

# TEACHING SKILLS

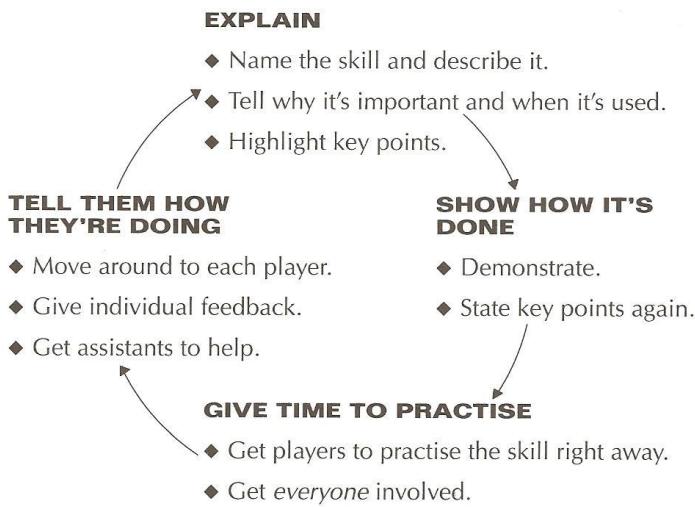
Coaching involves guiding the discovery of how to perform various skills. These skills can be **physical** (how to hit), **social** (how to share equipment), or **mental** (how to think ahead).

When introducing new skills,

## SKILL LEARNING

- ◆ teach one thing at a time.
- ◆ keep teaching time short and to the point.
- ◆ progress from simple to more difficult skills or situations.
- ◆ use fun activities and games as much as possible.
- ◆ allow for different rates of progress.

Here is a good teaching sequence to follow:



Young children (all athletes for that matter!) learn new skills best by experimenting and “feeling” the right way to do it, having the right “feeling” reinforced by the coach, then practising it over and over.

In the teaching sequence, practice is all important! Make each skill session “an ounce of information and a ton of practice.”

## GIVING FEEDBACK TO YOUR PLAYERS

- ◆ **Give the “good” picture.** Demonstrate what you want, not what the player is doing incorrectly.
- ◆ **Be positive.** Acknowledge what is being done well, then point out what should be worked on.
- ◆ **Be specific.** Demonstrate exactly what it is you want done.

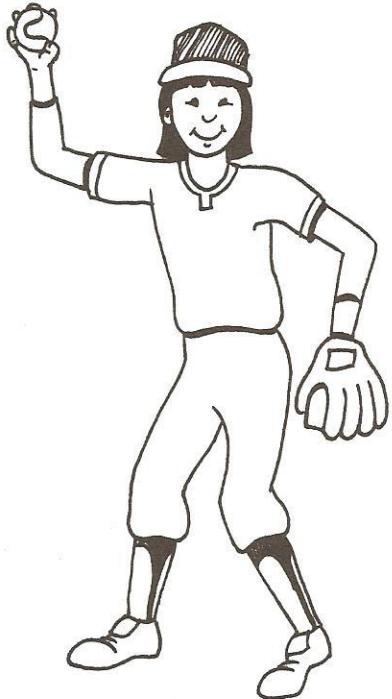
## DEVELOPING SKILLS IN SOFTBALL

Softball involves five basic skills — throwing, receiving (fielding), hitting, running, and pitching. Understanding and mastering these skills will allow players to develop in the game.

What follows is a brief description of the basic skills of softball, along with some simple drills for working on them. The drills are listed in sequence from simple to more complex to provide a progression for your players. The next section of the booklet shows you how to integrate drills into your practice sessions.

