

Softball Batting Recording Sheet

Name _____ Partner's name _____ Date _____ Class/period _____

• Trial 1: Watch your partner swing a softball bat five times. After the last swing, place a mark or tick mark in the recording space to indicate if your partner used correct form for the four different phases that you are watching (ready position, preparation, swing, follow-through). After the last swing, give your partner the assessment results about which elements were performed correctly and which can be improved. The critical elements under the main categories (ready position, preparation, swing, follow-through) will help you give suggestions to your partner to improve his or her skills. Now it is your turn to swing.

• Trial 2: This time, watch your partner swing the bat five times while attempting to hit a Wiffle ball from a tee. Place a mark or tick mark in the recording space to indicate whether your partner used correct form for the four different phases that you are watching (ready position, preparation, swing, follow-through). After the last swing, give your partner assessment results about which of the four phases were performed correctly and which can be improved. Now it is your turn to swing.

• Trial 3: Working in groups of three, have the first person, the batter, face a fence or wall. Have the second person, the tosser, make five soft tosses with the Wiffle ball so the batter can hit the ball toward the fence or wall. The third person records the number of times that the batter used correct form for ready position, preparation, swing, and follow-through. Be sure to provide feedback based on assessment results to help the person improve his or her batting technique. If time permits, repeat this trial, rotating roles so that each person assumes each role multiple times. Set an improvement goal at the completion of this assessment.

	Trial 1	Trial 2	Trial 3
Ready position: <ul style="list-style-type: none"> • Batter's side faces target. • Feet are square with knees flexed. • Hands are back above shoulder. 			
Preparation and backswing: <ul style="list-style-type: none"> • Weight shifts to back foot. • Arms move back to generate power. 			
Swing and contact: <ul style="list-style-type: none"> • Arms move forward and extend. • Hips rotate on the swing. • Head stays down. 			
Follow-through: <ul style="list-style-type: none"> • Wrists roll forward. • Hands wrap around shoulder. 			

Improvement goal for the performer:
