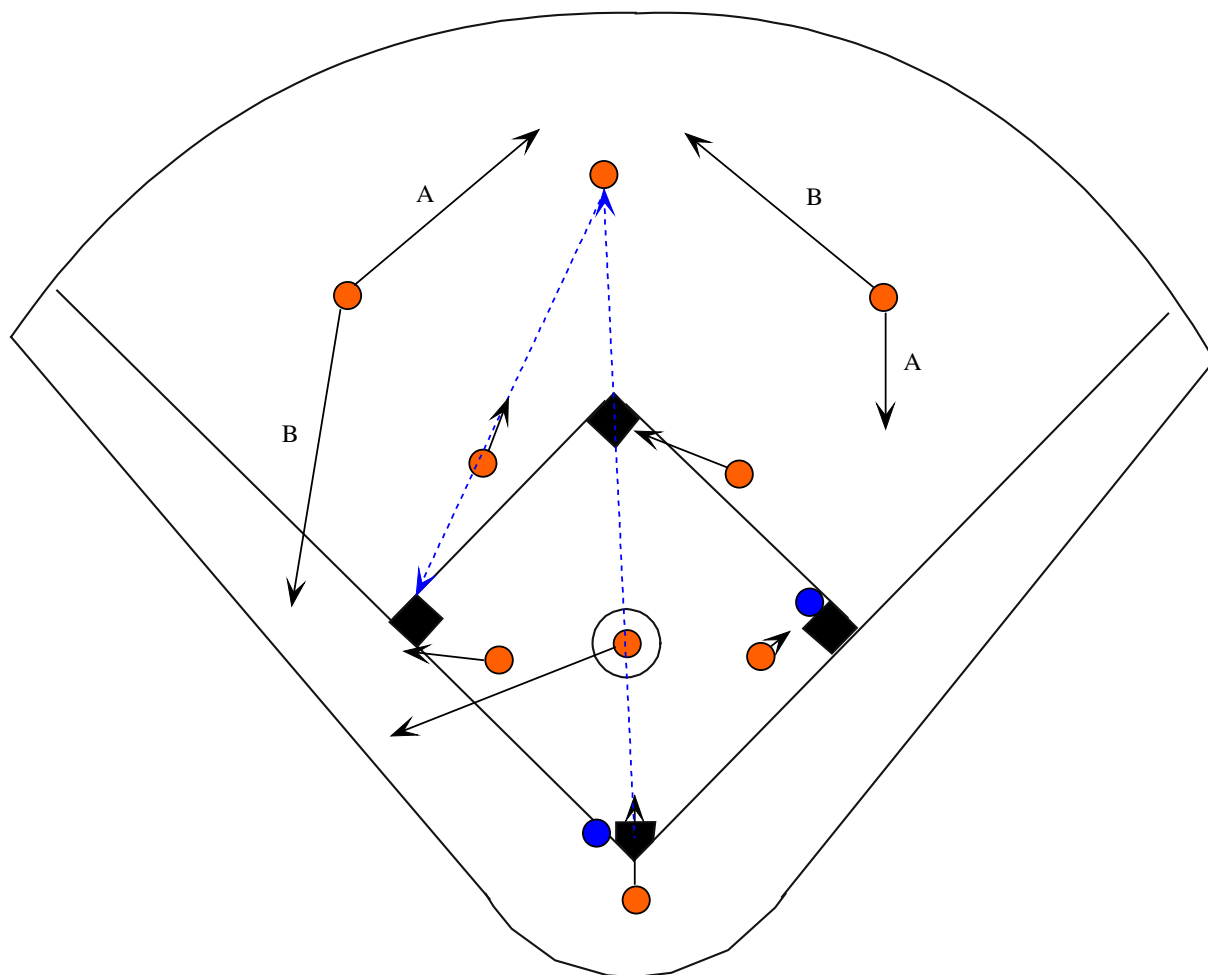


H. Honkloopster op het eerste honk – honkslag naar het linksveld



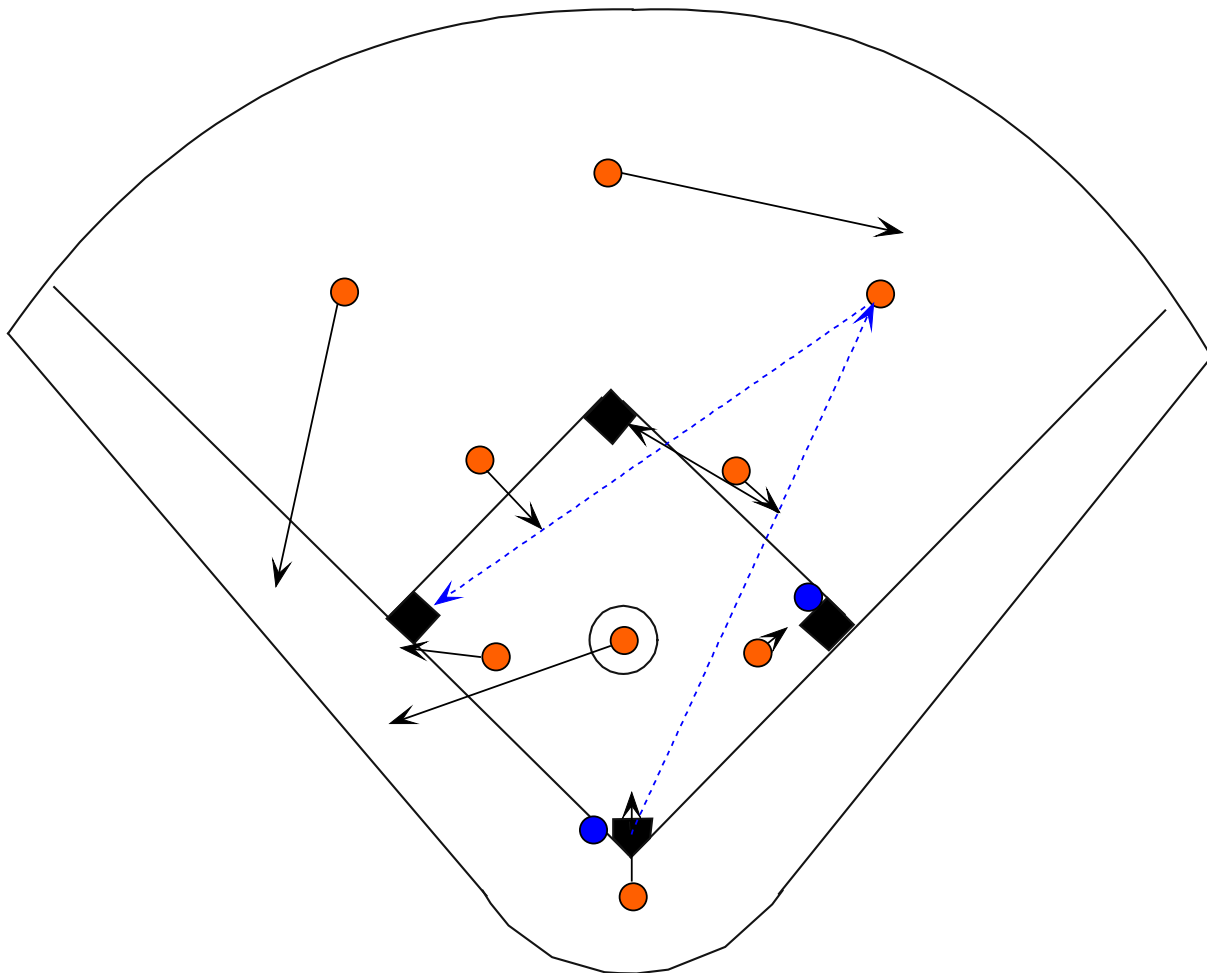
- PITCHER** : Dekt de aangooi op het derde honk.
- CATCHER** : Komt voor de thuisplaat te staan voor een eventuele vervolgactie.
- 1^e HONKVROUW** : Komt aan de binnenkant van het honk en kijkt of de slagvrouw/loopster haar honk aanraakt.
- 2^e HONKVROUW** : Gaat naar het tweede honk om de eventuele aangooi van de korte stop c.q. linksvelder te pakken.
- KORTE STOP** : Vraagt de bal op als er geen actie van de slagvrouw/loopster is.
- 3^e HONKVROUW** : Gaat naar haar honk.
- LINKSVELDER** : Pakt de bal en gooit deze naar het derde honk.
- MIDVELDER** : Dekt de linksvelder.
- RECHTSVELDER** : Dekt een eventuele overthrow van de 3^e honkvrouw op het tweede honk.

I. Honkloopster op het eerste honk – honkslag naar het midveld



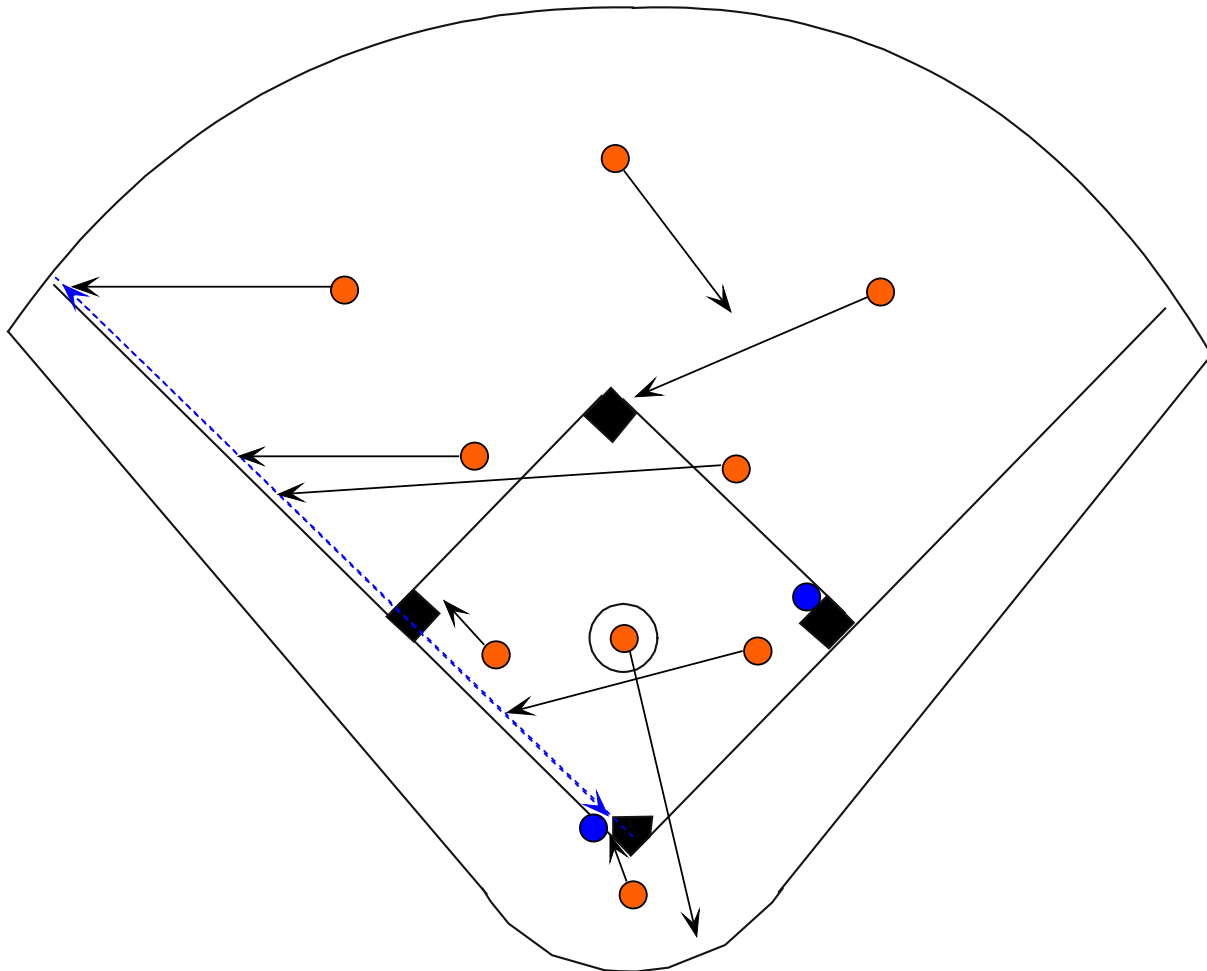
- PITCHER** : Dekt de aangooi op het derde honk.
- CATCHER** : Komt voor de thuisplaat te staan voor een eventuele vervolgactie.
- 1° HONKVROUW** : Komt aan de binnenkant van het honk en kijkt of de slagvrouw/loopster haar honk aanraakt.
- 2° HONKVROUW** : Gaat naar het tweede honk om de eventuele aangooi van de korte stop te pakken.
- KORTE STOP** : Cut-off, komt in de lijn naar het derde honk om eventueel de bal te onderscheppen.
- 3° HONKVROUW** : Gaat naar haar honk, lijnt de korte stop op en pakt de aangooi.
- LINKSVELDER** : A. Links midveld ; dekt de midvelder.
B. Rechts midveld; dekt achter het derde honk.
- MIDVELDER** : Pakt de bal en gooit hem naar het derde honk.
- RECHTSVELDER** : A. Links midveld; dekt de eventuele aangooi van de korte-stop op het tweede honk.
B. Rechts midveld; dekt de midvelder.

J. Honkloopster op het eerste honk – honkslag naar het rechtsveld



- PITCHER** : Dekt de aangooi op het derde honk. Bij twijfel komt halverwege de thuisplaat en het derde honk, leest de situatie, kijkt waar de aangooi heen gaat en dekt het te bespelen honk.
- CATCHER** : Komt voor de thuisplaat te staan voor een eventuele vervolgactie.
- 1° HONKVROUW** : Kijkt of de slagvrouw/honkloopster het eerste honk aanraakt. Houd rekening met een mogelijke aangooi naar de thuisplaat waarbij de eerste honkvrouw cut-off is.
- 2° HONKVROUW** : Gaat naar het tweede honk om de eventuele aangooi van de korte stop te pakken of de rechtsvelder.
- KORTE STOP** : Cut-off, om eventueel de bal te onderscheppen.
- 3° HONKVROUW** : Gaat naar haar honk, lijnt de korte stop op en pakt de aangooi.
- LINKSVELDER** : Dekt het derde honk.
- MIDVELDER** : Dekt de rechtsvelder.
- RECHTSVELDER** : Pakt de bal en gooit deze naar het derde honk.

K. Honkloopster op het eerste honk - tweehonkslag geslagen langs de linksveldlijn



PITCHER : Dekt de aangooi op de thuisplaat.

CATCHER : Komt voor de thuisplaat.

1° HONKVROUW : Cut-off.

2° HONKVROUW : Is de tweede vrouw (dekt de korte-stop) in de dubbele relay en helpt hem op te lijnen voor een aangooi naar de thuisplaat of het derde honk. Gaat indien de aangooi goed is, naar het tweede honk.

KORTE STOP : Is de voorste relayvrouw en gaat de bal ophalen. De dubbele relay blijft altijd op goed gebied.

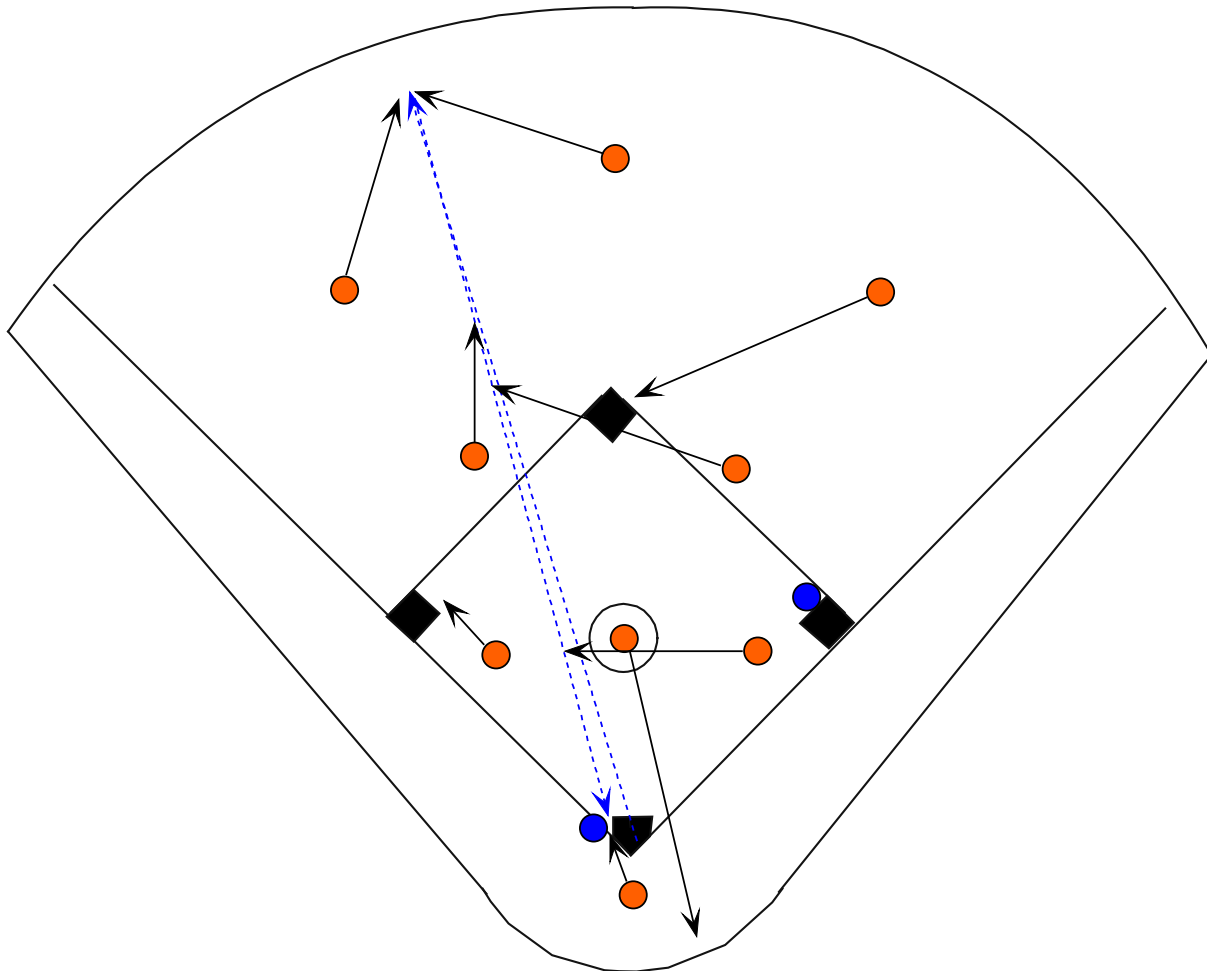
3° HONKVROUW : Gaat naar de outfieldzijde van het derde honk om een mogelijke aangooi van de dubbele relay te pakken. Is het oog van de tweede honkvrouw en helpt hem te beslissen waar de bal naar toe moet.

LINKSVELDER : Pakt de bal.

MIDVELDER : Beweegt richting de linksvelder en roept waarheen gegooid moet worden.

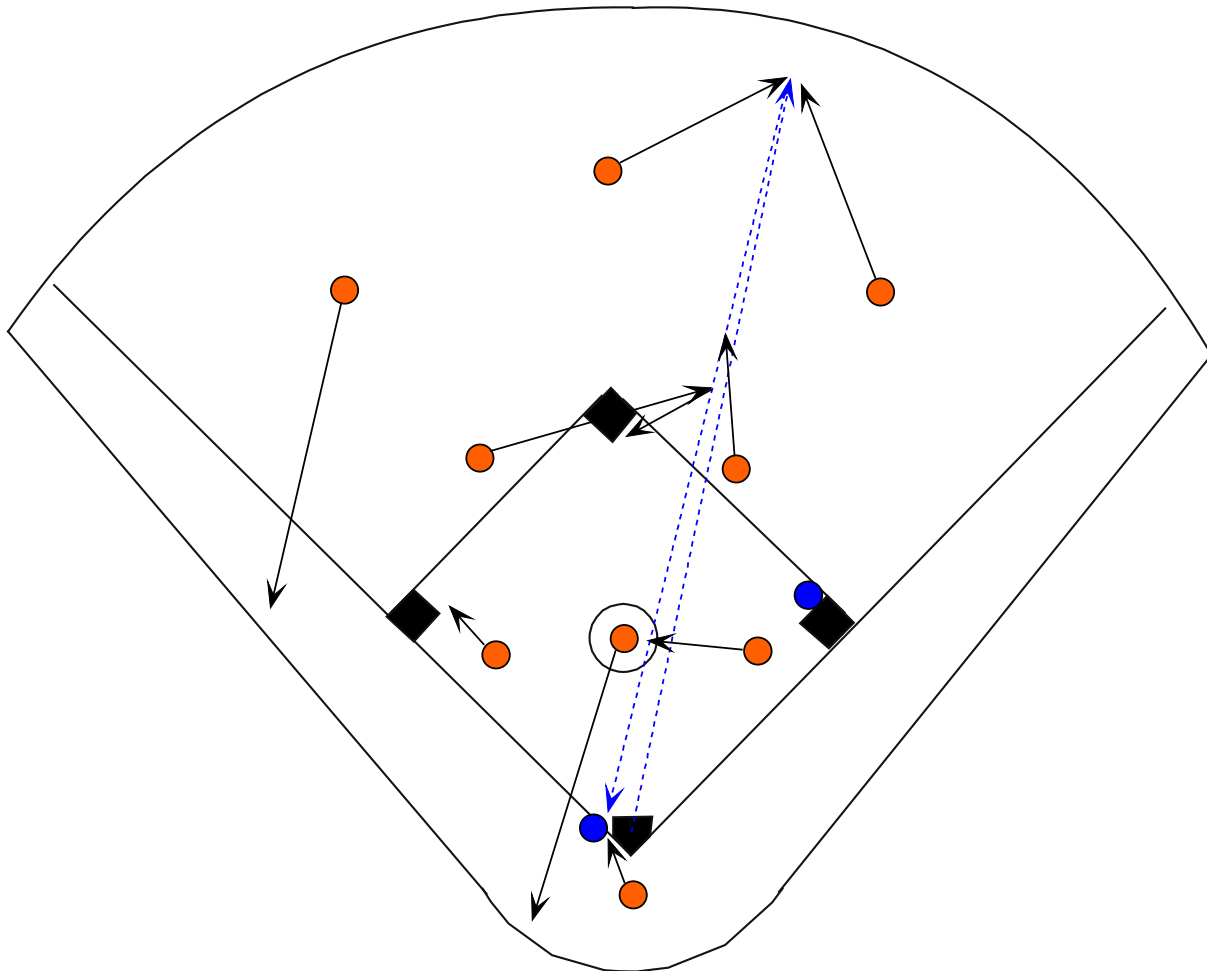
RECHTSVELDER : Dekt het tweede honk gebied.

L. Honkloopster op het eerste honk – tweehonkslag geslagen in het links/midveld



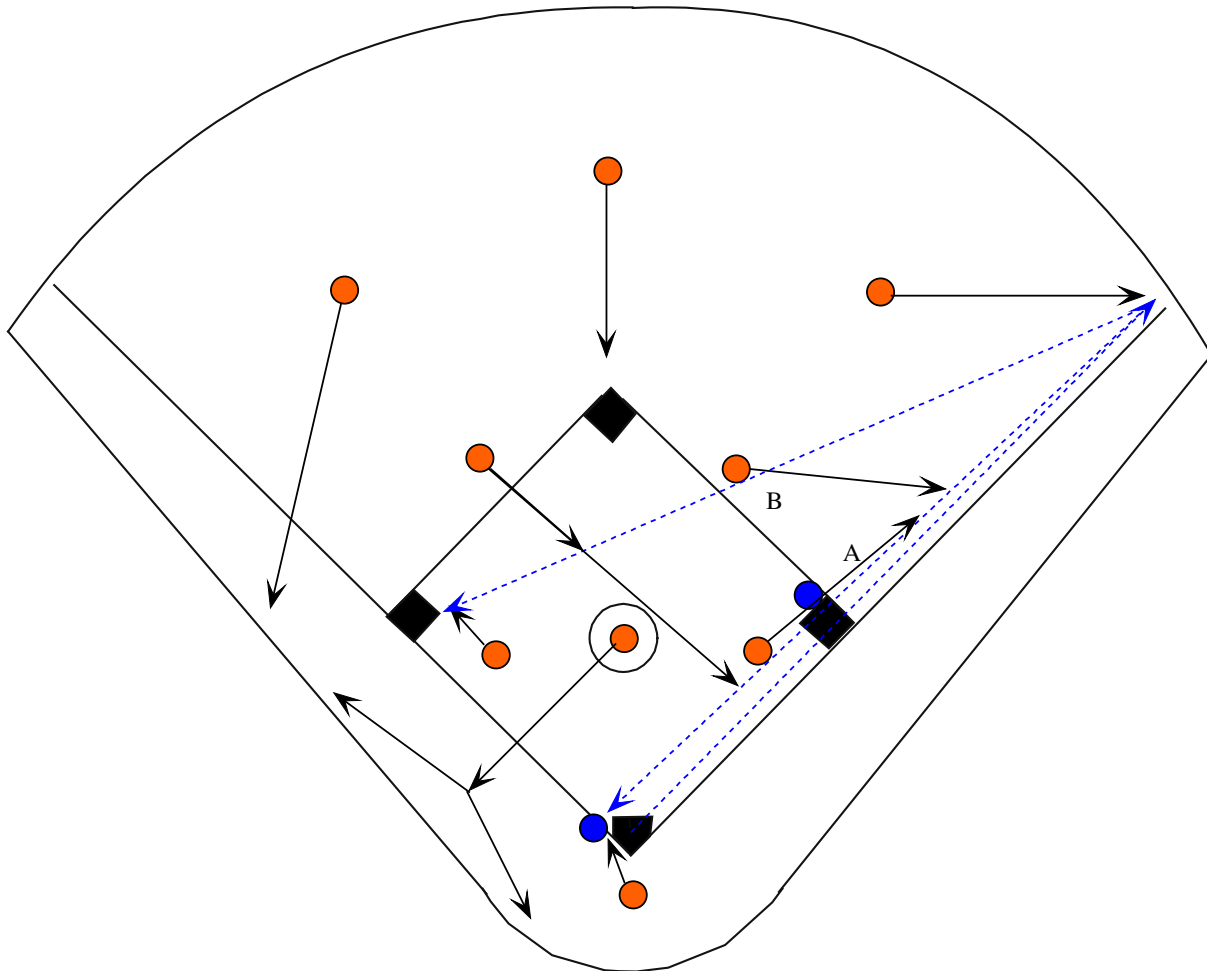
- PITCHER** : Komt halverwege de thuisplaat en het derde honk, leest de situatie, kijkt waar de aangooi heen gaat en dekt het te bespelen honk.
- CATCHER** : Komt voor de thuisplaat.
- 1° HONKvrouw** : Is de cut-off.
- 2° HONKvrouw** : Is de tweede vrouw (dekt de korte-stop) in de dubbele relay en helpt hem op te lijnen voor een aangooi naar de thuisplaat of het derde honk. Gaat zodra de aangooi gemaakt is, naar het tweede honk.
- KORTE STOP** : Is de voorste relayvrouw en gaat de bal ophalen.
- 3° HONKvrouw** : Gaat naar de outfieldzijde van het derde honk om een mogelijke aangooi van de dubbele relay te pakken. Is het oog van de tweede honkvrouw en helpt haar te beslissen waar de bal naar toe moet.
- LINKSVELDER en MIDVELDER** : Wie het eerst bij de bal is gooit deze naar de relayvrouw; de ander dekt en roept waarheen de bal moet worden gegooid.
- RECHTSVELDER** : Dekt het tweede honk gebied.

M. Honkloopster op het eerste honk – tweehonkslag geslagen in het rechts/midveld



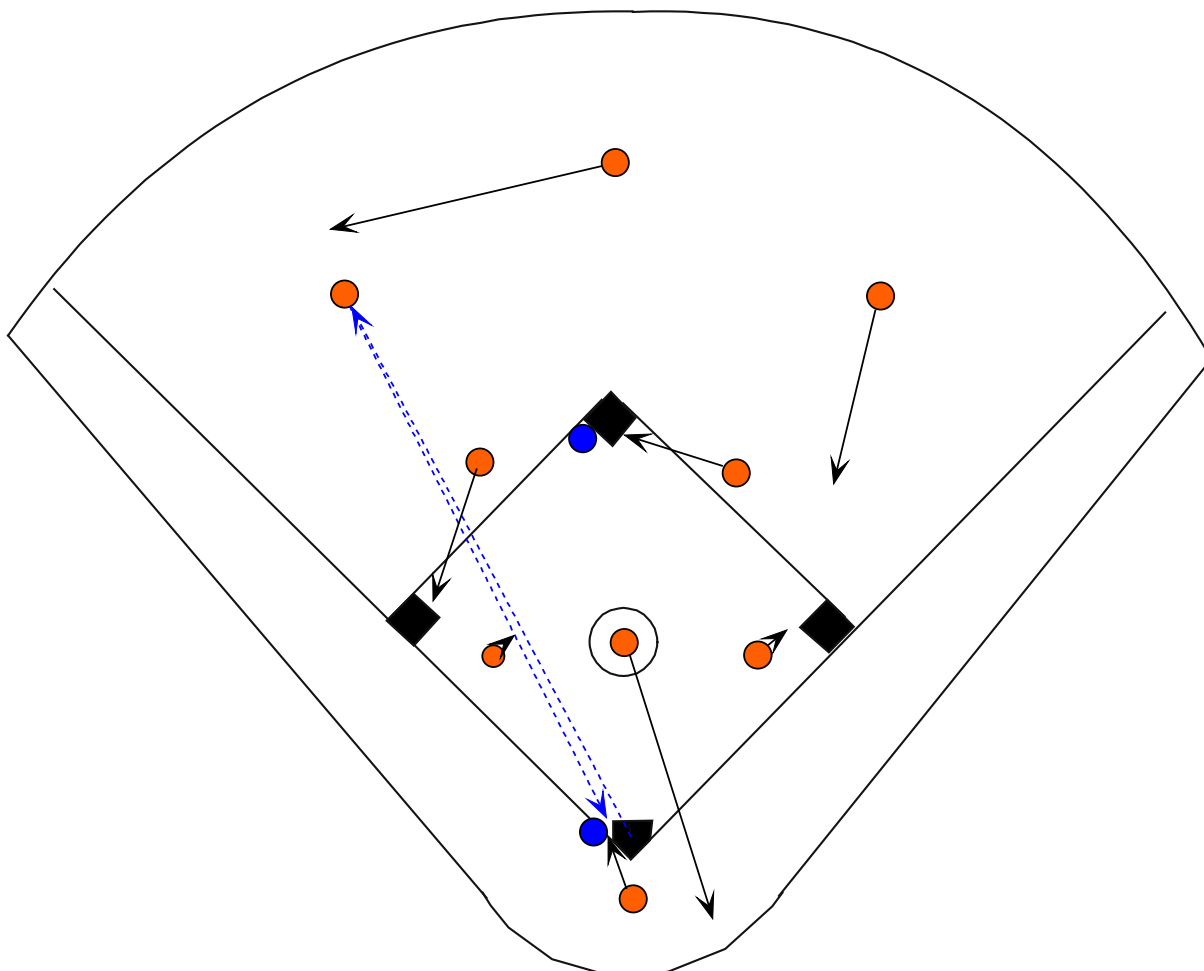
- PITCHER** : Komt halverwege de thuisplaat en het derde honk, leest de situatie, kijkt waar de aangooi heen gaat en dekt het te bespelen honk.
- CATCHER** : Komt voor de thuisplaat.
- 1° HONKVROUW** : Is de cut-off.
- 2° HONKVROUW** : Is de relayvrouw en gaat de bal ophalen.
- KORTE STOP** : Is de tweede vrouw (dekt de tweede honkvrouw) in de dubbele relay en helpt hem op te lijnen voor een aangooi naar de thuisplaat of het derde honk.
- 3° HONKVROUW** : Gaat naar de infieldzijde van het derde honk om een mogelijke aangooi van de dubbele relay te pakken.
- LINKSVELDER** : Dekt het derde honk gebied.
- MIDVELDER en RECHTSVELDER** : Wie het eerst bij de bal is gooit deze naar de relayvrouw; de ander dekt en roept waarheen moet worden gegooid.

N. Honkloopster op het eerste honk - tweehonkslag geslagen langs de rechtsveldlijn



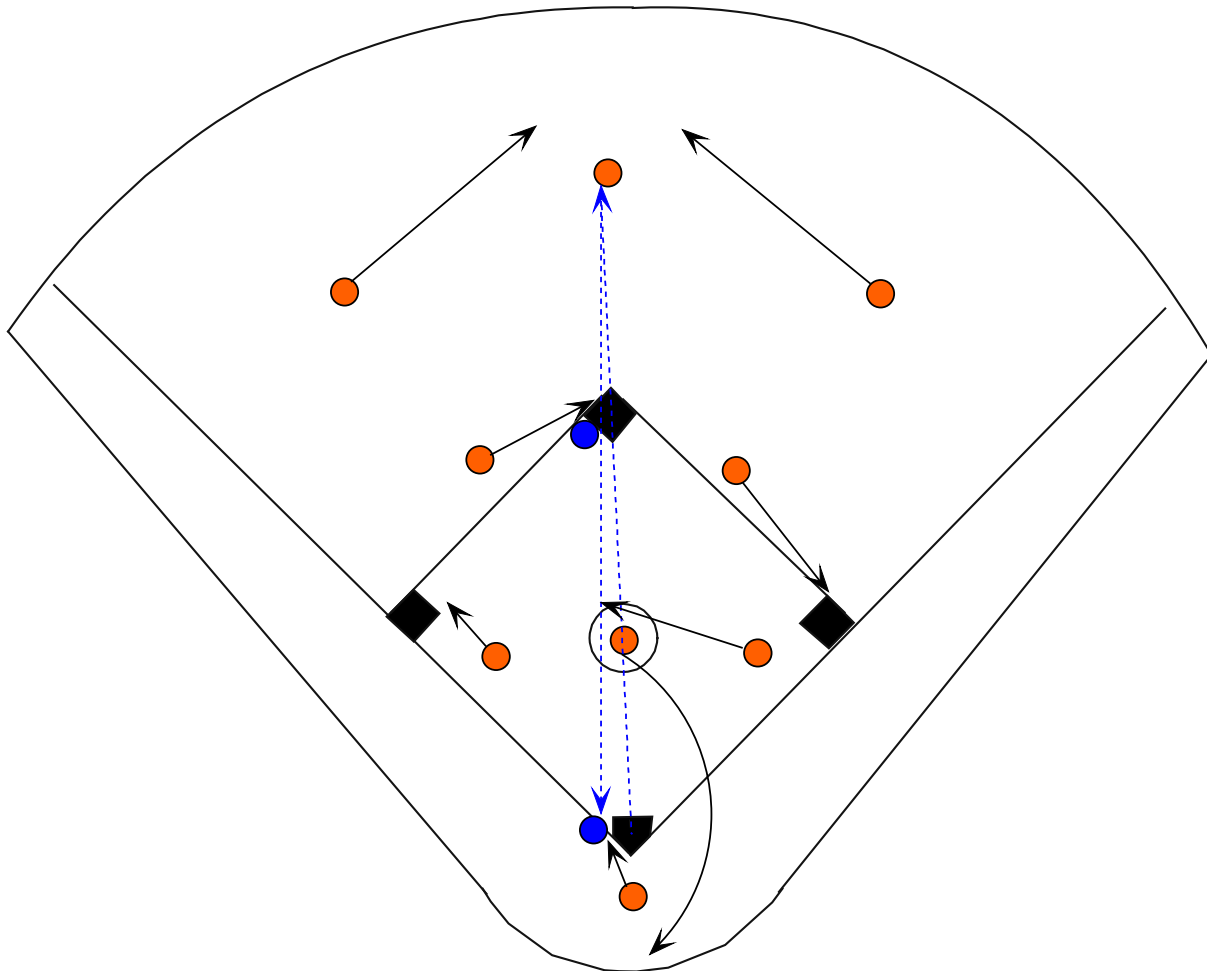
- PITCHER** : Komt halverwege de thuisplaat en het derde honk, leest de situatie, kijkt waar de aangooi heen gaat en dekt het te bespelen honk.
- CATCHER** : Komt voor de thuisplaat.
- 1° HONKVROUW** : Is de tweede vrouw (dekt de korte-stop). Neemt een positie ergens midden tussen de trailervrouw en de normale cut-off situatie.
- 2° HONKVROUW** : Is de voorste vrouw in de dubbele en gaat de bal ophalen. De dubbele relay blijft altijd op goed gebied.
- KORTE STOP** : Neemt het tweede honk en houdt rekening met een directe aangooi van de rechtsvelder naar het derde honk waarbij hij als cut-off fungeert.
- 3° HONKVROUW** : Gaat naar de infieldzijde van het derde honk om een mogelijke aangooi van de dubbele relay te pakken.
- LINKSVELDER** : Dekt het derde honk.
- MIDVELDER** : Beweegt richting het tweede honk en dekt het tweede honk gebied.
- RECHTSVELDER** : Pakt de bal en gooit deze zo snel mogelijk naar de relay.