### THROWING

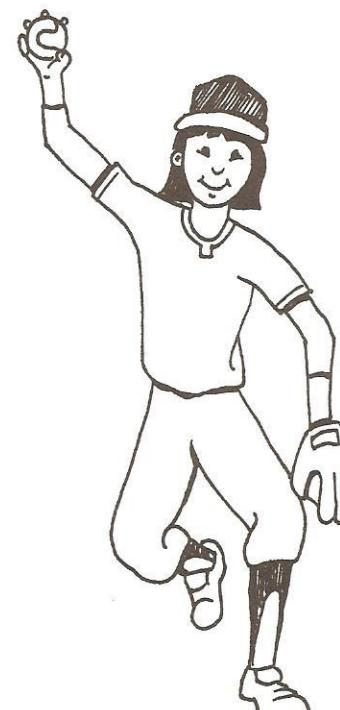
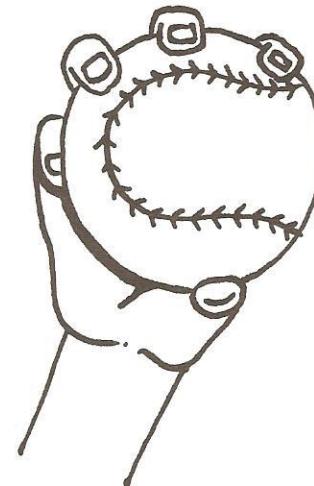
#### Technique



- ◆ Grip the ball with two or three fingers (including the middle and forefinger) across the wide part of the seams with the thumb under the ball. Players with small hands may have to use four fingers.
- ◆ Start the arm action by taking the ball back to full extension with the wrist cocked underneath the ball.
- ◆ Step forward on the foot opposite to the throwing arm (i.e. a right-handed thrower would step onto the left foot).
- ◆ As the arm comes forward, keep the elbow higher than the shoulder.
- ◆ Release the ball slightly above and past the head.

#### Drills

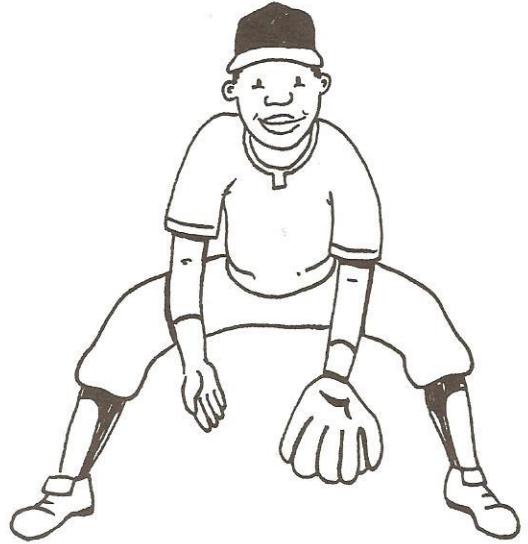
- ◆ Throw from a sitting position.
- ◆ Throw from both knees.
- ◆ Throw from one knee (the throwing-side knee stays on the ground).
- ◆ Throw at a target. The target could be a partner's glove or the middle of their body.
- ◆ Long toss. For this drill, throw increasingly longer distances, up to a distance suitable for the age group of your players.



## RECEIVING (FIELDING)

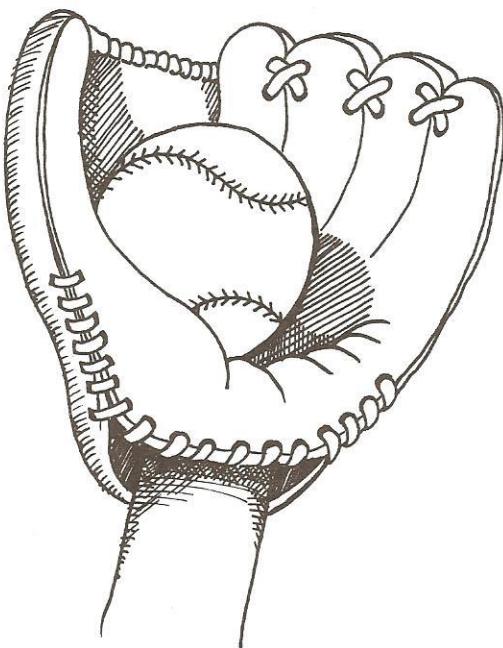
Get into the defensive ready (or set) position before every pitch:

- ◆ feet shoulder-width apart
- ◆ knees bent, seat low, head up, eyes on the batter
- ◆ hands positioned low, glove near the ground (infielders)
- ◆ upper body relaxed, weight slightly forward.



### Technique

- ◆ Put all of your fingers in the fingers of the glove.



- ◆ Catch the ball in the "palm" of the glove.
- ◆ Catch the ball with two hands whenever possible.
- ◆ Let your hands "give" to absorb the force of the ball as the ball enters the glove.
- ◆ If the ball is above the waist, point your fingers upward so the thumbs are together. If

the ball is below the waist, point your fingers down so the little fingers are together.



### Drills

- ◆ Catch the ball using both hands without a glove.
- ◆ Using a glove, shift to catch the ball with two hands in front of the middle of the body.
- ◆ Using a glove, catch the ball thrown in various directions — high, low, to the left, right, etc.

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## FIELDING GROUND BALLS

### Technique

- ◆ Keep feet shoulder-width apart with weight on the balls of the feet.
- ◆ Bend knees and hips so the back is parallel to the ground. Keep the hands down and slightly forward, just touching the ground with the palms up (glove open).
- ◆ Watch the ball all the way into the glove.
- ◆ Field the ball in the middle of the body; use the throwing hand to trap the ball.



### Drills

- ◆ Field rolled balls without using a glove.
- ◆ Field rolled balls with a glove.
- ◆ Field bouncing balls.
- ◆ Field balls moving to the left and the right.
- ◆ Field batted balls.

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## **FIELDING FLY BALLS**

### **Technique**



- ◆ Run to where the ball will be caught, always keeping your eye on the ball.
- ◆ Catch the ball slightly above head height, with both hands just above the throwing shoulder.
- ◆ Watch the ball all the way into the glove.
- ◆ Bring the ball down to the throwing shoulder.
- ◆ Step toward the target, and throw.

### **Drills**

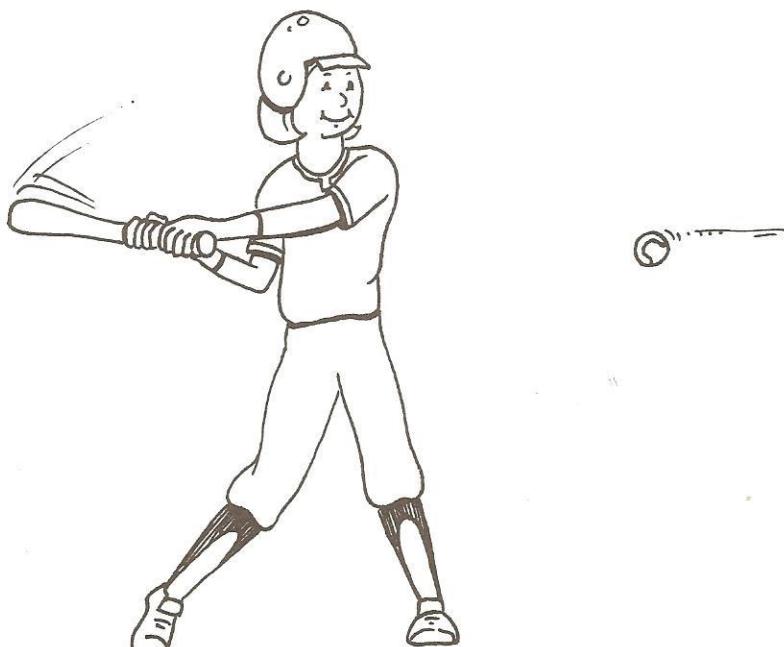
- ◆ Catch the ball from a self-toss.
- ◆ Catch the ball from a low or high toss.
- ◆ Move to the right, left, forward, or backward to catch a tossed ball.
- ◆ Catch batted fly balls.

