



Baseball (Softball)

This badge is targeted towards a boy in a boys baseball or a boys softball league.

Name _____

- _____ 1. Do all of the following to learn about baseball (softball):
 - _____ a. Explain the basic rules of baseball (softball).
 - _____ b. Demonstrate at least seven umpire signals and explain what they mean.
 - _____ c. Describe basic safety rules to follow when playing baseball (softball).
 - _____ d. Draw a diagram of a baseball (softball) field, labeling the dimensions, foul line, baselines and all positions. Know the area of the field you play for each position.
 - _____ e. List the different ball sizes, when they are used, and for what age groups.
 - _____ f. List the bat sizes and weights that are legal for different age groups.
 - _____ g. List the safety equipment used in baseball (softball) for the pitcher, batter, and catcher.
 - _____ h. Describe how the field, batter's box and on-deck circle are lined and what equipment is used.
- _____ 2. Do one (1) of the following:
 - _____ i. Research and report on the life of a famous baseball player.
 - _____ j. Attend or watch a high school, college, adult, or professional baseball (softball) game.
- _____ 3. Demonstrate three (3) of the following skill sets:
 - _____ k. Batting: strike, ball, foul ball, bunt, grounder, line drive, and fly ball
 - _____ l. Fielding: fielding a grounder, catching a line drive, catching a fly ball, and throwing to first base
 - _____ m. Base running: single, double triple, leading off, base stealing, running after a caught fly ball, feet first slide, and head first slide.
 - _____ n. Pitching: several different pitches such as curveball, fastball, knuckleball, slider, spin pitch. etc.
 - _____ o. Catching: Catching pitches, catching foul pop-ups, throwing out base stealers
- _____ 4. Over a period of at least six weeks, participate in at least twenty sessions on different days where a session can be any of the following:

- Team practice for an organized team
- A game for an organized team
- A professionally coached skills session, lesson, or class
- At least one hour of pick-up games, skill improving games, or skills practice

Trail Badge Mentor Signature

Date

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