O. Honkloopster op het tweede honk – honkslag in het linksveld



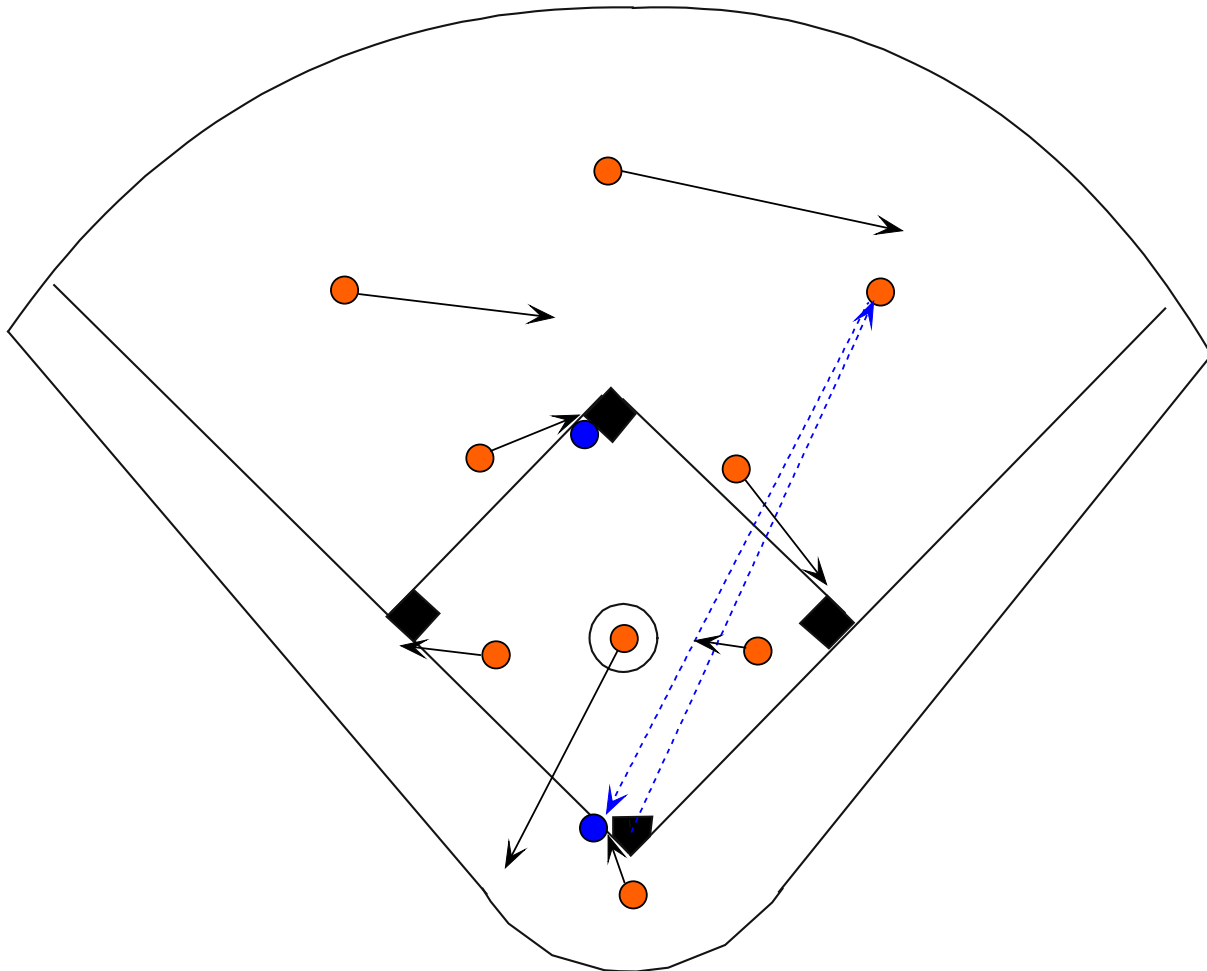
- PITCHER** : Dekt de thuisplaat.
- CATCHER** : Komt voor de thuisplaat, lijnt de derde honkvrouw op en pakt de aangooi.
- 1^e HONKVROUW** : Komt aan de binnenkant van het honk en kijkt of de slagvrouw/honkloopster het eerst honk aanraakt.
- 2^e HONKVROUW** : Gaat naar het tweede honk om de eventuele aangooi van de derde honkvrouw te pakken.
- KORTE STOP** : Gaat naar het derde honk.
- 3^e HONKVROUW** : Is de cut-off vrouw om eventueel de bal te onderscheppen en door te gooien of naar het tweede honk te gooien .
- LINKSVELDER** : Pakt de bal .
- MIDVELDER** : Dekt de linksvelder.
- RECHTSVELDER** : Komt in en dekt de eventuele aangooi van de linksvelder of derde honkvrouw op het tweede honk.

P. Honkloopster op het tweede honk – honkslag in het midveld



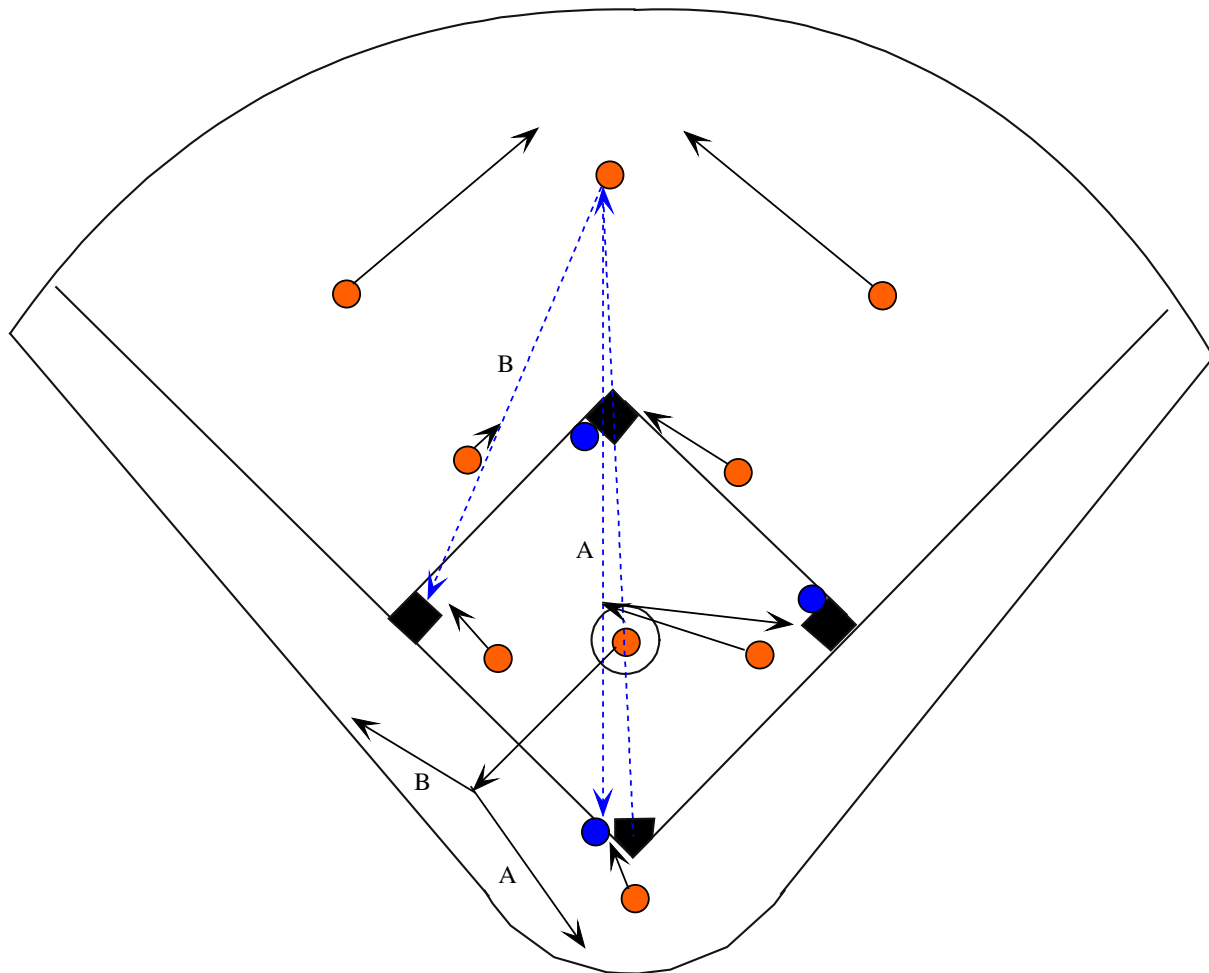
- PITCHER** : Dekt de thuisplaat.
- CATCHER** : Komt voor de thuisplaat, lijnt de eerste honkvrouw op en pakt de aangooi.
- 1° HONKvrouw** : Is de cut-off vrouw aan de tweede honkzijde van de pitchersplaat om eventueel de bal te onderscheppen en door te gooien of naar het tweede honk te gooien.
- 2° HONKvrouw** : Probeert de bal te pakken en gaat daarna (indien mogelijk) naar het eerste honk en kijkt of de slagvrouw/honkloopster het honk aanraakt.
- KORTE STOP** : Probeert de bal te pakken en gaat daarna naar het tweede honk.
- 3° HONKvrouw** : Gaat naar het derde honk.
- LINKSVELDER** : Dekt de midvelder.
- MIDVELDER** : Pakt de bal.
- RECHTSVELDER** : Dekt de midvelder.

Q. Honkloopster op het tweede honk – honkslag in het rechtsveld



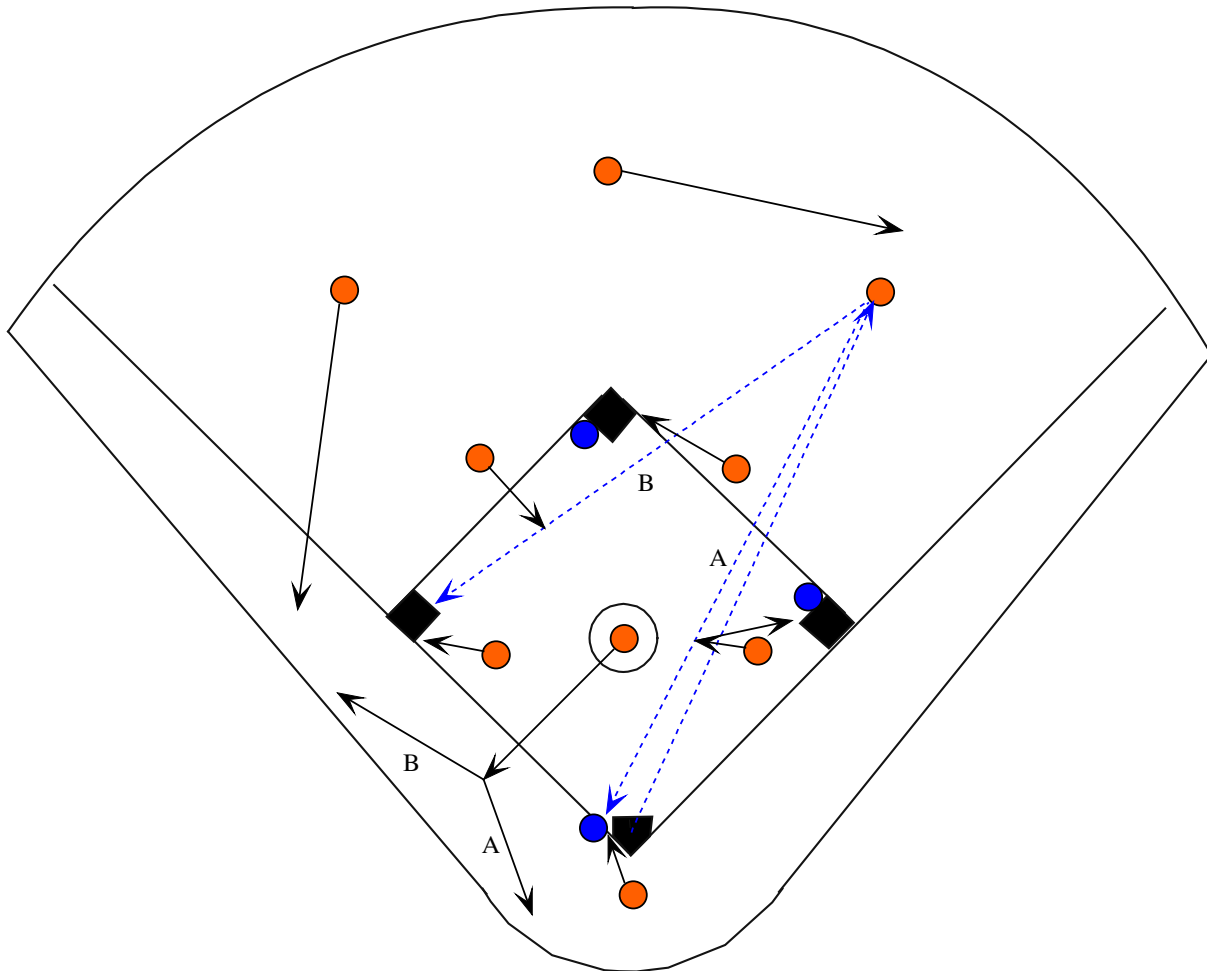
- PITCHER** : Dekt de thuisplaat.
- CATCHER** : Komt voor de thuisplaat, lijnt de eerste honkvrouw op en pakt de aangooi.
- 1° HONKVROUW** : Is de cut-off vrouw om eventueel de bal te onderscheppen en door te gooien of naar het tweede honk te gooien.
- 2° HONKVROUW** : Probeert de bal te pakken en gaat daarna naar het eerste honk en kijkt of de slagvrouw/honkloopster het eerste honk aanraakt.
- KORTE STOP** : Gaat naar het tweede honk.
- 3° HONKVROUW** : Gaat naar het derde honk.
- LINKSVELDER** : Komt in, richting het tweede honk.
- MIDVELDER** : Dekt de rechtsvelder.
- RECHTSVELDER** : Pakt de bal.

R. Honkloopsters op het eerste – en tweede honk – honkslag in het midveld



- PITCHER** : Beweegt in eerste instantie richting de derde honk dug-out en dekt daarna achter het honk waar de aangooi van de midvelder naar toe gaat.
- CATCHER** : Komt voor de thuisplaat, lijnt de eerste honkvrouw op en pakt de eventuele aangooi op de thuisplaat.
- 1° HONKVROUW** : Gaat tussen de midvelder en thuisplaat instaan als cut-off speler. Wanneer de aangooi naar het derde honk gaat, gaat de eerste honkvrouw zo snel mogelijk terug naar haar honk.
- 2° HONKVROUW** : Probeert de bal te pakken en gaat daarna naar het tweede honk.
- KORTE STOP** : Probeert de bal te pakken en is daarna de cut-off vrouw voor een mogelijke aangooi op het derde honk.
- 3° HONKVROUW** : Gaat naar het derde honk en lijnt de korte-stop op.
- LINKSVELDER** : Dekt de midvelder.
- MIDVELDER** : Pakt de bal.
- RECHTSVELDER** : Dekt de midvelder.

S. Honkloopsters op het eerste – en tweede honk – honkslag in het rechtsveld



- PITCHER** : Beweegt in eerste instantie richting de derde honk dug-out en dekt daarna achter het honk waar de aangooi van de midvelder naar toe gaat.
- CATCHER** : Komt voor de thuisplaat, lijnt de eerste honkvrouw op en pakt de eventuele aangooi op de thuisplaat.
- 1° HONKVROUW** : Probeert de bal te pakken en is de cut-off vrouw voor de aangooi op de thuisplaat. Wanneer de aangooi naar het derde honk gaat, gaat hij zo snel mogelijk terug naar haar honk.
- 2° HONKVROUW** : Neemt het tweede honk.
- KORTE STOP** : Is de cut-off vrouw voor een mogelijke aangooi op het derde honk.
- 3° HONKVROUW** : Gaat naar het derde honk en lijnt de korte-stop op.
- LINKSVELDER** : Dekt achter het derde honk.
- MIDVELDER** : Dekt de rechtsvelder
- RECHTSVELDER** : Pakt de bal.

V. Hoge ballen prioriteit

Een hoge bal in het binnenveld is de verantwoordelijkheid van alle binnenveldsters. Iedere binnenveldster moet in haar gebied gaan voor de bal, totdat er geroepen wordt. Ropen; “mijn bal, mijn bal” (minimaal 2x) en degene die in de buurt is roept de naam van de speelster, als bevestiging, die de bal heeft afgeroepen. Uit de weg gaan, wanneer de bal niet voor jou is.

Binnenveldsters roepen niet eerder als de bal zijn hoogste punt heeft bereikt. Buitenveldsters roepen als de bal in neergaande baan is.

Wie pakt de bal?

- Voorwaarts bewegen gaat voor zijwaarts bewegen.
- Zijwaarts bewegen gaat voor achterwaarts bewegen.

Handhaaf altijd de prioriteit, ook al lijkt het niet altijd terecht, dus:

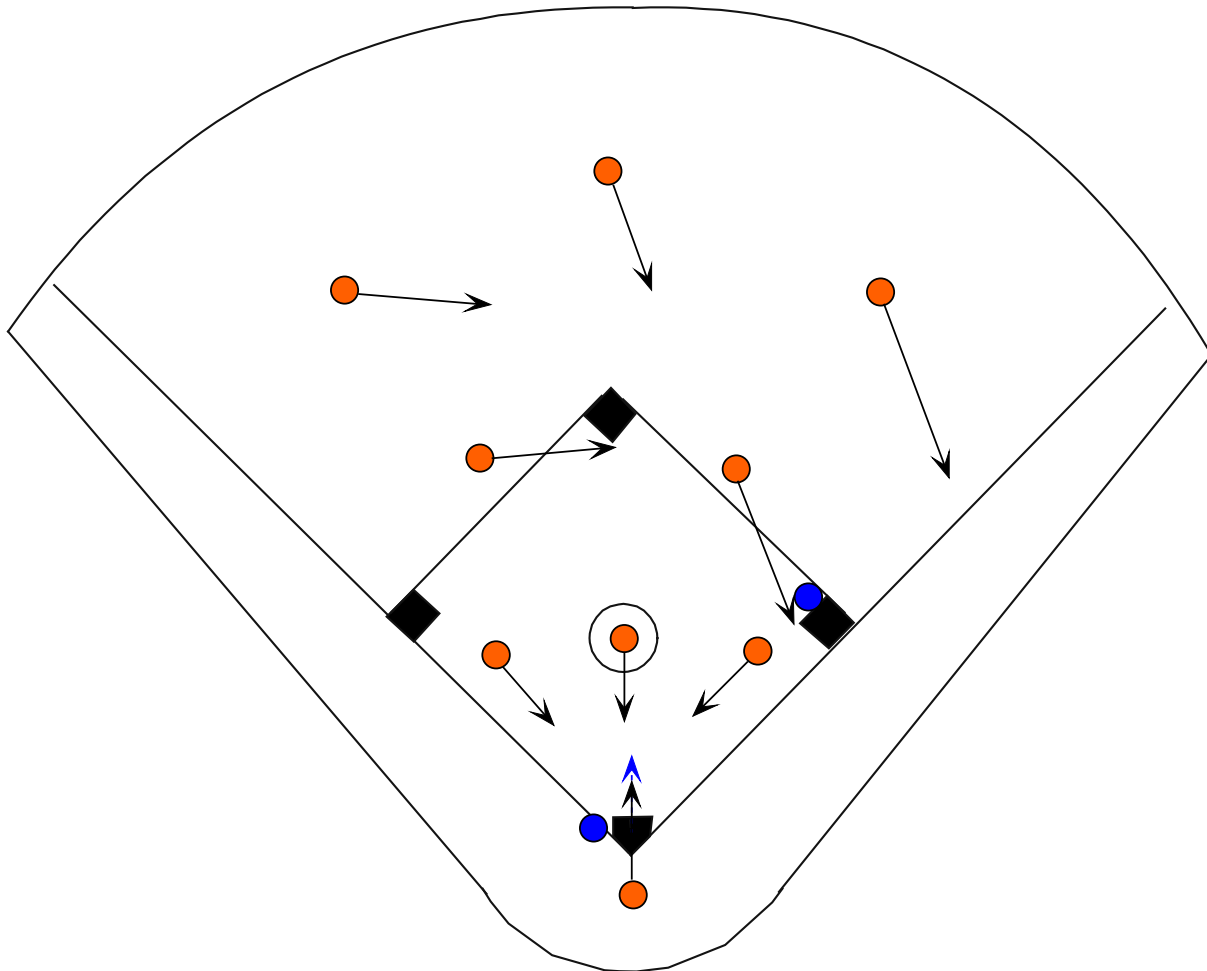
1. Eerste- en derde honkvrouw prioriteit over achtervanger.
2. Korte-stop prioriteit over derde honkman en tweede honkvrouw.
3. Tweede honkvrouw prioriteit over eerste honkvrouw.
4. Midveldster prioriteit over corner buitenveldsters.
5. Buitenveldsters prioriteit over binnenveldsters.

Wanneer een binnenveldster naar het buitenveld beweegt om een kort geslagen hoge bal te vangen, zwaait zij met haar handen om aan te geven dat zij de bal wil vangen.

VI. Stootslagverdediging

- A. Doel verdediging - Zekere nul maken op het voorste honk of anders de honkloopster op het eerste honk uitmaken. Elke aangooi gaat in principe naar het voorste honk, totdat de catcher roept. Roepen betekent altijd een aangooi op het eerste honk.
- B. Opmerkingen
1. Stootslag situaties zijn altijd aanwezig als het eerste honk of het eerste en tweede honk bezet zijn en er geen of één speelsters uit is. Wanneer de verdediging moet worden gespeeld wordt bepaald door de slagvrouw. Draait zij om de stootslaghouding in te nemen, dan is daarop de verdediging bepaald.
 2. Kijk als speelster regelmatig naar je coach om eventuele tekens op te vangen zodat je rekening kan houden met de mogelijkheden.
 3. Elke speelster die de bal pakt laat dat merken aan zijn medespeelsters en roept; mij, mij (2x). Aan de soort bal die je pakt moet je weten op welk honk je een kans hebt. De catcher roept een aangooi op het eerste honk af.
 4. Essentieel is dat er één nul valt.

A. Stootslagverdediging - honkloopster op het eerste honk - standaardverdediging



- PITCHER** : Gooit slag. Geen wijdballen gooien in een zekere stootslag situatie. In principe vraagt de catcher een fastbal (rise) op de letters of een goed brekende drop. Na de worp komt zij meteen recht in lopen. Luister naar de catcher. Moet zelf aan de bal kunnen beoordelen welke situatie is ontstaan, zodat de catcher haar niet verrast.
- CATCHER** : Roept het spel of indien mogelijk pakt zij de bal zelf. Zekerheid staat voorop. Wees echter geen angsthaas en durf een beslissing te nemen. Als de bal richting de derde honkvrouw wordt gestoten moet de catcher na haar beslissing altijd naar het derde honk.
- 1° HONKVIJF** : Na de start van de worp komt zij in, waarbij zij goed op de handen van de slagvrouw blijft letten voor een eventuele slash.
- 2° HONKVIJF** : Komt bij de worp eerst twee stappen naar voren en gaat dan pas naar het eerste honk. Na de nul, direct de bal naar het tweede honk gooien.
- 3° HONKVIJF** : Gaat bij een zekere stootslagsituatie dichterbij de lijn spelen, zodat zij aan de lijnkant de bal benaderd en zodoende beter de bal kan ronden en verwerken. Komt na de worp recht inlopen en blijft kijken naar de handen voor een

eventueel. slash. Wordt de bal niet in haar richting gestoten dan loopt zij door naar de thuisplaat.

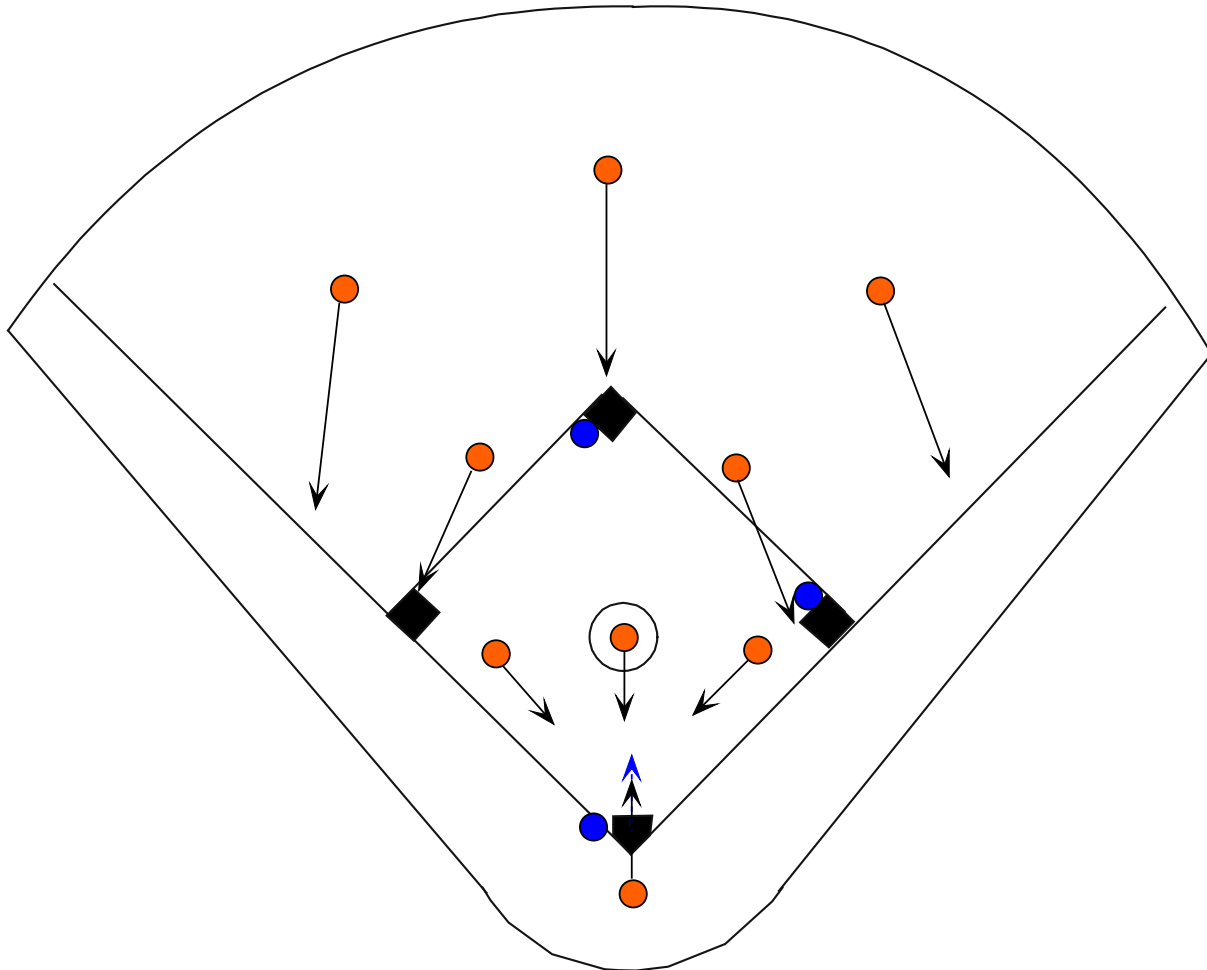
KORTE STOP : Komt bij de worp eerst twee stappen naar voren en gaat dan pas naar het tweede honk. Komt aan de binnenkant van het honk te staan om de eerst aangooi te verwerken of om de tweede aangooi van de tweede honkvrouw te pakken en de loopster te tikken.

LINKSVELDER : Dekt het derde honk of neemt het over indien de catcher dat vergeet.

MIDVELDER : Dekt eerst het tweede honk en bij een aangooi op het eerste honk het tweede honk in de lijn eerste honk - tweede honk, i.v.m. een eventueel verkeerde aangooi vanaf het eerste honk.

RECHTSVELDER : Dekt het eerste honk. Erg belangrijk om zo snel mogelijk in de baan van de bal te komen.

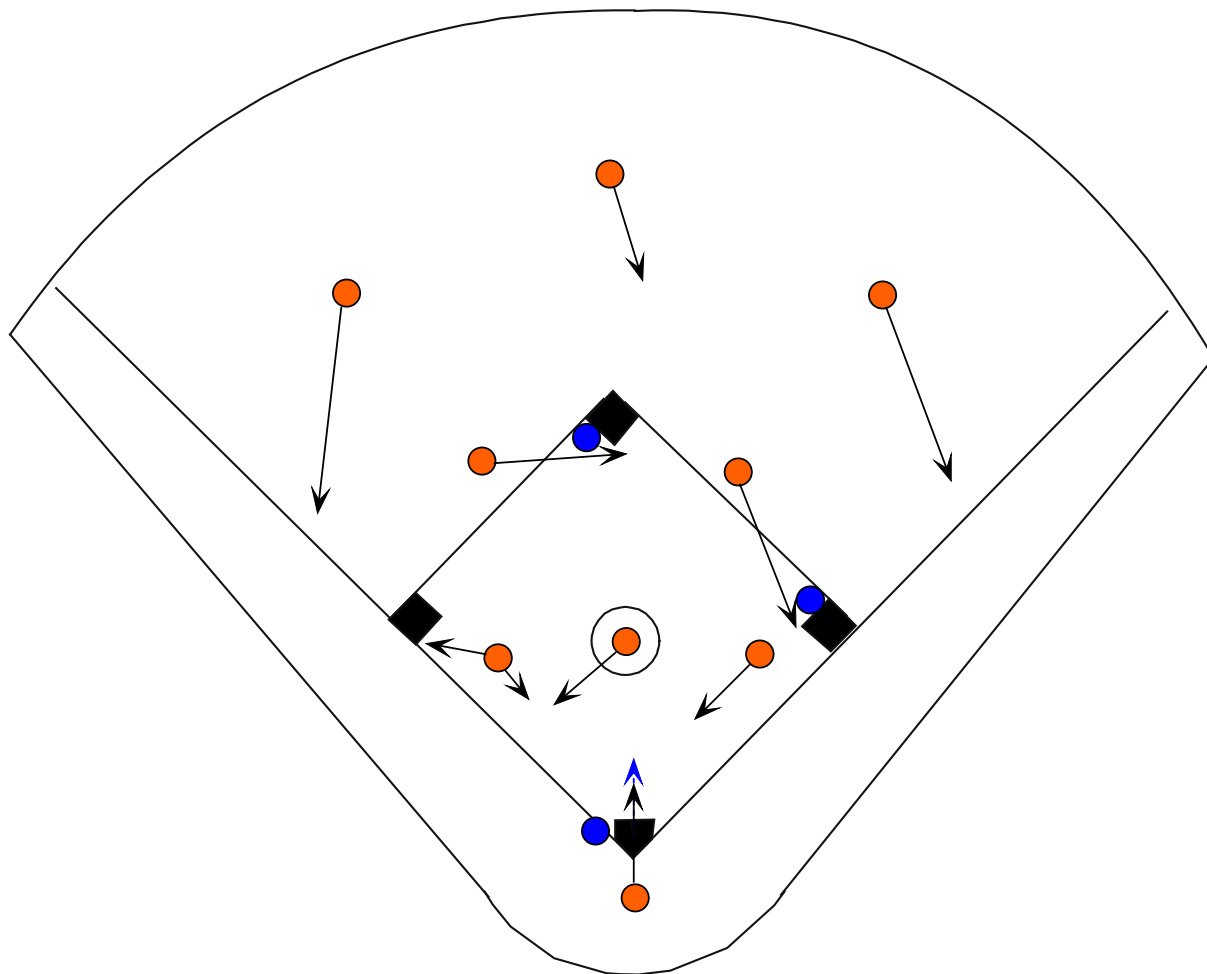
B. Stootslagverdediging - honkloopster op het eerste – en tweede honk – met een pitcher die “slecht” fieldt.



- PITCHER** : Gooit slag. Geen wijdballen gooien in een zekere stootslag situatie. In principe vraagt de catcher een fastbal(rise) op de letters of een goed brekende curvebal. Na de worp komt zij meteen recht in lopen. Luister naar de catcher. Moet zelf aan de bal kunnen beoordelen welke situatie is ontstaan, zodat de catcher haar niet verrast.
- CATCHER** : Roept het spel of indien mogelijk pakt zij de bal zelf. Zekerheid staat voorop. Wees echter geen angsthaas en durf een beslissing te nemen. Als de bal richting de derde honkvrouw wordt gestoten moet de catcher na haar beslissing altijd naar het derde honk.
- 1° HONKVROUW** : Na de start van de worp komt zij in, waarbij zij goed op de handen van de slagvrouw blijft letten voor een eventueel slash.
- 2° HONKVROUW** : Komt bij de worp eerst twee stappen naar voren en gaat dan pas naar het eerste honk. Na de nul, direct de bal naar het tweede honk gooien.

- 3^e HONKvrouw** : Gaat bij een zekere stootslagsituatie dichterbij de lijn spelen, zodat zij aan de linkerkant de bal benaderd en zodoende beter de bal kan ronden en verwerken. Komt na de worp recht inlopen en blijft kijken naar de handen voor een eventueel slash. Wordt de bal niet in haar richting gestoten dan loopt zij door naar de thuisplaat.
- KORTE STOP** : Komt bij de worp eerst twee stappen naar voren en gaat dan pas naar het derde honk. Komt aan de binnenkant van het honk te staan om de aangooi te verwerken.
- LINKSVELDER** : Dekkt het derde honk of neemt het over indien de catcher dat vergeet.
- MIDVELDER** : Dekkt het tweede honk.
- RECHTSVELDER** : Dekkt het eerste honk. Erg belangrijk om zo snel mogelijk in de baan van de bal te komen.

C. Stootslagverdediging - honkloopster op het eerste – en tweede honk – met een pitcher die “goed” fieldt.

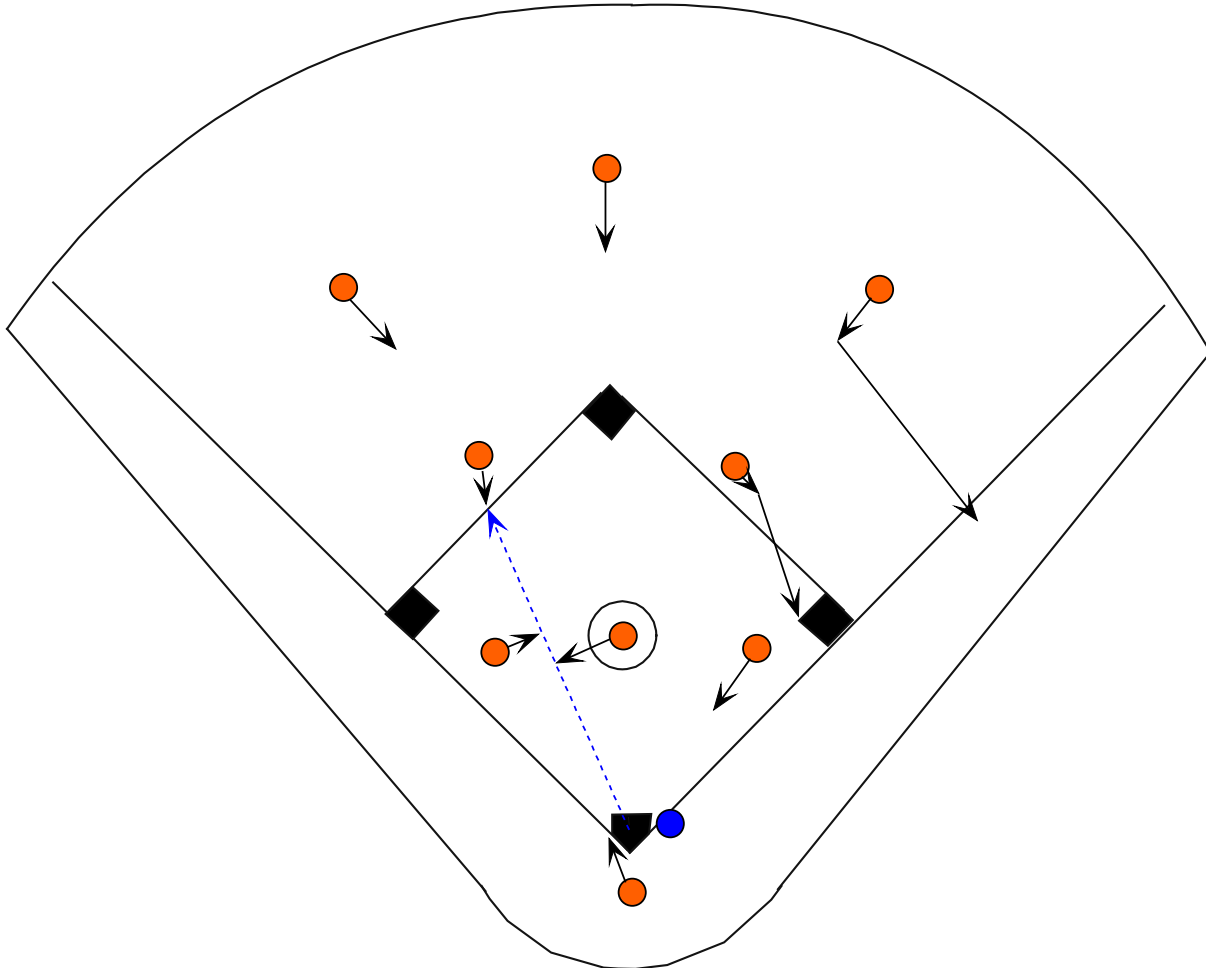


- PITCHER** : Gooit slag. Geen wijdballen in een zekere stootslagsituatie. In principe vraagt de catcher een fastbal (rise) op de letters of een goed brekende curvebal. Na de worp gaat zij direct richting foutlijn derde honk. Luister naar de catcher en andere speelsters. Moet zelf aan de bal kunnen beoordelen welke situatie is ontstaan, zodat de catcher haar niet verrast.
- CATCHER** : Roept het spel of indien mogelijk pakt zij de bal zelf. Zekerheid staat voorop. Wees echter niet bang om een beslissing te nemen.
- 1° HONKVROUW** : Speelt ver in. Na de worp komt zij hard rennen en neemt op tijd snelheid af. Zij is verantwoordelijk voor het gehele gebied tussen werpplaat en foutlijn eerste honk. Wordt de bal niet in haar richting gestoten, dan moet zij zorgen dat zij geen speelsters hindert.
- 2° HONKVROUW** : Komt bij de pitch eerst twee stappen naar voren en gaat dan pas naar het eerste honk. Steelt voor de worp iets veld. Let op de ballen die voorbij de eerste honkvrouw worden gestoten.