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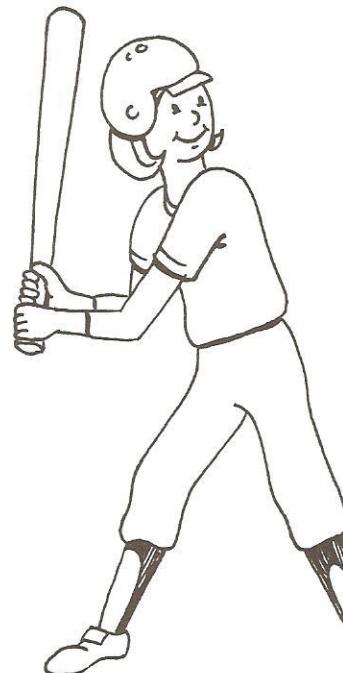
## **HITTING**

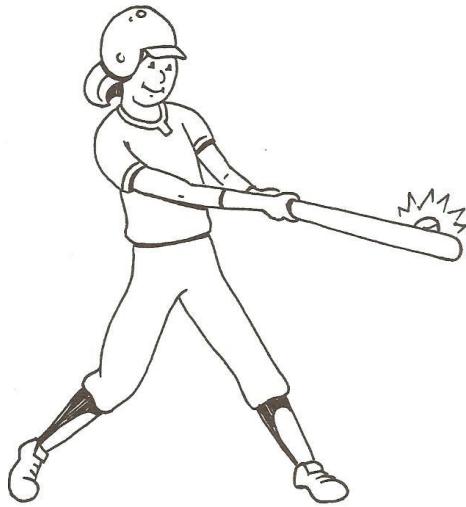
### **Technique**

- ◆ Hold the bat with a relaxed grip at the base of the fingers — not in the palm. The hand closer to the pitcher should be on the bottom, close to the knob.
- ◆ Take a comfortable stance close enough to home plate to be able to hit pitches on the outside corner.



- ◆ Watch the ball all the way in until it makes contact with the bat.





◆ Take a short stride (10-15 cm) with the front foot directly toward the ball.

◆ Swing the bat on a level path, and finish the swing after hitting the ball.

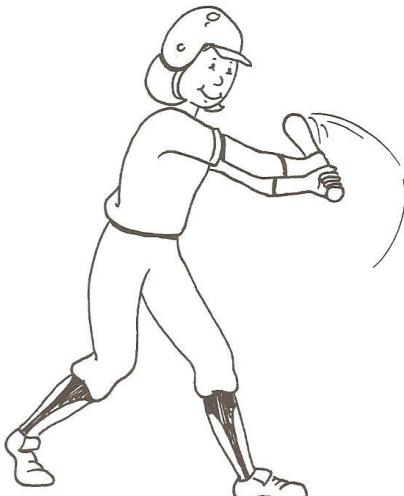
#### Drills

◆ Practise swings with no softball.

◆ Hit off a batting tee.

◆ Coach toss.

◆ Practise recognizing and avoiding bad pitches. Use Nerf balls, tennis balls, or Incrediballs for this one with a coach as pitcher.



◆ Batting practice. Do this with a pitching machine or with a coach throwing from a shortened distance.

## BASERUNNING



#### Technique

◆ Move arms and legs in a straight line. Try to minimize movement of arms or legs across the body.

◆ Stay relaxed.

◆ Whenever possible try to cover the *shortest* distance from base to base. Run in a straight line and touch the front of the base.

◆ Always run as fast as you can.

#### Drills

◆ March with knees high.

◆ Run with knees high.

◆ Relays.

◆ Tag.

◆ Run from home to first.

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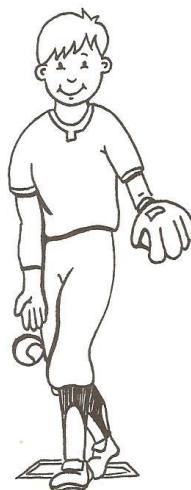
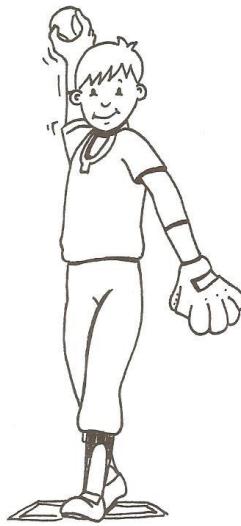
## PITCHING

### Technique

- ◆ Begin with a staggered stride (both feet in contact with the pitcher's plate), weight on the back foot (opposite side to throwing arm), arms relaxed. Grip the ball firmly, but in a relaxed manner, with two, three, or four fingers.
- ◆ Shift weight forward to the front (pivot) foot. Step toward batter with the foot opposite the throwing hand and bring the throwing arm up in front of the body, past the head, in a full backward circle.
- ◆ Push off the rear foot and swing arm forward with the fingers behind the ball. Release the ball as the hand passes the hip, snapping the wrist on release.
- ◆ Allow pivot foot and body weight to come forward in the follow through. Finish in a square stance.

