

Softball players that are positioned in the outfield are known to be quicker than infielders. They tend to be quicker in every aspect of the game whether they are sprinting to go catch a ball or running the bases. The purpose of the study was to determine if softball players who are positioned in the outfield would be faster than the infield players. Twelve Missouri Southern State University (MSSU) collegiate softball players participated in the study, six played the infield and six played the outfield position. All athletes participated in the same strength and conditioning training sessions led by MSSU coaches. The study was conducted at the MSSU Pat Lipira softball complex. Each athlete completed four trials of the following, run from home to first base (60 feet) and a two-minute recovery. Times were recorded with a stop-watch and the average time of the athlete's trials was calculated. Descriptive statistics were performed and a two-tailed t-test was performed to determine if there were differences in trial times between the infield and outfield players. Outfielders were significantly faster than infielders. Even though each player was participating in the same strength and conditioning programs outfield times were faster. These findings suggest that genetics could play a role and that the athletes choose their position based on their speed and agility.