- 3^e HONKvrouw** : Zij speelt normale veldpositie iets voor de baseline. Komt bij de worp eerst een stap naar voren en beslist wat zij gaat doen. Wordt de bal niet hard in haar richting gestoten, dan gaat zij onmiddellijk naar haar honk. Wordt de bal wel hard in haar richting gestoten dan beoordeelt zij de bal of deze voorbij de pitcher gaat. In dat geval maakt zij de nul op het eerste honk. Besluit zij de bal te pakken dan moet zij dat zeer luid kenbaar maken.
- KORTE STOP** : Speelt achter de honkloopster.
- LINKSVELDER** : Dekt achter het derde honk.
- MIDVELDER** : Dekt het tweede honk.
- RECHTSVELDER** : Dekt het eerste honk. Erg belangrijk om zo snel mogelijk in de baan van de bal te komen.

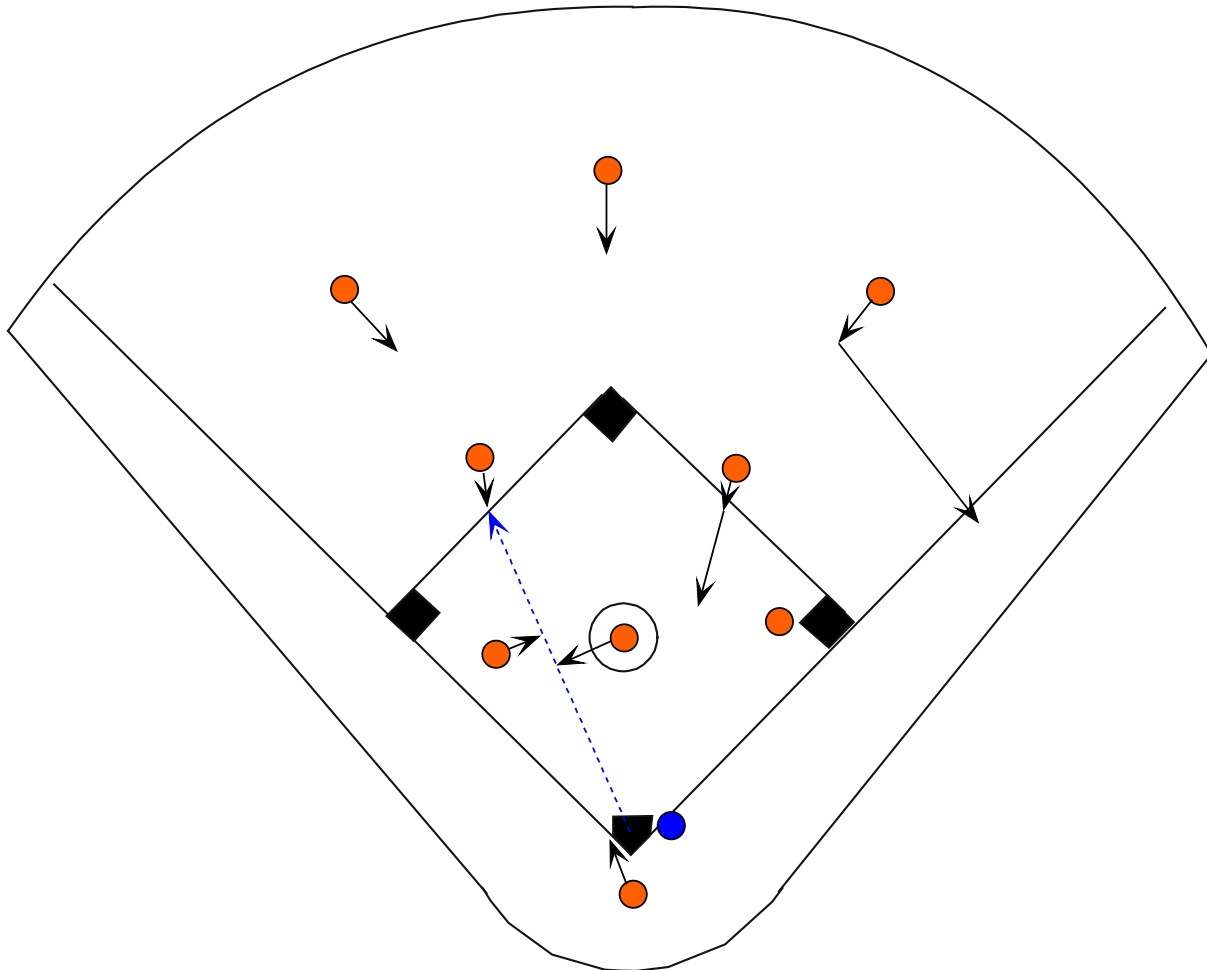
VII. Slaphit verdediging

- A. Slaphit verdediging – geen honkloopsters – eerste honkvrouw spelt in en de tweede honkvrouw neemt het eerste honk. De slapster heeft moeite om de bal hard het buitenveld in te slaan.



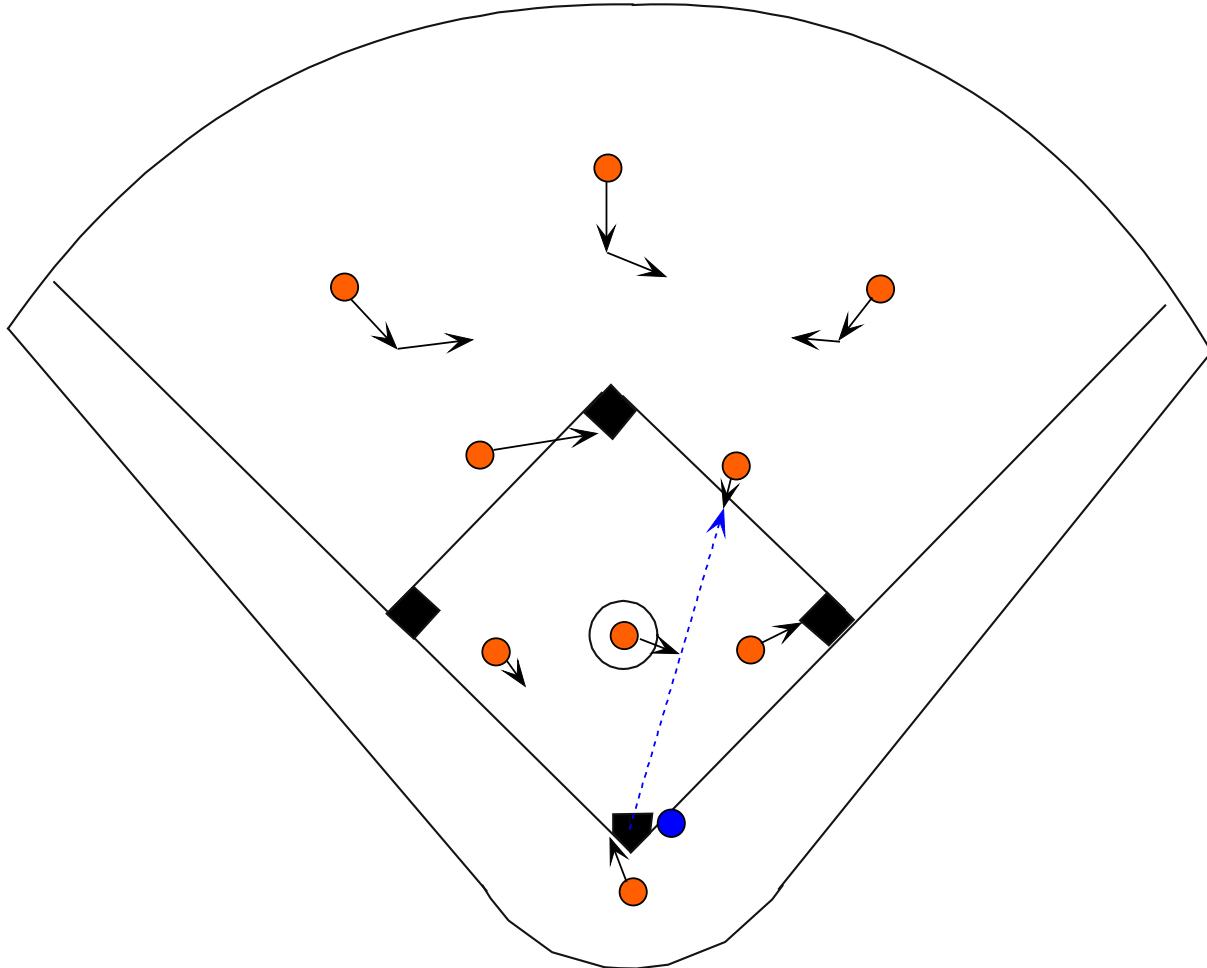
- PITCHER** : Probeert de bal te fielden.
CATCHER : Komt voor de thuisplaat.
1° HONKVROUW : Komt in om een eventuele stootslag te fielden.
2° HONKVROUW : Speelt 2-3 stappen dicht bij het eerste honk en gaat de geslagen bal naar het eerste honk.
KORTE STOP : Speelt 2-3 stappen dicht bij de thuisplaat om de bal eerder te kunnen fielden.
3° HONKVROUW : Probeert de bal af te snijden en te fielden.
LINKSVELDER : Speelt in en dekt of pakt de bal die langs de korte-stop wordt geslagen.
MIDVELDER : Speelt in.
RECHTSVELDER : Speelt in en dekt het eerste honk.

- B. Slaphit verdediging – geen honkloopsters – de eerste honkvrouw speelt bij het honk en de tweede honkvrouw komt in om de bal te fielden. De slapster heeft moeite om de bal hard het buitenveld in te slaan.**



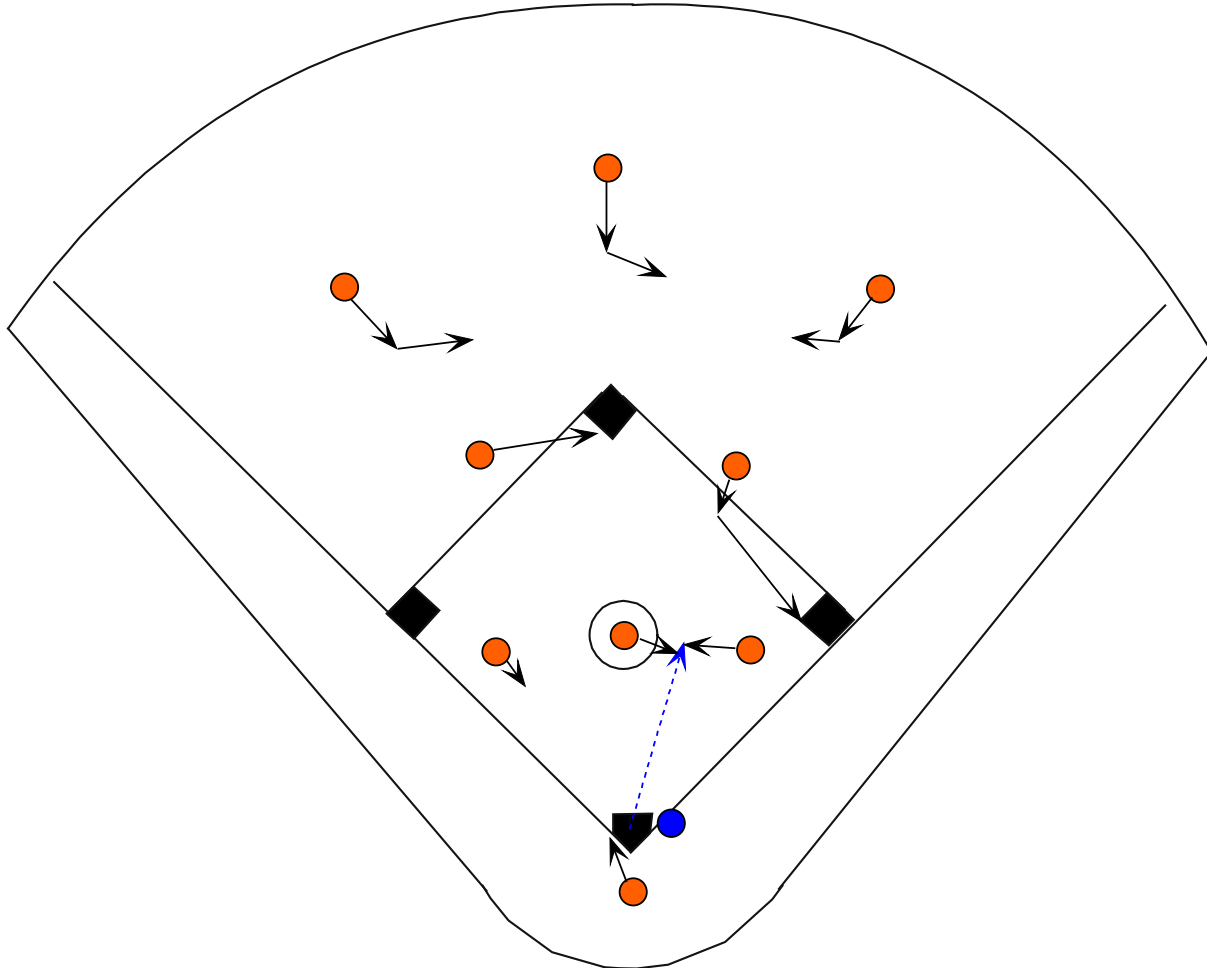
- PITCHER** : Probeert de bal te fielden.
CATCHER : Komt voor de thuisplaat.
1° HONKVROUW : Speelt diep en neemt het eerste honk voor de aangooi.
2° HONKVROUW : Speelt in en field de geslagen bal aan de rechterkant van het binnenveld.
KORTE STOP : Speelt 2-3 stappen dicht bij de thuisplaat om de bal eerder te kunnen fielden.
3° HONKVROUW : Probeert de bal af te snijden en te fielden.
LINKSVELDER : Speelt in en dekt of pakt de bal die langs de korte-stop wordt geslagen.
MIDVELDER : Speelt in.
RECHTSVELDER : Speelt in en dekt het eerste honk.

C. Slaphit verdediging – geen honkloopsters – hard geslagen grondbal naar de tweede honkvrouw. De slapster heeft moeite om de bal hard het buitenveld in te slaan



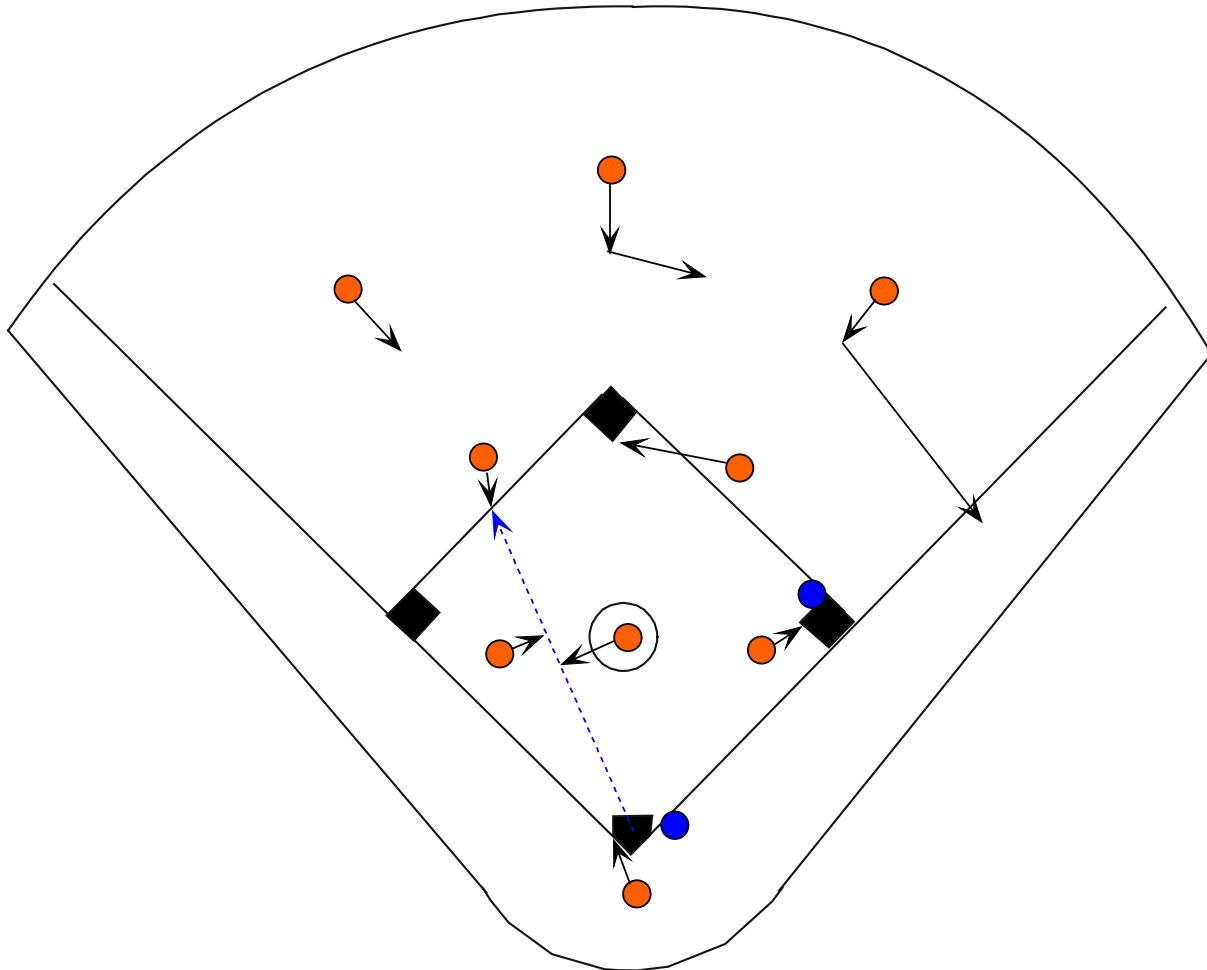
- PITCHER** : Probeert de bal te fielden.
- CATCHER** : Komt voor de thuisplaat.
- 1° HONKVROUW** : Komt in om een eventuele stootslag te fielden en gaat daarna naar het eerste honk om de aangooi te pakken.
- 2° HONKVROUW** : Speelt 2-3 stappen dichterbij de thuisplaat om de bal eerder te kunnen fielden.
- KORTE STOP** : Speelt in en field de geslagen bal aan de linkerkant van het binnenveld en gaat daarna naar het tweede honk.
- 3° HONKVROUW** : Komt in om een eventuele stootslag te fielden.
- LINKSVELDER** : Speelt in.
- MIDVELDER** : Speelt in en dekt of pakt de bal die langs de korte-stop wordt geslagen.
- RECHTSVELDER** : Speelt in en dekt of pakt de bal die langs de tweede honkvrouw wordt geslagen.

D. Slaphit verdediging – geen honkloopsters - zacht geslagen grondbal naar de tweede honkvrouw. De slapster heeft moeite om de bal hard het buitenveld in te slaan



- PITCHER** : Probeert de bal te fielden.
- CATCHER** : Komt voor de thuisplaat.
- 1° HONKVIROUW** : Probeert de bal te fielden.
- 2° HONKVIROUW** : Speelt 2-3 stappen dichterbij de thuisplaat en gaat naar het eerste honk om de aangooi te pakken.
- KORTE STOP** : Speelt in en field de geslagen bal aan de linkerkant van het binnenveld of gaat daarna naar het tweede honk.
- 3° HONKVIROUW** : Komt in om een eventuele stootslag te fielden.
- LINKSVELDER** : Speelt in.
- MIDVELDER** : Speelt in.
- RECHTSVELDER** : Speelt in en dekt het eerste honk.

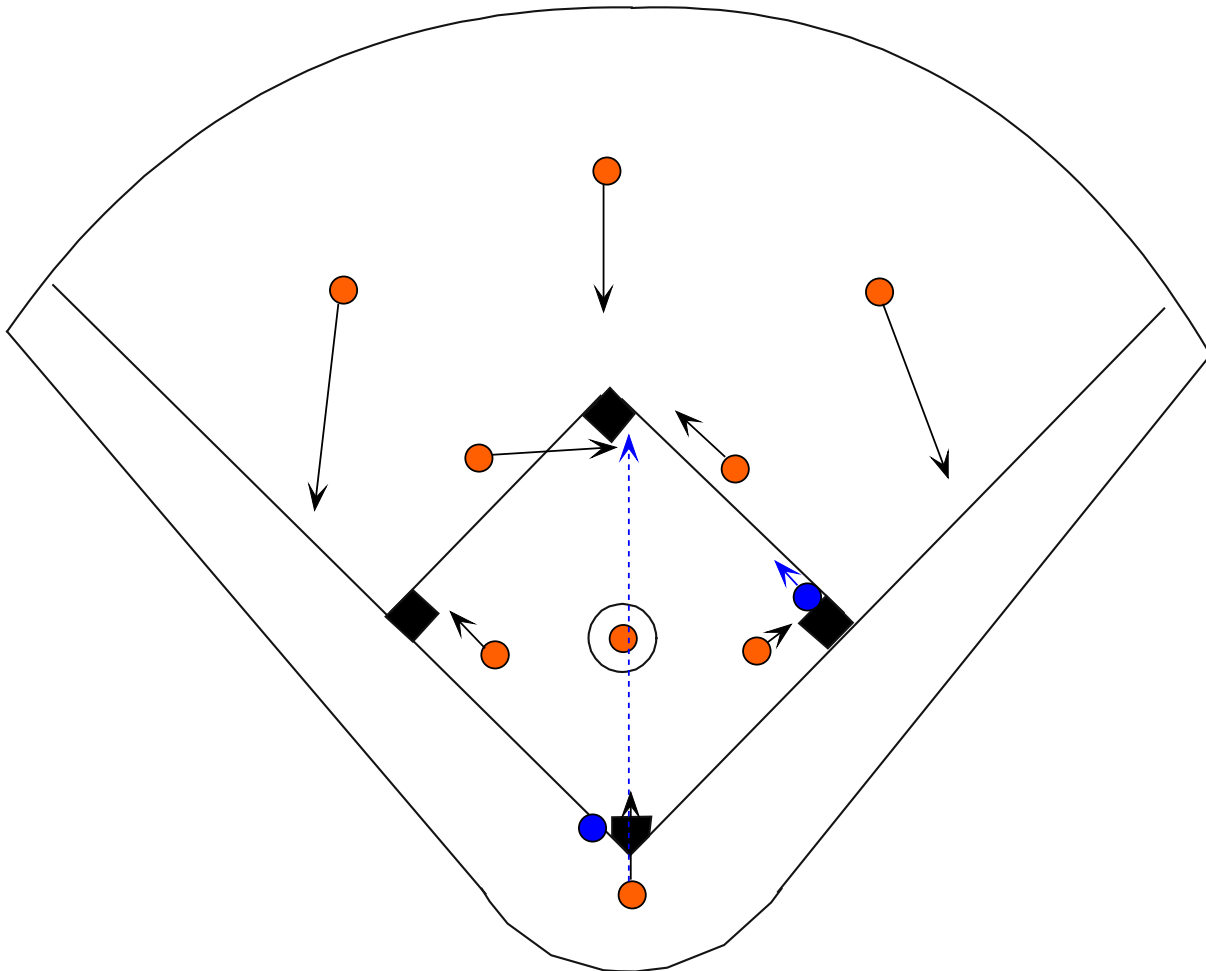
E. Slaphit verdediging – honkloopsters op het eerste honk – grondbal geslagen naar de korte-stop



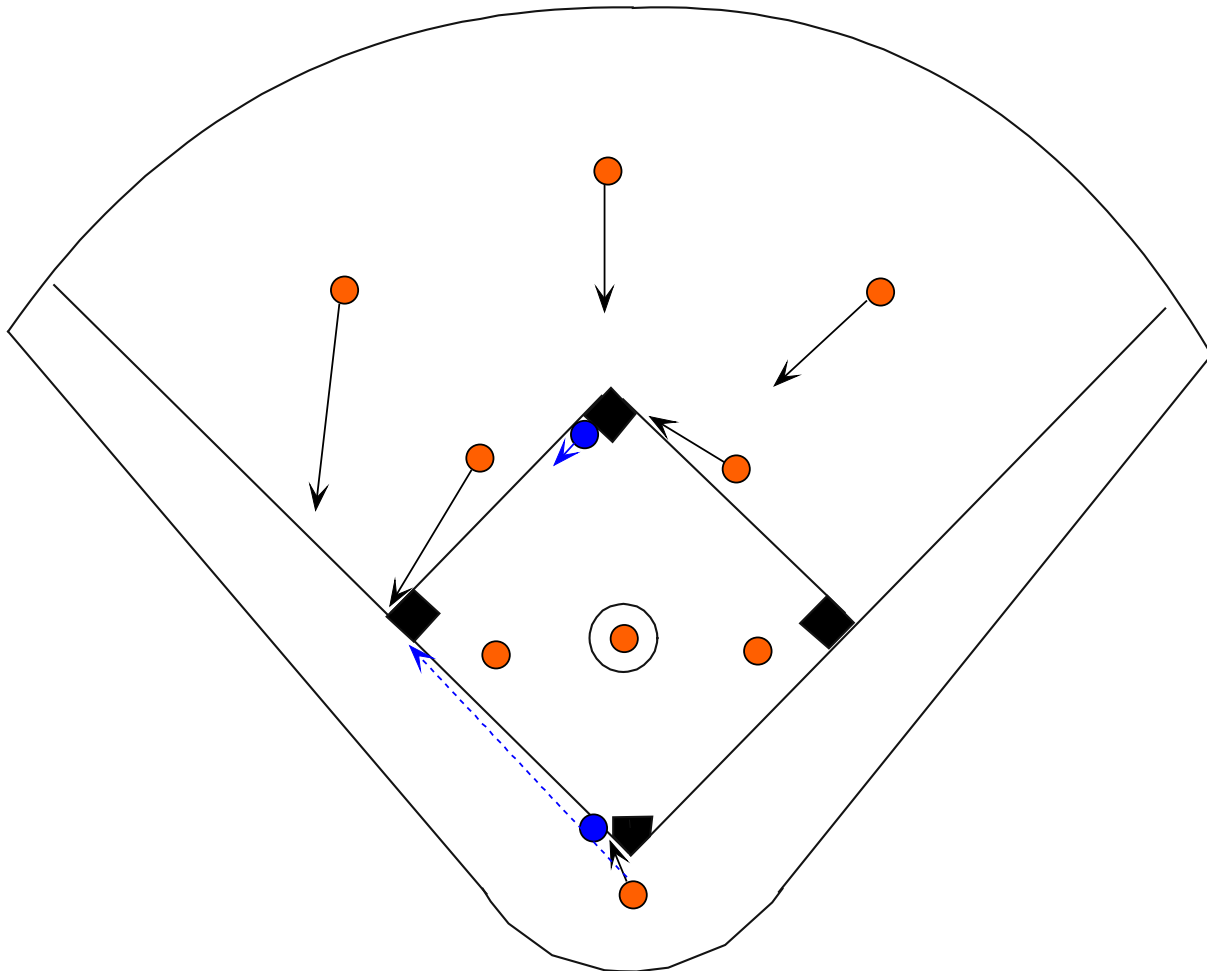
- PITCHER** : Probeert de bal te fielden.
- CATCHER** : Komt voor de thuisplaat.
- 1° HONKVROUW** : Gaat naar het eerste honk om de aangooi te pakken.
- 2° HONKVROUW** : Gaat naar het tweede honk om de aangooi te pakken.
- KORTE STOP** : Speelt in en fieldt de geslagen bal aan de linkerkant van het binnenveld of gaat daarna naar het tweede honk.
- 3° HONKVROUW** : Probeert de bal te fielden.
- LINKSVELDER** : Speelt in.
- MIDVELDER** : Speelt in en dekt de aangooi naar het tweede honk.
- RECHTSVELDER** : Speelt in en dekt de aangooi naar het tweede of eerste honk.

VIII. Verdediging tegen honken stelen

A. Verdediging tegen honken stelen - honkloopster op het eerste honk



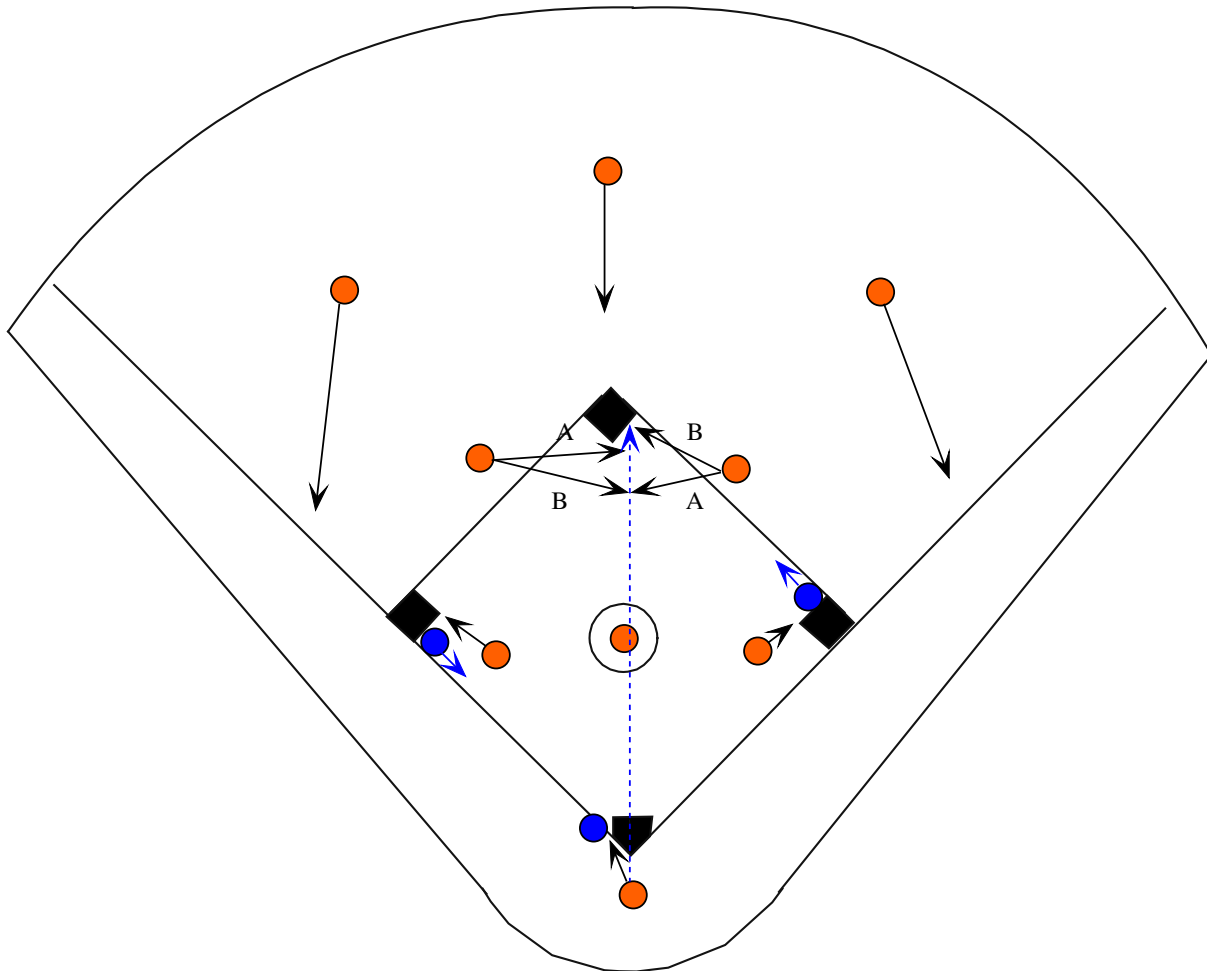
B. Verdediging tegen honken stelen - honkloopster op het eerste e en tweede honk





IX. 1-3 situatie

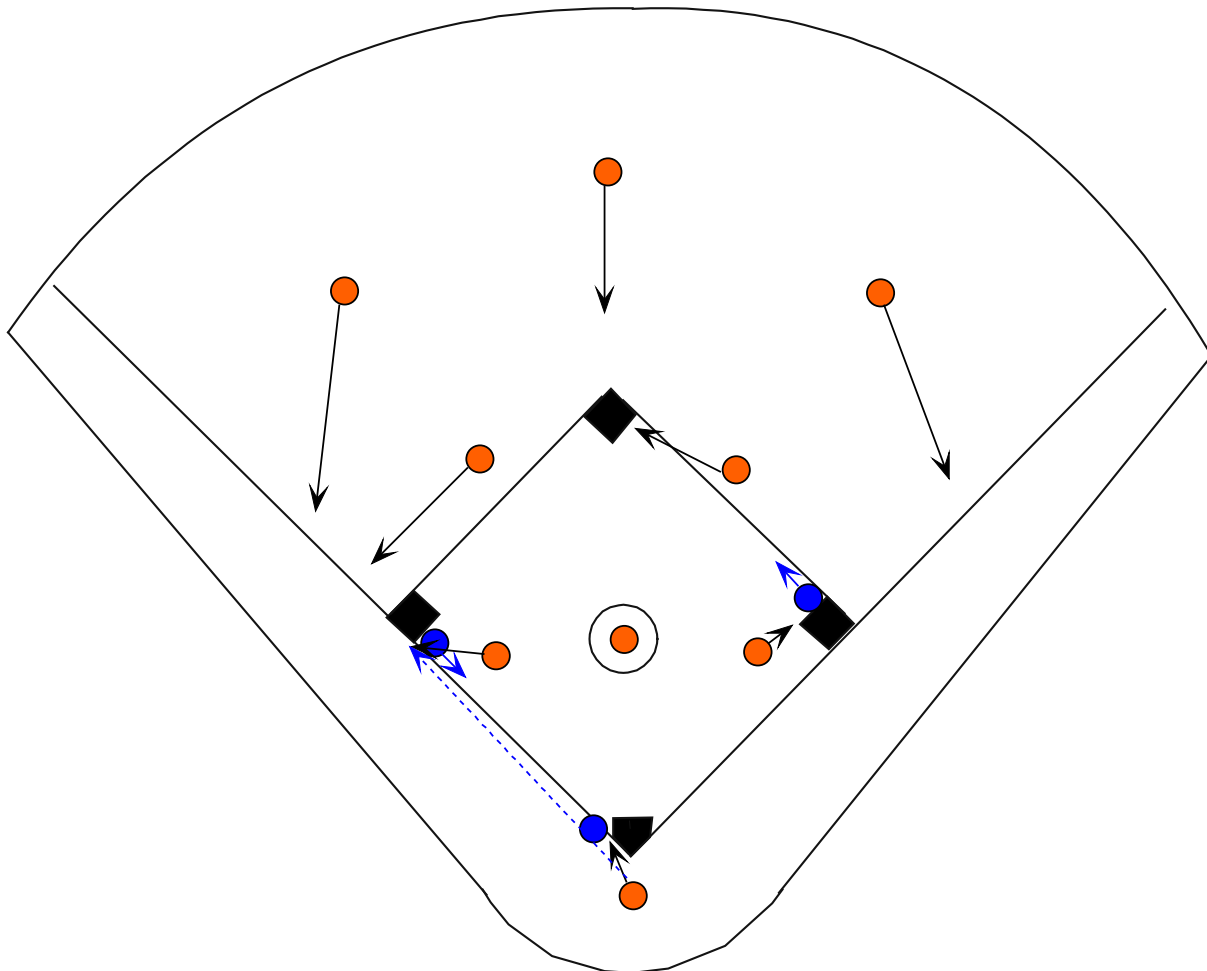
A. 1-3 situatie – standaard verdediging



- PITCHER** : Weet het sein voor verdediging. Snelle pitch (fastball/rise) op de catcher. Daarna zo snel mogelijk achter de thuisplaat positie innemen. Met twee uit richting het eerste honk gaan om achter de rundown te komen.
- CATCHER** : Krijgt sein van de coach. Geeft dit door aan de velders als zij voor de plaat staat. Vraag een snelle pitch (fastball/rise) aan werper. Na ontvangen worp eerst de honkloopster op het derde honk controleren daarna een goede aangooi naar het tweede honk (borsthoogte).
- 1° HONKVROUW** : Als de bal over de thuisplaat is gegaan blijft zij bij het eerste honk. Bij twee uit gaat zij achter de honkloopster aan. Hierdoor wordt de afstand van de rundown verkort en kan een snelle nul worden gemaakt.
- 2° HONKVROUW** : Roept als de honkloopster steelt. Komt voor het tweede honk als de aangooi wordt gemaakt. Op eigen initiatief de aangooi onderbreken en naar het derde honk of direct naar thuis gooien. Slechte aangooien worden altijd onderbroken.

- 3^e HONKVROUW** : Komt direct aan de binnenzijde van honk als de bal voorbij de thuisplaat is. Steekt zijn handen, voor de catcher, omhoog als de loopster van het derde honk te ver van het honk af is (acht meter). Controleert daarna de honkloopster en roept wanneer de loopster te ver van het honk afgaat of wanneer zij naar thuis gaat.
- KORTE STOP** : Komt voor het tweede honk en gooit de bal direct naar thuis als de derde honkvrouw dat roept. Als ze niets hoort, wordt de honkloopster getikt of wordt de rundown gespeeld.
- LINKSVELDER** : Dekt achter het derde honk.
- MIDVELDER** : Dekt achter het tweede honk.
- RECHTSVELDER** : Dekt achter het eerste honk.