### Drills

- ◆ Perform the pitching motion without a ball (work on technique).
- ◆ Perform the pitch without moving the feet. (Feet parallel, shoulder-width apart. Work on shoulder and hip rotation.)
- ◆ Pitch against a wall/screen three to five metres away. Increase distance gradually as technique improves. Use an Incrediball.
- ◆ Pitch to a catcher without a batter (simulating game situation — balls and strikes).
- ◆ Pitch to a stationary batter (simulating game situation with a catcher).



# PLANNING & RUNNING PRACTICES

Practice time is precious, so you'll want to make the most of it. Here are some tips for planning and running your practices.

## PREPARING FOR PRACTICE

- ◆ Write out your practice plan and follow it. This should make your session more productive and enjoyable. A blank Practice Plan form is included in this booklet for your convenience. Photocopy a supply, and use one each time you prepare for a practice.
- ◆ Plan to keep everyone active. Use small groups (or "stations") when doing drills, so players don't have to wait long for their turn.
- ◆ Plan practices so they are fun! Try to include a variety of drills, games, relays, and competitions.
- ◆ Concentrate on practising a few skills well, rather than attempting to cover too much at one time.
- ◆ Make sure you have enough equipment and sufficient space for all the drills and activities you want to do.
- ◆ Take a step-by-step approach. Younger and inexperienced players should master basic skills before moving on to more complex skills or plays.
- ◆ Keep your practice plans. They will remind you of what you have covered and any problems you encountered.



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## RUNNING THE PRACTICE

- ◆ Get to practice early and insist that your players arrive on time.
- ◆ Share responsibilities with another coach (and other helpers if necessary). This will give players more individual attention and help keep them active and involved.
- ◆ Young children have a short attention span, so keep drills and other activities brief (5-10 minutes each, for example).
- ◆ Provide as many contacts with the ball as possible — throwing, catching, fielding, and hitting. In a game, players may only get four or five chances to swing at bat or field a ball. They must get many more contacts in practice to improve.
- ◆ Do the more demanding skills and drills early in the practice when players are fresh.
- ◆ Continually challenge players by increasing the difficulty of drills once they have mastered easier ones.
- ◆ Treat all players equally and emphasize positive feedback. Try to talk to each player individually at every practice.

In addition to relays, drills, and other activities that focus on softball skill development and fun, each practice should include a warm-up and a cool-down:

**Warm-up** — An easy run or warm-up activity followed by slow stretching will prepare players for the more demanding activities that follow. (Some sample stretches are shown on the next page.)

**Cool-down** — Conclude the practice with stretching and easy running to bring the players' heart rate and body temperature back toward normal resting levels.

### TIPS FOR TEACHING

- ◆ Arrange players in a semi-circle in front of you.
- ◆ Position players so there are no distractions behind you — the sun shining in their eyes, for example.
- ◆ Scan the group as you talk. Make eye contact with all players.
- ◆ Speak in a concise, clear manner. Too much information may confuse your players.
- ◆ Ask questions to make sure players have understood you and know what is expected of them.
- ◆ When setting up a drill, tell your players *how, where, in what direction, and how many, or for how long*.

## ASSESSING THE RESULTS

- ◆ Review your practice plan after the session.
- ◆ Determine if you achieved your objectives. If not, why not?
- ◆ Decide what went well and what needs to be worked on. Use this information to select the skills and drills you will concentrate on next time.
- ◆ Make a note of activities that players particularly enjoyed and return to them in the future.



