



6U Skills Checklist - Spring 2026

This checklist is a guide for parents and coaches to evaluate areas of focus for their 6U athletes and to represent a readiness guide for the next level of softball (8U).

Fielding

- ☐ Uses two hands to field groundball (Alligator)
- ☐ Fields ball between legs consistently
- ☐ Moves toward the ball, doesn't wait

Throwing

- ☐ Steps with correct foot
- ☐ Throws with elbow up (no chicken wing)
- ☐ Points glove toward target

Catching

- ☐ Attempts to catch glove up (High Five position)
- ☐ Meets the ball (steps towards ball while catching)
- ☐ Understands squeezing the glove

Hitting

- ☐ Knows where to stand in the box (takes correct batting stance)
- ☐ No issue hitting off hitting tee
- ☐ Confident hitting off coach

Baserunning

- ☐ Runs hard to every base
- ☐ Runs through 1st base
- ☐ Can identify each base by name

Gameplay

- ☐ Consistently listens to coaches' directions
- ☐ Actively cheers on teammates
- ☐ Can put on and use equipment without assistance