B. 1-3 situatie – aangooi naar het derde honk



- PITCHER** : Weet het teken voor verdediging. Pitch-out op de catcher.
- CATCHER** : Krijgt het teken van de coach. Geeft dit door aan de velders als zij voor de plaat staat. Vraagt een pitch-out. Maak een volledige fake naar het tweede honk en gooit naar het derde honk.
- 1° HONKvrouw** : Blijft bij het eerste honk en roept als de loopster alsnog steelt.
- 2° HONKvrouw** : Snijd in.
- 3° HONKvrouw** : Komt direct in om de loopster mee van het honk te trekken, als de bal voorbij de thuisplaat is en keert daarna terug voor de rundown.
- KORTE STOP** : Gaat richting het derde honk als de pitcher haar beweging start. Houd haar handen hoog om een goed doel aan te geven voor de catcher.
- LINKSVELDER** : Dekt achter het derde honk.
- MIDVELDER** : Dekt achter het tweede honk.
- RECHTSVELDER** : Dekt achter het eerste honk.

X. Insluiten (rundowns)

Bij de uitvoering van het insluiten zijn er enige basisprincipes. Wanneer deze worden toegepast, is het resultaat een zekere nul.

A. Houd de looper op snelheid

1. De spelster die de eerste aangooi krijgt, bepaalt de situatie. Zij is verantwoordelijk voor het opdrijven van de loopster.
2. Als de loopster dicht bij de spelster staat, moet de honkvrouw op haar af sprinten. Dit dwingt de loopster tot de gewenste snelheid.
3. Als de loopster direct naar het volgende honk op het moment dat de bal wordt ontvangen, wordt de bal direct naar het volgende honk gegooid.
4. Als de loopster halverwege stopt, moet de spelster op het voorste honk de looper terugdrijven naar het oorspronkelijke honk, nadat zij de bal ontvangen heeft.

B. Houd de bal in aangooipositie als de looper wordt opgedreven

1. Tijdens het opdrijven van de loopster, houdt de spelsters haar gooihand met bal boven de elleboog, zodat ze snel kan "gooien".
2. In het algemeen zijn schijnbewegingen met de arm niet nodig en niet wenselijk. Er zijn echter situaties waarbij een enkele schijnbeweging nodig kan zijn. Deze moet echter vroeg gebeuren en niet vlak voor de aangooi, zoals in de volgende voorbeelden.
 - a. De loopster is halverwege gestopt en de spelster drijft haar terug naar het oorspronkelijke honk. Als de looper kijkt naar deze speler kan een schijnbeweging ervoor zorgen dat de loopster eerder gaat.
 - b. Loopsters die deze situaties veel geoefend hebben, kijken naar de spelster met de bal en gaan naar hen toe als de gooiarm beweegt om de bal los te laten. Door een eenvoudige schijnbeweging met de arm kan men de speler nu makkelijk tikken.

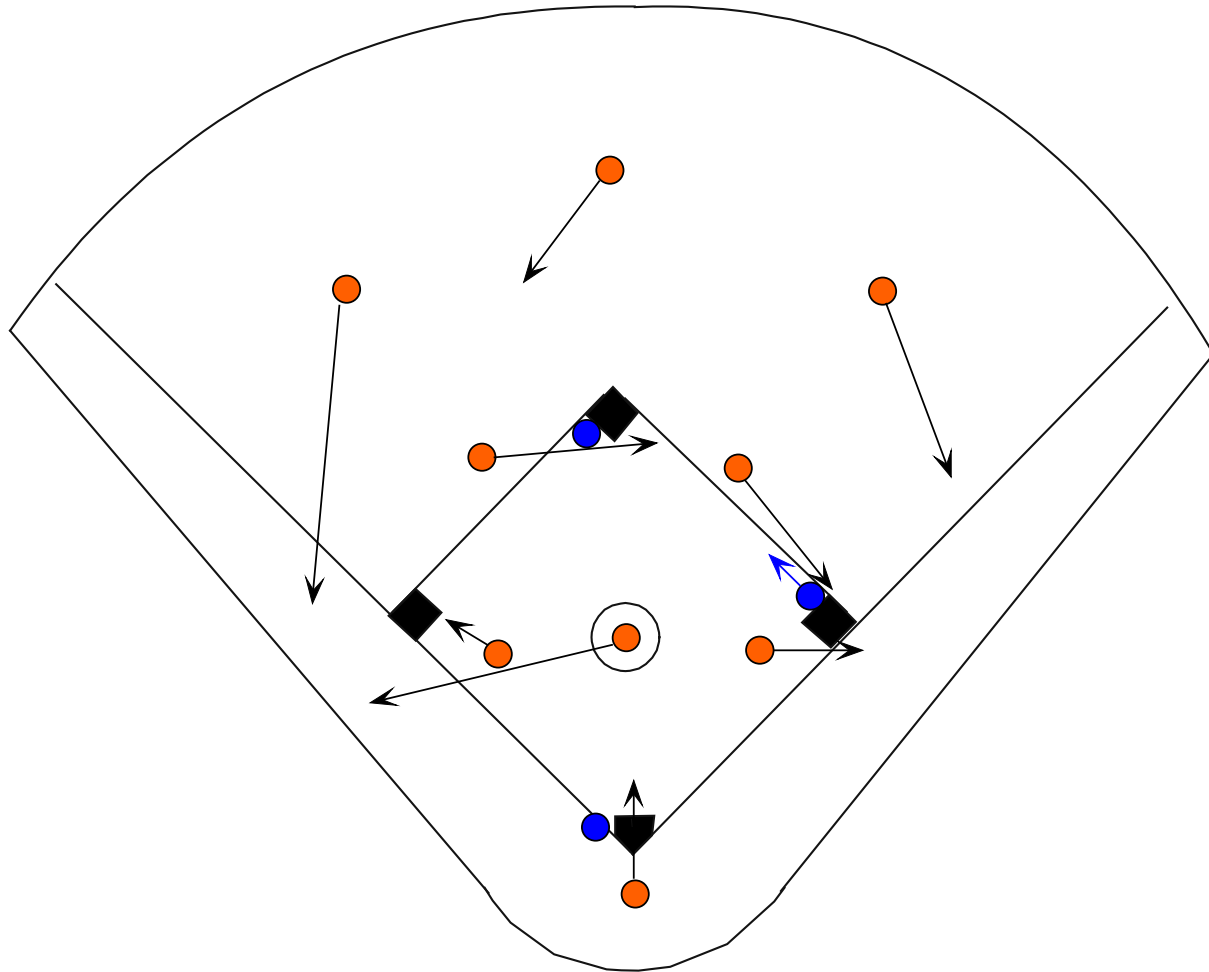
C. De ontvangende spelster moet een de juiste afstand bewaren en hard inkomen op de bal

1. De juiste afstand tussen ontvangende spelster en looper wordt bepaald door de snelheid van de loopster. Als de loopster snel is, moet de afstand groter zijn. Bij twijfel moet deze afstand eerder groter zijn dan kleiner, zeker als de loopster op weg is naar het voorste honk.
2. Als zij om de bal vraagt, moet de ontvangende spelster ook naar de bal toe gaan. De loopster moet dan stoppen, draaien en teruggaan. Als de juiste afstand is aangehouden, kan de ontvangende spelster nu makkelijk tikken.

D. Algemeen

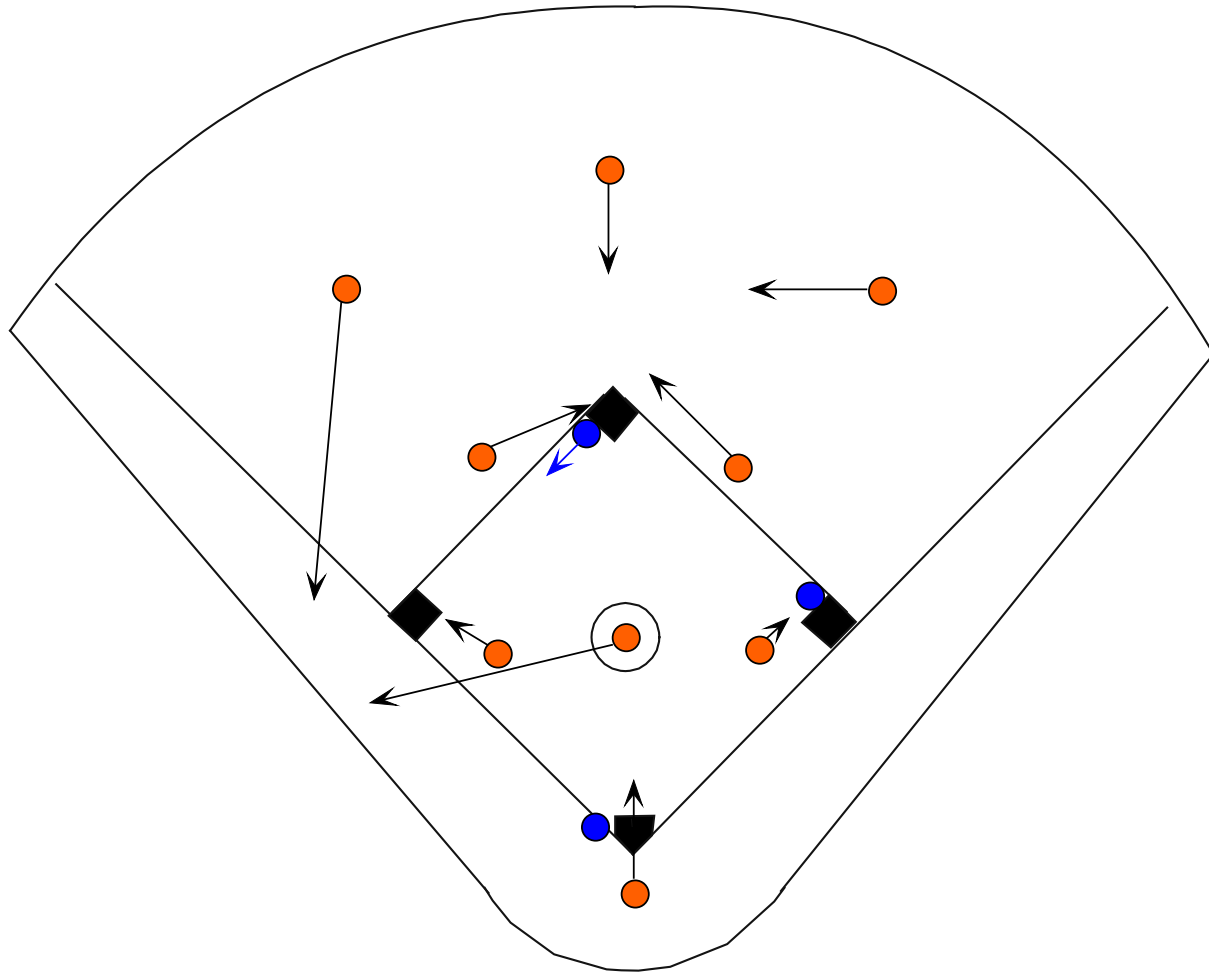
1. Probeer de actie te maken met één aangooi.
2. Alle aangooien moeten aan de binnenveldkant zijn. Dit om de afstanden naar andere honken te verkleinen
3. Alle aangooien moeten makkelijk te verwerken zijn (op borsthoogte).
4. De ontvangende spelster staat ongeveer één meter voor haar honk klaar. Hierdoor wordt de kans op fouten bij acties dicht bij het honk beperkt.

A. Honkloopsters op het eerste – en tweede honk – loopster op het eerste honk wordt eraf gepikt



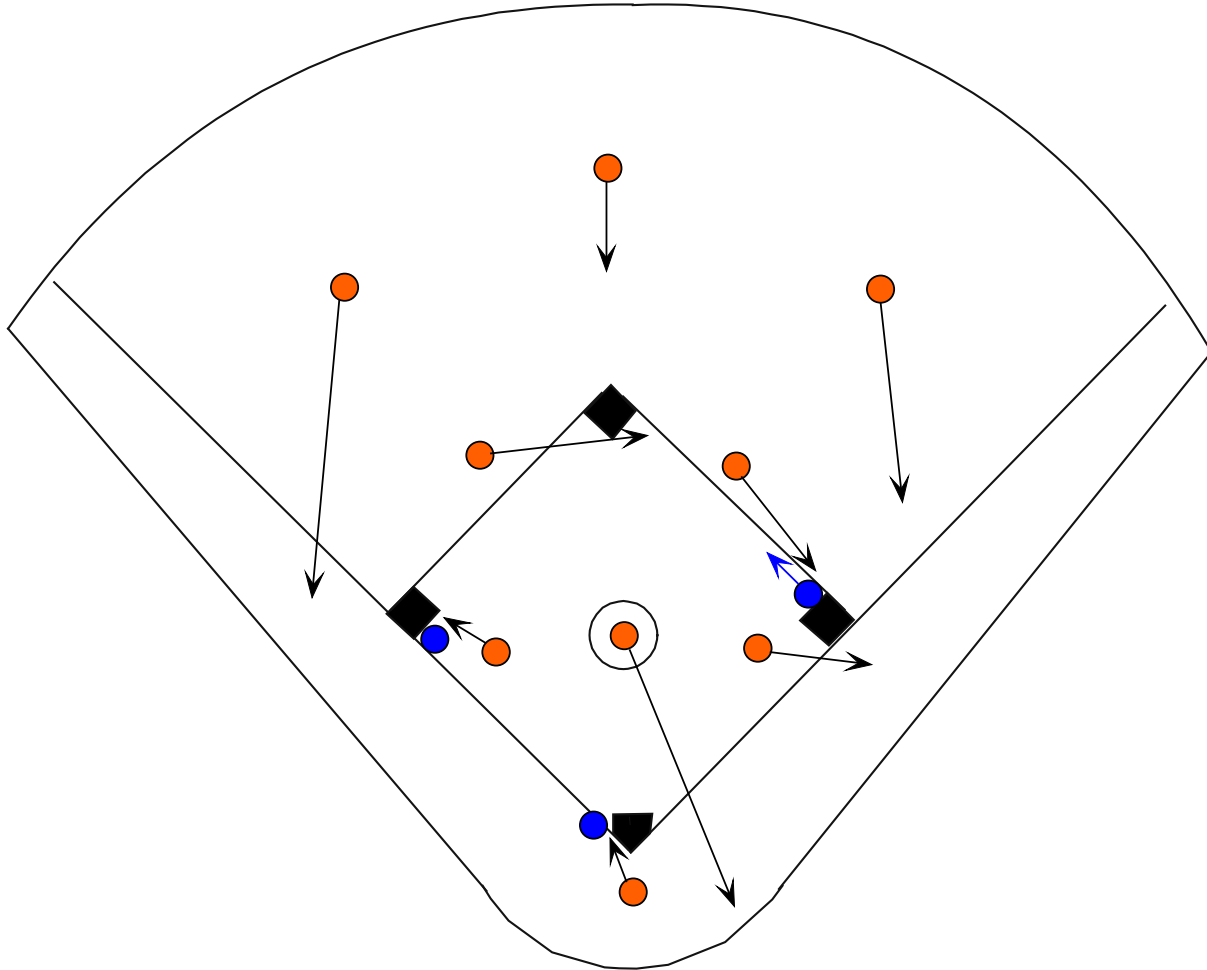
- | | |
|---------------------|--|
| PITCHER | : Dekt het derde honk. |
| CATCHER | : Neemt de thuisplaat. |
| 1° HONKVROUW | : Dekt het eerste honk. |
| 2° HONKVROUW | : Start de rundown op het eerste honk (is de "jager"). |
| 3° HONKVROUW | : Neemt het derde honk om de loopster op het tweede honk van stelen te weerhouden. |
| KORTE STOP | : Komt voor het tweede honk met de mogelijkheid om de rundown te spelen. |
| LINKSVELDER | : Komt in en dekt het derde honk. |
| MIDVELDER | : Komt in en dekt het tweede honk. |
| RECHTSVELDER | : Komt in en dekt het eerste honk. |

B. Honkloopsters op het eerste – en tweede honk – loopster op het tweede honk wordt eraf gepikt



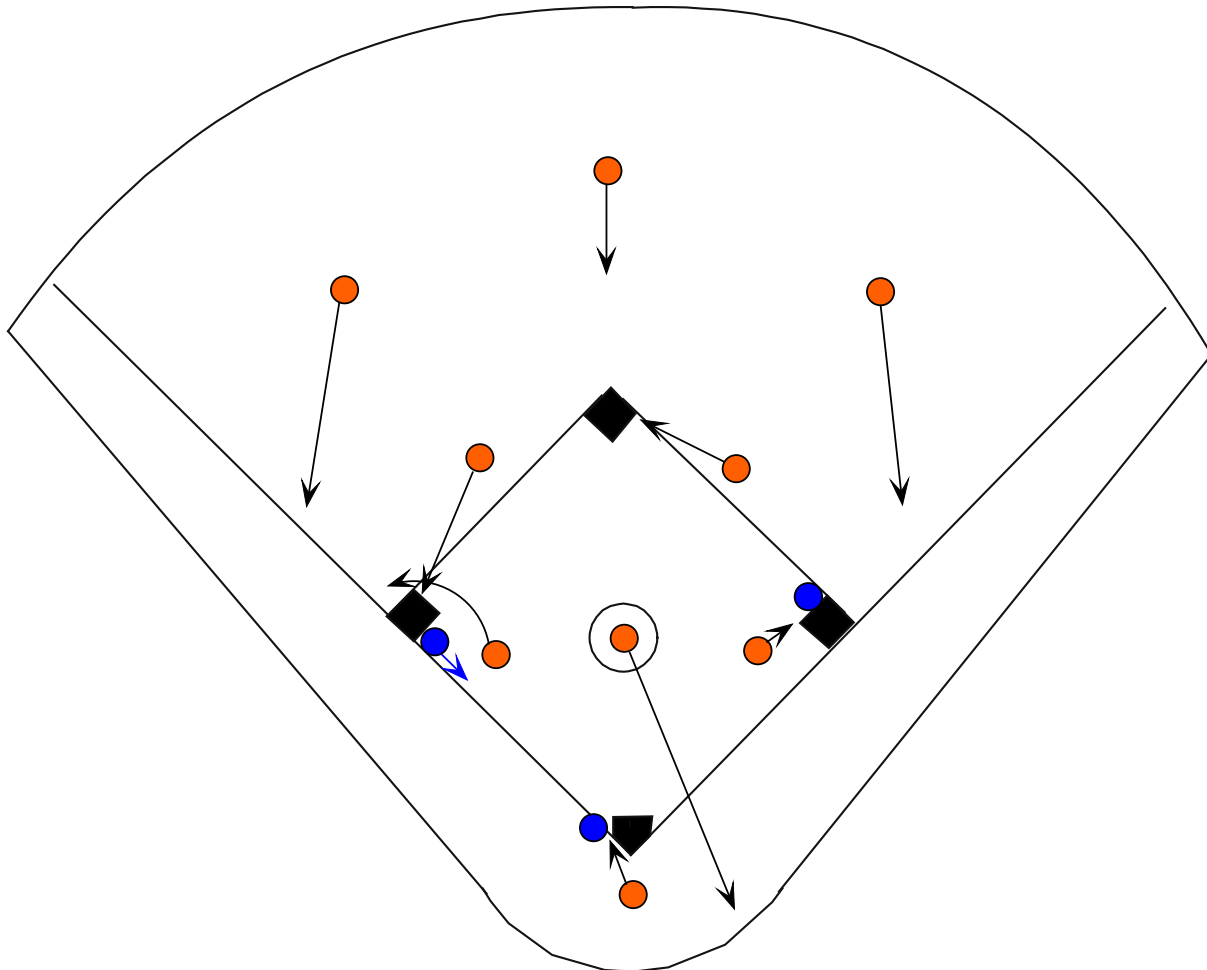
- | | |
|---------------------|--|
| PITCHER | : Dekt het derde honk. |
| CATCHER | : Neemt de thuisplaat. |
| 1° HONKVROUW | : Neemt het eerste honk. |
| 2° HONKVROUW | : Dekt het tweede honk met de mogelijkheid om de rundown te spelen. |
| 3° HONKVROUW | : Komt voor het derde honk en is de rundown speler. |
| KORTE STOP | : Start de rundown op het tweede honk en gaat met de bal achter de loopster aan. |
| LINKSVELDER | : Dekt het derde honk gebied. |
| MIDVELDER | : Dekt het tweede honk gebied. |
| RECHTSVELDER | : Dekt het tweede honk gebied. |

