

Spring 2026 Softball Assessments



Logistics

- All assessments will be held at Frontier Park on Fields 7 and 8 (Station layout below)
- Participants will warm up on their own, start at any station, and rotate through at their own pace in whichever order they choose - just be sure to do all six stations
- Participants will carry their equipment from station to station (bat, helmet, glove, etc.)
- While athletic shoes are okay, cleats are preferred, as the turf can be slick
- Softball pants are not required; please dress weather appropriate
- Participants are free to leave once all six stations are complete
- For 10U and 12U, we'll have an additional pitching station
 - Only pitchers with considerable game experience and/or taking lessons should assess; girls wanting to try pitching can work with their coach during practices
 - Pitchers will assess prior to assessments starting
- We will stagger assessments alphabetically to help prevent backups (see below)
- If you need to attend during a different division, that is okay, just let us know (brad.bode@pbsatx.org)

Date/Times

Please arrive 15 minutes early to warm up (if desired) and no later than 45 minutes prior to the end of your division. We'll have buckets of balls in left field of Field 7 to warm up with (next to the throwing station)

8U Softball

- Wednesday, July 22, 2026 (6:00 pm - 8:00 pm)
- Preferred Arrival Times
 - A-G: 6:00 pm
 - H-O: 6:30 pm
 - P-Z: 7:00 pm

10U Softball

- Tuesday, July 21, 2026 (5:30 pm - 8:00 pm)
- Preferred Arrival Times
 - Pitchers: 5:30 pm
 - A-F (plus Pitchers): 6:00 pm
 - G-N: 6:30 pm
 - O-Z: 7:00 pm

12U Softball

- Monday, July 20, 2026 (5:30 pm - 8:00 pm)
- Preferred Arrival Times
 - Pitchers 5:30 pm
 - A-D (Plus Pitchers): 6:00 pm
 - E-O: 6:30 pm
 - P-Z: 7:00 pm



Stations

Station 1: Fielding

- Overall Form
- Ground balls (2-3 balls)
- Fly balls (2-3 balls)

Station 2: Exit Velocity

- Tee (3 swings)

Station 3: Hitting

- Overall Form
- Contact (5 - 8 pitches)

Station 4: Throwing

- Overall Form
- Accuracy (5 throws from 3 distances)
- Velocity

Station 5: Agility

- 5-10-5 shuttle (2 runs)

Station 6: Speed

- 20-yard sprint (2 runs)

Pitching (10U-12U)

- 5-8 Pitches (just enough to gauge velocity, form, and accuracy)
- Only for pitchers with game experience or who have been taking lessons

