

# How to Make the "Perfect" Softball Video

## All Positions / General Information

1. Film from an angle so coaches can see both fielding and throwing
  - a. Do not have camera follow the throw
2. Do not edit the tape. College coaches **do not** expect you to be perfect
3. All players (except pitchers & catchers)
  - a. Field fly balls (directly at you, left & right, up & back)
  - b. Important to show throw coming into camera
4. The entire tape should be a **maximum** of 20 minutes
  - a. Coaches want to see approximately 7-10 repetitions of each skill
  - b. Do not add music or special effects to video
5. Do rush to complete the video
  - a. Plan in March / Tape in April / Send out in May

## Positions / Specific Catchers w/Equipment

1. Block balls in dirt, some right at you, some to show lateral movement L/R
  - a. Field bunts and throws to all bases
2. Throws to first (pickoffs) and second (steals)
3. Show pitcher / catcher working together (camera on catcher)
  - a. Glove position is very important

## 1st & 3rd Base

1. Field bunts and throw to all bases
2. 1<sup>st</sup> Base = take throws in dirt, high and moving off base
3. 3rd base = take throws from infield/outfield showing tag plays
4. Field grounders and fly balls (as mentioned above) with throws to all bases

## 2nd Baseman & Shortstop

1. Field grounders and fly balls (as mentioned above) with throws to all bases
  - a. Double play pivots/footwork (2B & SS)
2. Double play feeds (2B & SS)
3. Shortstop covering both second and third on steals
4. 2nd Baseman covering first on bunts
5. 2nd baseman & Shortstop outfield relay
6. Throws to both 3rd base and home

### **Outfielders**

1. Field grounders and fly balls (as mentioned above) with throws to all bases
2. Throws to each base including home
3. Fly balls - short and long (show proper glove position)

### **Hitting**

1. Hitting can be off either pitcher or machine
2. Show open side
  - a. Should be able to see from head to toe and entire swing
  - b. Maximum 25 swings
3. Show each bunt that you can perform properly
  - a. Maximum 5 of each

### **Baserunning**

1. Home to first
2. 1st base to 3rd Base
3. Sliding
  - a. Camera set at 3rd Base, baserunner starts 1/2way between 1st & 2nd

### **Pitching**

1. Camera set on tripod at the following positions
  - a. Behind Home Plate
  - b. Open Side
  - c. RHP=3rd Base
  - d. LHP=1<sup>st</sup> Base
2. Behind Pitching Rubber (Throwing Arm Side)
  - a. Pitcher throws 5 pitches from each position
3. After each series, pitcher introduces next series. Leave sufficient space both before and after intro's (approximately 3-5 seconds of film) to accommodate for any mistakes

Introduction Player standing (camera set to show players upper body in good light with backdrop - dugout/tarp/wall etc)

### Tape Introduction - All Skills

*Hi Coach, my name is Jane Doe. I am a junior (position) at Anytown High School in Anytown USA.*

*This tape will show all of my softball skills beginning with positional play including fielding and throwing, batting, bunting and baserunning*

### Tape Conclusion - All Skills

*Thanks for taking the time to view my video. If you have any questions regarding my skills, please feel free to contact my HS coach (name), my ASA Coach (name) or my parents. Good luck in your upcoming season.*

### Tape Introduction – Pitching

*Hi Coach, my name is Jane Doe. I am a Junior Pitcher at Anytown High School in Anytown USA. Thank you for showing an interest in my Pitching.*

*This first series of pitches are fastballs*

*The next set of pitches are drops*

*The next set of pitches are drop curves*

*The next set of pitches are curves*

*The next set of pitches are Rise Balls*

*The next set of pitches are alternate fastball/changeups*

*The next section shows both fielding and hitting*

### **Note on Ground Balls**

*Field ground balls, some directly at you, some to your right and left. Throw the ball to 1st and 2nd base. (Film from an angle so coach will be able to watch throw) Pitcher should throw pitch to catcher then coach immediately bats grounder to pitcher who fields and throws to base. Fielder throws back to pitcher who begins series again.*

### Tape Conclusion - Pitching

*Again coach, thank you for showing an interest in my pitching. If you have any questions regarding my skills, please feel free to contact my Coach (name) or my parents. Good luck in your upcoming season.*