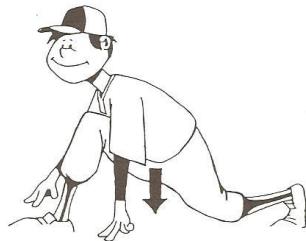
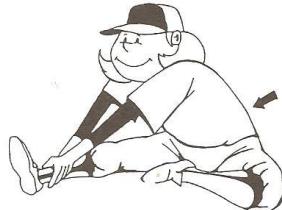
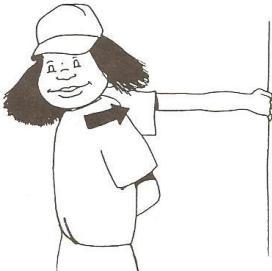
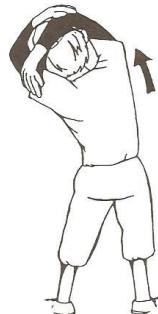
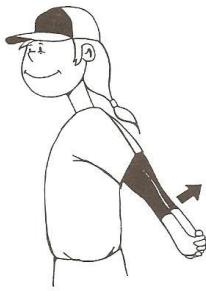
The sample practice plans on the following pages will give you a feel for the “flow” of a practice. They should also provide lots of ideas for developing your own sessions.

Use your imagination and creativity when planning your practices. Have fun. And remember, you’re there for the players!

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## STRETCHING FOR SOFTBALL

- ◆ *Stretch and hold* the positions shown — don't bounce or jerk!
- ◆ Hold each position for 15 seconds, then relax and move on to the next exercise.
- ◆ As you progress, hold the positions longer (up to 30 seconds) and add more repetitions (do two or three of each exercise).



# PRACTICE PLAN 1

DATE \_\_\_\_\_ TEAM \_\_\_\_\_ LOCATION \_\_\_\_\_

## WARM-UP

15  
MIN.

### Glove-Ball Relay

Players: 3 groups of 4 players  
Equipment: 3 gloves and 3 balls per group

Groups line up single file. Each group has 3 softballs. Place 3 gloves 10 metres apart in front of each group. First player from each line picks up a softball, runs, and places it in one of the gloves, then repeats the run with the second and third ball. The next player retrieves the balls one at a time and returns them to the third player. Players 3 and 4 continue the drill. When a group finishes, all players sit down.

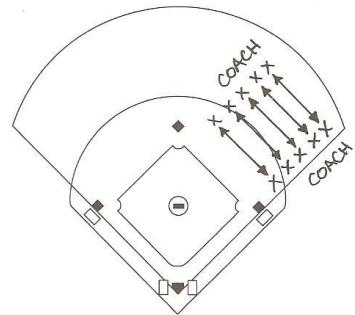
### Stretch

♦ Led by the coach

## THROWING AND RECEIVING

10  
MIN.

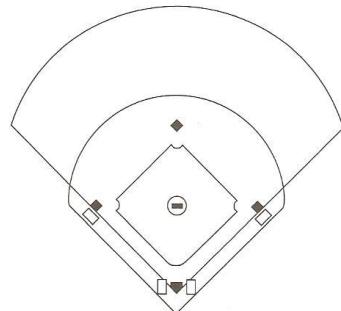
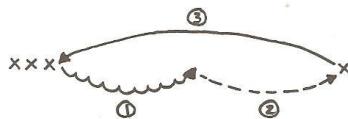
- ♦ In the outfield throwing from first baseline to centre field
- ♦ Players in pairs — 1 ball per pair
- ♦ Spend approximately one minute on each of the following:
  1. Underhand toss
  2. No glove — catch with two hands
  3. Catch with glove
  4. Grip
  5. Throw at target
  6. Step onto opposite foot
  7. Arm extension backward
  8. Throw from kneeling position
  9. Throw from slightly longer distances



## TOSS AND CATCH RELAY

15  
MIN.

- ♦ Summarize throwing and receiving skills
- ♦ 2-3 groups of 4-5 players
- 1. ground ball tossed 3-4 metres
- 2. catch, turn, and toss 3-4 metres
- 3. run to line and toss to next person in line

