

## Individual Goal Statement

**Long Range Goal** : Obtain USA Softball Elite Umpire

Medium Range Goal: Become College Umpire

Short Range Goal: Obtain skills to obtain Medium & Long-Range Goals

Objective 1: Skill Sets

- A. Obtain a Mentor
- B. Achieve Skill Sets through Training
  - a. Plate Mechanics
  - b. Base Mechanics
    - i. 2 Umpire System
    - ii. 3 Umpire System
  - c. Rule Knowledge
  - d. Case Book - Situations
  - e. Game Management

Objective 2: Plate Mechanics

- A. Plate Stance Fundamentals
  - a. Heal Toe
  - b. Lock in Mechanics - is a physical element of your plate stance that GUARANTEES your head height will be the same in the first inning as it is in the seventh inning as it is in the 13th inning. Fatigue is your enemy.
  - c. Head Height – I put my hands on my knees, (or put them at crotch) just like my stance on the bases, and I lock my elbows. It is a simple stance, but effective. UNLESS your ARMS GROW LONGER DURING A GAME, YOUR HEAD HEIGHT NEVER CHANGES FROM THE FIRST INNING TO THE LAST PITCH.”
  - d. Balance
  - e. Tracking – learn to pick up the ball from the pitcher’s hand to catcher’s glove each pitch
  - f. Focus

B. Movement from the Plate

- a. Trailing – when & how
- b. Use of Holding Zone
  - i. 2 umpire system
  - ii. 3 umpire system
- c. Movement to proper position in the infield
- d. Movement to Holding Zones
- e. Angles and Distancing
- f. Adjustments
- g. Communication

C. Base Mechanics – 2 Umpire System

- a. Stance & Presence (on the line/in the field)
- b. Angles and Distance on plays at each location
- c. Timing and Rhythm on Calls
- d. Button Hook (Pivoting properly)
- e. Rotated Positioning (2<sup>nd</sup> Base)
- f. Rotated Positioning (SS)
- g. Angles and Distance on Force outs and Tag Plays (2<sup>nd</sup> and SS positions)
- h. Movement into the Infield
- i. Communication
- j. Tracking Ball Status

D. Base Mechanics – 3 Umpire System

- a. Stance & Presence (on the line/in the field)
- b. Angles and Distance on plays at each location
- c. Timing and Rhythm on Calls
- d. Button Hook (Pivoting properly)
- e. Rotated Positioning (2<sup>nd</sup> Base)
- f. Rotated Positioning (SS)
- g. Angles and Distance on Force outs and Tag Plays (2<sup>nd</sup> and SS positions)
- h. Movement into the Infield
- i. Tracking Ball Status
- j. Chasing on Fly Balls – Understanding your responsibilities
- k. Communication

- E. Game Management – *this is the key to advancement at all levels, not able to manage a game, deal with difficult situations, managing and facilitating with coaches, line-up card management (you might just stay as a REC UMPIRE)*
- F. Crewness
- G. Physical and Mental Preparation – annually
- H. Classes and Training Seminars
- I. Video and Power point review
- J. Meetings with Mentor on a regular interval
- K. Taking game notes and reviewing each
- L. Maintain a Diary to monitor progress