

Pacifica Girls Softball League
Division Level Skill Development Guide
January 2026

Softball Skills	6U	8U	10U	12U	14U+
Overall Theme	Movement / Fun	Fundamentals	Repetition	Consistency	Execution

Team Metrics:

Players Per Team	8-10	10-12	12-14	11-13	14-16
Coaches Per Team	2-4	2-4	2-4	2-4	2-4
Practices Format	Stations	Stations	Stations	Stations	Stations
Field - Practices / Week	1	2	2	2	2
Field - Practice Length (Min)	60	90	90	90	90
Batting Cage - Practices / Week	0	1	1	1	1
Batting Cage - Practice Length (Min)	0	45	45	45	45
Game Day Warm Up Length	45	60	60	60	60

Warm Ups / Conditioning:

Dynamics		Yes	Yes	Yes	Yes
Lap		Yes	Yes	Yes	Yes
Static / Circle Stretching	Yes			Yes	Yes
Speed				Yes	Yes
Strength					Yes
Agility					Yes
Arm Care			Yes	Yes	Yes

Communication:

Call Ball ("Ball, Ball, Ball")		Yes	Yes	Yes	Yes
Fielders Call Play (1 out, play at 1B, etc.)		Yes	Yes	Yes	Yes
Team Call Base After Ball in Play ("1, 1, 1")		Yes	Yes	Yes	Yes

Batting:

Athletic Stance	Yes	Yes	Yes	Yes	Yes
Balanced Swing	Yes	Yes	Yes	Yes	Yes
Batters Box Positioning	Yes	Yes	Yes	Yes	Yes
Tee Work	Yes	Yes	Yes	Yes	Yes
Eyes / Contact	Yes	Yes	Yes	Yes	Yes
Knuckles Alignment	Yes	Yes	Yes	Yes	Yes
Righty vs Lefty (don't assume all at RHB)	Yes	Yes	Yes	Yes	Yes
Plate Approach		Yes	Yes	Yes	Yes
Power Hitting					Yes
Situational Hitting				Yes	Yes
Bunting		Yes	Yes	Yes	Yes
Slap Hitting					Yes
Live Pitching		Yes	Yes	Yes	Yes
Pitching Machine			Yes	Yes	Yes
Signs		Yes	Yes	Yes	Yes

Baserunning:

Through 1B	Yes	Yes	Yes	Yes	Yes
Rounding 1B		Yes	Yes	Yes	Yes
Stealing		Yes	Yes	Yes	Yes
Sliding	Yes	Yes	Yes	Yes	Yes
Diving				Yes	Yes
1B to 3B		Yes	Yes	Yes	Yes
2B to HP		Yes	Yes	Yes	Yes
Tagging Up			Yes	Yes	Yes
Aggressive		Yes	Yes	Yes	Yes
Pickle / Run Downs			Yes	Yes	Yes
Base Coach Signals		Yes	Yes	Yes	Yes
Signs		Yes	Yes	Yes	Yes

Throwing:

Mechanics	Yes	Yes	Yes	Yes	Yes
Grip	Yes	Yes	Yes	Yes	Yes
Set Feet, point elbow, ball up / backwards	Yes	Yes	Yes	Yes	Yes
Transition Speed			Yes	Yes	Yes
Cut Off			Yes	Yes	Yes
Long Toss / Crow Hop			Yes	Yes	Yes
Ball to Pitcher	Yes	Yes	Yes	Yes	Yes

Infield:

Set Positions				Yes	Yes
Chain of Command			Yes	Yes	Yes
Ready Position	Yes	Yes	Yes	Yes	Yes
Dailies		Yes	Yes	Yes	Yes
Footwork			Yes	Yes	Yes
Force vs Tag Plays		Yes	Yes	Yes	Yes
Tag Footwork / Mechanics		Yes	Yes	Yes	Yes
Set Feet / Throw	Yes	Yes	Yes	Yes	Yes
Two Hand Grounder	Yes	Yes	Yes	Yes	Yes
Aggressive Grounder		Yes	Yes	Yes	Yes
Double Plays (Traditional)		Yes	Yes	Yes	Yes
Double Plays (Fly Ball)		Yes	Yes	Yes	Yes
Fly Balls		Yes	Yes	Yes	Yes
Steal Coverage		Yes	Yes	Yes	Yes
Bunt Defense			Yes	Yes	Yes
Line Drives		Yes	Yes	Yes	Yes
Diving				Yes	Yes
Do or Die Plays			Yes	Yes	Yes
Backups		Yes	Yes	Yes	Yes
Cutoffs			Yes	Yes	Yes
Pickle / Run Downs			Yes	Yes	Yes
When not to throw the ball ("Eat it")		Yes	Yes	Yes	Yes
Defensive Shifts					Yes

Outfield:

Set Positions (one IF, one OF)				Yes	Yes
Chain of Command			Yes	Yes	Yes
Ready Position	Yes	Yes	Yes	Yes	Yes
Footwork (efficiency)	No		Yes	Yes	Yes
Set Feet / Throw	Yes	Yes	Yes	Yes	Yes
Safety Stop	Yes	Yes	Yes	Yes	Yes
Aggressive Grounders			Yes	Yes	Yes
Two Handed Fly Ball	Yes	Yes	Yes	Yes	Yes
Drop Step			Yes	Yes	Yes
Catch / Crow Hop		Yes	Yes	Yes	Yes
Do or Die Plays			Yes	Yes	Yes
Backups		Yes	Yes	Yes	Yes
Cutoffs			Yes	Yes	Yes
Defensive Shifts				Yes	Yes

Pitching:

Composure / Rules		Yes	Yes	Yes	Yes
Attitude		Yes	Yes	Yes	Yes
Grip	Yes	Yes	Yes	Yes	Yes
Step, Drag, Point	Yes	Yes	Yes	Yes	Yes
Fastball		Yes	Yes	Yes	Yes
Change Up		Yes	Yes	Yes	Yes
Curveball				Yes	Yes
Screwball				Yes	Yes
Drop Ball					Yes
Rise Ball					Yes

Catching:

Stance / Safety	Yes	Yes	Yes	Yes	Yes
Gear		Yes	Yes	Yes	Yes
Blocking			Yes	Yes	Yes
Framing				Yes	Yes
Throw Downs		Yes	Yes	Yes	Yes
Drop 3rd Strike			Yes	Yes	Yes
Pick Off Plays				Yes	Yes
Pop Ups		Yes	Yes	Yes	Yes
Bunts		Yes	Yes	Yes	Yes
Tags		Yes	Yes	Yes	Yes
Calling Pitches			Yes	Yes	Yes
Calling Plays					Yes