

SACRIFICE BUNT CHECKLIST

COACHES: Use this checklist to verify each main point or step in the sacrifice bunt.
Check each player individually or have players check each other.

TECHNIQUE/PROCEDURE	O.K.	NOT O.K.	COMMENTS
INSIDE PIVOT SQUARE AROUND PIVOT SHOULDER PIVOT BODY POSITION - Location - Feet - Knees - Arms GRIP BAT POSITION HAND/WRIST ACTION			

MAKE SURE PLAYERS

- a) Understand the purpose and intent of each item.
- b) Can explain each point to a team mate.
- c) Can correctly demonstrate each point.

SUMMARY - SACRIFICE BUNTING

Here is a summary of key points of the sacrifice bunt for players and coaches.

- _____ Use this play any time;
- WHEN
TO BUNT**
- a) *In a tie game* to score the go-ahead run, or,
 - b) In a game *against a tough pitcher* when runs are difficult to score.

_____ Sacrifice bunting is almost automatic:

- a) With runners *on 1st and 2nd base and no one out*, or,
- b) *Late in the game* with a runner on 1st and the team 2 or less runs behind.

- _____ The bunt should invariably be to the *glove side of the pitcher*. The rationale is that in softball 1st and 3rd base players usually play very close to home plate in a bunt situation, so by forcing the pitcher to field the ball, the sacrifice is more likely to succeed.
- WHERE
TO BUNT**
- _____

- _____ 1. BE IN POSITION EARLY, THIS IS NOT A SURPRISE PLAY.
- HOW
TO BUNT**
- _____
- 2. BUNT FROM THE FRONT OF THE BOX.
 - 3. START WITH BAT HIGH - TOP OF THE STRIKE ZONE.
 - 4. ARMS OUT, ELBOWS DOWN.
 - 5. BUNT ONLY STRIKES.
 - 6. BEND THE KNEES TO BUNT LOW PITCHES.
 - 7. CATCH THE BALL ON THE BAT.
 - 8. HIT THE TOP HALF OF THE BALL WITH THE BOTTOM HALF OF THE BAT.