C. Honkloopsters op het eerste – en derde honk – loopster op het eerste honk wordt eraf gepikt



- PITCHER** : Dekt de thuisplaat en neemt deze eventueel over van de catcher.
- CATCHER** : Komt voor de thuisplaat.
- 1° HONKVROUW** : Neemt het eerste honk.
- 2° HONKVROUW** : A) Wanneer de loopster meteen gaat, gooien en naar het tweede honk gaan.
B) Wanneer de loopster op haar verkeerde been staat, de loopster opjagen.
- 3° HONKVROUW** : Komt direct aan de binnenzijde van honk. Controleert de honkloopster en roept wanneer de loopster te ver van het honk afgaat of wanneer zij naar thuis gaat.
- KORTE STOP** : Komt voor het tweede honk aan de binnenkant.
- LINKSVELDER** : Dekt het derde honk gebied
- MIDVELDER** : Dekt het tweede honk gebied
- RECHTSVELDER** : Dekt het eerste honk gebied

D. Honkloopsters op het eerste – en derde honk – loopster op het derde honk wordt eraf gepikt



- PITCHER** : Dekt de thuisplaat en neemt deze eventueel over van de catcher, als de eerste honkvrouw bij haar honk moet blijven.
- CATCHER** : Komt voor de thuisplaat; na de bal te hebben ontvangen gaat zij achter de loopster aan.
- 1° HONKVROUW** : Neemt het eerste honk om te voorkomen dat de loopster vanaf het eerste honk steelt. Heeft de loopster het tweede honk bereikt, dan komt de eerste honkvrouw achter de thuisplaat.
- 2° HONKVROUW** : Neemt het tweede honk om te voorkomen dat de loopster vanaf het eerste honk steelt.
- 3° HONKVROUW** : Neemt het derde honk, nadat zij eerst naar voren is gekomen om de loopster mee te lokken.
- KORTE STOP** : Drijft de loopster zover richting thuis dat deze niet meer terug kan naar het derde honk, gooit de bal naar de catcher.
- LINKSVELDER** : Dekt het derde honk gebied.
- MIDVELDER** : Dekt het tweede honk gebied.
- RECHTSVELDER** : Dekt het eerste honk gebied.

Giving your hitters signals

Giving signals to our batters should be a very simple thing - both for us and for our players. Unfortunately, too many of us make our signals so complicated, in an effort to hide them from the other team, that we end up confusing our own players. Ballplayers that are confused and unsure are not very effective or very successful. Instead of begin so worried about opponents picking up our signals, we should all be more concerned with keeping our signals so that our own players understand and execute them!

The #1 objective of your signals should be to give your players information – and not to conceal it from your opponents!

I. Different types of signals

As with every other skill in softball, there are many different methods for giving signals. I've collected a bunch of different systems (another term for ways or methods for giving signals) and am listing them below. Please keep in mind that some of these systems might sound great, but if they are too complicated for you to remember, or for your player to understand, than they will not work. They are not listed in any particular order:

- A. Clap system - This system revolves around any type of hand motion to appear to be "signals" ,and then ending your signals with a clap. The number of claps indicates the particular signal. For instance: one clap might equal a bunt, two claps-might equal hit &run, three claps - might equal a steal. Keys to keep in mind with this system are to keep talking to your hitter while clapping, and to make your clapping too obvious. This works best if you tend to clap anyway. The one drawback of this system is that it doesn't allow you to have more than about four different signals or the number of claps becomes too much for the hitter and too obvious for your opponents.
- B. Indicator or key - This is the most common system, and involves having a particular movement (like touching the chin, or bill of your hat) that puts ON the signal, or to make it "alive". This becomes the "key". The key can make it easier for player since they then have one particular to look for before any "live" signal can be given. It also enables the coach to give fake signals by not using the key to activate the real signals. The key can also be changed without changing your other signals. The "other" signals I'm referring to would involve certain body parts, or touch combinations that signify certain actions. For instance, the "key" might be touching the chest. The Bunt is the right arm, the hit and run is the waist, the Steal is either leg, the Bunt and Run is either ear , and the Take is both hands to the face. Then any of these (or body parts) given without first touching the chest for the key, would mean that nothing was on. Now, if you gave a bunch of motions and then touched your chest, any of the above mentioned body parts would then indicated that particular signal was "on". That's why this system is called "indicator" or "key".
- C. Roving key - The first body part touch becomes the "key, or indicator". Nothing you touch after that means anything until you retouch the original body part-which then serves as the "key". Your signal follows using whatever type of system you prefer-clap, body part, touch, whatever. The good thing about this system is that is that it's extremely difficult for your opponents to pick up because you can constantly change your key. But, that can also serve as its weakness because it can be a confusing system to beginning or inexperienced players.
- D. Touch system - This system is used with a key or indicator and is based upon a certain number of touches. For example: Following the key, one touch might = bunt, two touches = steal, three touches = hit & run, four touches = bunt & run, five touches=take. The "touch" count starts immediately after giving the key. So, in the above mentioned system, following the key, if you touched your forearm (1), your belt (2), and then your chin (3) that would indicate the hit& run was on because you made 3 touches following your key. You can make up the number of touches to indicate whatever signal you want, I just used the ones listed

here for examples. This is a fairly simple system for your players, as long as you can keep accurate count of your touches. I don't use system for that exact reason- I find that I can't remember if I've touched 3 or 4 times, so I use another system that's easier for me.

- E. Body part system - This system uses certain body parts to indicate certain actions. For instance, the belt might=bunt, legs (one or both) steal, arm (one or both)= hit & run , chest=take, face=bunt &run. These would follow an indicator , and could be changed to whatever parts you preferred.
- F. Live and dead system - Designate one ear to be "live" and the other 'dead'. Touch the "live" ear first your batter would know that whenever you gave the signal it would be "on". You could use the clap system, the touch system or whatever one you preferred, including an indicator. The "live" ear simply means that if your give a signal, it's on. (You don't have to give one). Now, if you touch the "dead" ear, then no matter what else you do, whether you give a signal or not, noting would be on.
- G. Rub-off - This is a movement to erase all signals given previously. It can also simplify everything for you by allowing you to give all the signals you to give all the signals you want, and then "rubbing them all off" at the end to show the batter nothing is on. The rub-off is good if you get confused giving signals- and also at the beginning of a sequence to show the batter that nothing is going to be given (similar to the live and dead system).
- H. Repeat signal - This is a signal for your hitters to give you, to let you know they have no idea what you just did so repeat the signal. Tell your players to use this signal anytime they aren't sure about the signals. This signal can be something simple like grabbing the top of their helmet or tugging at their socks.

II. Tips for giving effective signals

- A. Practice giving your signals in a mirror, and by video taping yourself. Know what your players see when you're down there going through things at a thousand miles an hour.
- B. If you use a visor, hat , or coach's box as part of your signals if you either don't always wear them, or if you can't control if there will be a coach's box. (Some coaches use the box as their indicator-if they're in it the signal's on, if they aren't it's off.
- C. Give all your signals at the same speed. It's very easy to give your fake, or dead signals at speed, and other ones faster. This can be picked up by your opponents, and can make it difficult for your own player to understand your signals.
- D. Make sure your batters watch you entire signal, and not turn away once you finish the action portion. This will tell your opponents that once your batter turns away, all of your remaining movements are meaningless.
- E. Keep your signals and movements short and simple!!

Pitcher - en catcherstrategie

Wanneer er wordt gesproken over de slagstand, dan wordt eerste wijd aangegeven en daarna slag. Bijvoorbeeld 0-2 is 0 wijd en 2 slag. RHP staat voor een rechtshandige pitcher en LHH staat voor een linkshandige slagvrouw

III. De tekens van de catcher

A. Type worp

1. Fast ball
2. Rise
3. Drop
4. Change-up
5. Pitch out
6. Shake-off - Shake off gebruikt men om de slagvrouw te laten geloven dat er toch een andere pitch komt dan zij in eerste instantie dacht. De pitcher schudt teken af, nadat catcher shake-off teken gegeven heeft. Voorbeelden: 0-0 stand, 3-1 stand, 2-0 stand en 3-2 stand.
7. Opzettelijk vier wijd

B. Locatie worp

1. 1 = rechts laag
2. 2 = links laag
3. 3 = rechts hoog
4. 4. = links hoog

IV. Wie geeft de tekens?

- A. De catcher is degene die de tekens geeft hoewel de werper het recht heeft om soms af te schudden. Als er teveel afgeschud wordt dan is de samenwerking tussen werper en catcher niet goed.
- B. Soms geeft de coach een teken, dit teken heeft altijd voorrang boven tekens van catcher (werper). De coach geeft deze tekens omdat:
 1. Men de volledige verantwoordelijkheid bij de catcher weg wil nemen.
 2. Vaak allerlei statistieken, strategieën tegenstander bekend zijn.

V. Wat moet een catcher weten?

- A. De sterke en zwakke punten van de pitcher.
- B. De sterke en zwakke punten van de slagvrouw.
- C. De wedstrijdssituatie, inning, stand, hoeveel uit, mensen op de honken, hoeveel ballen pitcher gegooid heeft etc. etc.
- D. Hoe denkt een slagvrouw.

VI. Waar moet men een slagvrouw pitchen

Als het mogelijk is moet je proberen slagmensen te scouten in wedstrijden of in batting-practices. Let dan op de volgende punten:

A. De voetenstand (en hoe stapt de slagvrouw?)

1. Open (stappen) - fastball en brekende bal aan de buitenkant
2. Gesloten (stappen) - pitch inside
3. Diep in de box - pitch laag en brekende bal aan de buitenkant
4. Voor in de box - fastball/rise hoog binnenkant.
5. Ver van de plaat - buitenkant (let op! stapt misschien naar binnen)
6. Dicht op de plaat - binnenkant

B. De handen

1. Hitch - fast ball/rise hoog binnenkant
2. Dicht bij het lichaam - pitch binnenkant
3. Ver van het lichaam af - pitch buitenkant zal waarschijnlijk problemen hebben met brekende bal buitenkant

C. De stap

1. Grote stap - fast ball/rise hoog binnenkant.
2. Stapt naar binnen - fast ball/rise binnenkant.
3. Stapt naar buiten - pitch buitenkant.

D. Kijken

1. Hoofd wegdraaien - outside (curve)

VII. Waar moet je nog meer op letten

- A. Is de slagvrouw een gokker; varieer de worpen, laat de pitcher eens afschudden, denk als de slagvrouw en vraag het omgekeerde.
- B. De ongeduldige slagvrouw: laat de slagvrouw wachten op de pitcher, catcher bepaalt de pauze tussen de verschillende worpen.
 1. Laat de pitcher in de spots gooien, goede wijd bal, slechte slagbal.
 2. De ongeduldige slagvrouw slaat vaak op slechte worpen.
- C. Slagvrouw die veel op de eerste bal slaat: gooi de eerste bal in de spots, mist de pitcher de spots dan moet het een wijd bal zijn.
- D. Onbekende slagvrouw: pitch " L "
 1. Fastball of rise binnenkant hoog/laag
 2. Curveball of change-up buitenkant/laag

VIII. Pitching counts

- A. 0-0 - Kom voor op de slagvrouw, dus gooi slag. Gebruik de beste bal van de pitcher meestal is dat de fastball.
- B. 0-2 –
1. Gooi goede wijd bal / slechte slag bal.
 2. Probeer slagvrouw "op te zetten" - bijvoorbeeld FB/R hoog binnenkant, terugkomen met curveball of change-up laag buitenkant. (RHP vs RHH)
 3. Gooi niet altijd een absolute wijd bal, voorbeelden:
 - a. RHP vs RHH: fb/r binnenkant hoog, cb/ch laag buitenkant.
 - b. RHP vs LHH: fb/r binnenkant hoog, cb/ch laag binnenkant.
 - c. LHP vs RHH: fb/r binnenkant hoog, cb/ch laag binnenkant.
 - d. LHP vs LHH: fb/r binnenkant hoog, cb/ch laag buitenkant.
 4. Gooi in een wedstrijd ook eens een slagbal in deze stand.
 5. Gooi geen pitch die de pitcher nooit gebruikt.
- C. 2-0/3-1
1. Gooi normaal gesproken een gecontroleerde fastball of gecontroleerde curveball.
 2. Shake-off sein en gooi een fastball.
 3. In een belangrijke situatie met open eerste honk: goede wijd -/slechte slagbal.
 4. Change-up bij goede slagmensen is ideaal in deze situatie.

IX. Pitching situaties

- A. Eerste Slagvrouw van een inning
1. Zorg ervoor dat de velders een kans hebben een nul te maken, liever een honkslag tegen dan vier wijd.
 2. Slag gooien is het allerbelangrijkste.
- B. Stootslag situatie (0 uit)
1. Gooi een slagbal, hoog en hard (fastball/rise).
 2. Curveball alleen als het een harde brekende bal is (bijv. drop).
 3. Geen langzame curveball of cu.
- C. Squeeze situatie
1. Als slagvrouw of loopster te vroeg laten zien dat ze gaan squeeze gooien we een pitch-out.
 2. Een andere "play" is met catcher, derde honkvrouw en korte stop. Pitcher gooit een pitch-out, derde honkvrouw breekt vroeg naar thuisplaat en catcher gooit naar korte stop die op derde honk staat.

D. Loopster(s) op het eerste en tweede honk. (minder dan twee uit)

We willen in deze situatie dat er een infield nul gemaakt wordt. Pitcher moet een dusdanige bal gooien dat er de grootst mogelijke kans bestaat dat de slagvrouw een grond bal slaat. De beste bal is een lage pitch, dus een lage curve of een lage fb.

E. Loopster op het derde honk (minder dan twee uit)

1. In een opofferings-situatie (hoge bal buitenveld), moet je de pitches ook laag houden. Gebruik harde fastballs en beslist geen langzame curves of change-ups.
2. In een "tight game" laat de pitcher zijn beste pitches gebruiken. Eenmaal op twee slag gekomen ga dan vol voor de drie slag (KNOCK OUT)
3. Bij een bijv. drie punten voorsprong moet je de nullen maken en maakt dat ene punt niet zo veel uit, blijf uit de "big" innings.

F. Hit en run situatie (o of 1 uit)

Normaal pitcht men bij een RHH aan de binnenkant, alleen als de buitenkant het zwakke punt van de slagvrouw is gooi je aan de buitenkant, catcher moet ervoor zorgen dat korte-stop het tweede honk overneemt en tweede honkvrouw z'n veld blijft spelen. (Bij hit en run probeert een RHH vaak naar de rechterkant van het veld te slaan.)

G. Steel situaties

1. Houd de loopster kort op het eerste honk (d.m.v. pick-off's), daarna een snelle "release" naar de thuisplaat. Kort houden betekent niet dat je de loopster uit moet maken maar dat je de loopster in de gaten houdt.
2. Als de situatie dat toelaat gooi dan een hoge FB/R.

H. Pitchen bij een voorsprong

Wanneer je een comfortabele voorsprong hebt van bijvoorbeeld vier of vijf punten zorg er dan voor dat:

1. Men mag geen vier wijd gooit.
2. Gebruik control pitches.

Maak het je niet onnodig moeilijk door op de randen te gaan gooien, waardoor de kans op vier wijd groter wordt, de druk ligt bij offense en niet bij de defense.

I. Pitchen in een close situatie

Wanneer de stand in de latere innings (5, 6 of 7) gelijk is (of klein verschil) dan is het soms raadzaam om een goede slagvrouw te pitchen. Dit betekent: slechte slagballen/goede wijdballen, vier wijd is niet zo erg. Voorbeelden:

1. Winnende punt staat op tweede honk - eerste honk is open.
2. Loopsters op tweede- en derde honk - eerste honk open.
3. Loopster op derde honk met één uit - eerste honk open (dan kans op dubbelspel/voorste nul).

Wanneer men een goede slagvrouw toch moet pitchen gebruik altijd de beste pitches van de pitcher.

X. Het vragen van de catcher

- A. Eigen kracht - Ga altijd uit van de mogelijkheden van jouw pitcher, kijk daarna pas naar de slagvrouw.
- B. Wees niet voorspelbaar
1. Start niet elke slagvrouw met FB (varieer)
 2. Wanneer eerste fastball slag is vragen de meeste catchers de tweede bal een brekende bal, durf eens pitches te dubbelen.
 3. Ook wanneer er eens een pitch mislukt, vraag dan direct dezelfde bal, de pitcher weet dan hoe zij hem moet gooien.
 4. Gooi niet in een vast patroon: FB, CB, FB, CB etc. etc.
- C. Brekende bal vragen?
1. Vraag de brekende bal wanneer je voor in de count staat over de randen wanneer je achter staat door het midden (control pitch).
 2. Gooi de brekende bal bij een R.H.H. meestal laag buitenkant.
 3. Gooi de brekende bal bij een L.H.H. laag binnenkant, hoewel een "backdoor curve" soms heel effectief is.
- D. Vraag de change-up in de volgende situaties
1. Wanneer de slagvrouw een FB verwacht.
 2. Wanneer de slagvrouw erg ongeduldig is en heel graag wil slaan.
 3. Gebruik de change-up altijd, al is die niet goed het maakt de fastball effectiever.
 4. Wanneer je achter staat in de count dan moet de pitcher de change-up wel slag kunnen gooien. Gooi de change-up in ieder geval laag en als het kan aan de buitenkant.
 5. Gooi geen change-ups op slechte slagmensen, vaak is dat de enige bal die ze goed kunnen zien.