

**REQUIREMENTS - DEFENSIVE POSITIONS**

**COACHES:** Half the battle for good defence involves getting the right players at the right positions. This is a real problem in minor softball where teams tend to be restricted in number and choice, so players frequently have to play, "out of position". This listing describes the optimum physical profile of defensive players and the closer you can match these requirements with your team, the more successful you will be.

**PITCHER** Look for a smooth throwing motion with good rhythm and coordination. above average size and strength with proportionate build.

Must be an exceptional competitor, have strong will with good sense of purpose. Must enjoy pitching and want to excel, to put in the extra work required.

**CATCHER** Strong throwing arm with quick release and good consistency. Has to be agile with sure, quick hands to receive the ball. Above average size is an asset and strong legs a must.

Needs competitive instincts, with good physical stamina and ability to hustle. As defensive leader should be a student of the game with a decisive nature. Often required to play with pain.

**FIRST BASE** Exceptionally sure hands with quick reflexes and good agility. Height and left handed are defensive advantages.

**2ND BASE** Similar qualities to Short Stop. Quickness and good range major assets. Must be agile to execute pivot. Needs average arm but must have quick release.

Must be aggressive and competitive to attack ground balls. Alertness a must, with good judgement and ability to anticipate plays.

**THIRD BASE** Quick hands and reflexes essential. Strong throwing arm. Average speed with good movement forward, back and to the left side.

Courage and competitiveness are key qualities. Must be calm under pressure and have good anticipation. Should also be aggressive and alert.

**SHORT STOP** Good agility and speed with wide range in all directions. Quick hands and reflexes. Strong throwing arm, with ability to throw from all positions.

Must be consistent and able to think under pressure. Some leadership desirable. Able to anticipate plays and have good ball sense.

**CENTER FIELD** Best all-around outfielder; strongest arm. Exceptional speed with ability to start quickly in all directions. As "captain" of the outfield, needs some leadership.

**RIGHT FIELD** Next strongest throwing arm and speed. Good ball judgement to play the line.

**LEFT FIELD** Average arm, not as strong as other outfielders. Good ball judgement to play the line. Could be left-handed. All outfielders require self discipline to stay alert. All should have good ball judgement, be aggressive and energetic.