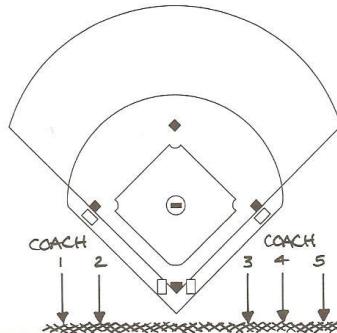


## BATTING

**15  
MIN.**

- ◆ Facing screen behind home plate
- ◆ Groups of 3-4 players, taking turns, 1 bat per group
  1. Stance and practice swings
  2. Tees — 4 required (1 per group) and 5-6 balls per group.

Players take turns hitting 5 balls off the tee into screen. Allow each player 4 or 5 turns at bat.

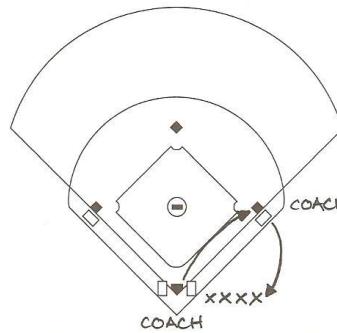


## BASERUNNING

**10  
MIN.**

- ◆ Home to first base

Players line up at home plate  
Pretend to swing the bat and run to first base, then return to home plate

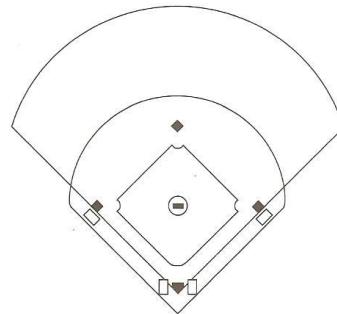


## GAME: T-BALL

**20  
MIN.**

Players: 2 teams (8-15 players per team)  
Equipment: bases, ball, bat, adjustable batting tee, softball field or open playing field

Teams take batting and fielding positions as in softball. The game begins with the coach placing the ball on the batting tee when all players in the field are ready. The batter puts the ball in play by batting it off the tee. Outs are made in the usual way. All players on a team bat every inning. The last batter in each inning can be put out by having the catcher touch the home plate with the ball.



## COOL-DOWN

**5  
MIN.**

- ◆ Stretch
- ◆ Questions/review
- ◆ Announcements

## NEXT PRACTICE:

PRACTICE PLAN 1

# PRACTICE PLAN 2

DATE \_\_\_\_\_

TEAM \_\_\_\_\_

LOCATION \_\_\_\_\_

## WARM-UP

15  
MIN.

### Base Tag

Players: entire team in infield area

Equipment: set of bases

Players play a game of tag within the infield area of the park. One player is chosen to be "it." Bases represent safe areas. Players standing on a base may not be tagged, but only two players at a time are allowed on a base. When a third player comes along, the first player at that base must leave.

### Stretch

- ♦ Led by the coach

### Sprints

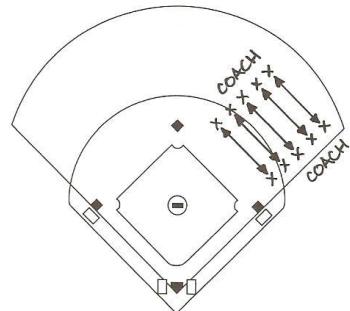
- ♦ 4 sprints of 40 metres. Walk back — knees high.

## THROWING AND RECEIVING

10  
MIN.

- ♦ Spend approximately one minute on each of the following:

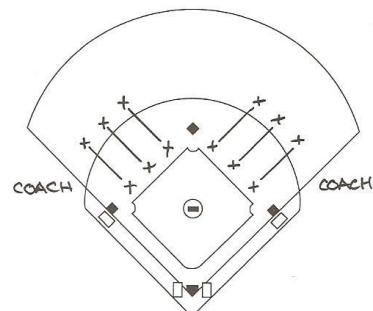
1. Underhand toss
2. Proper grip
3. Proper arm extension
4. Elbow above shoulder (arm bent 90°)
5. Throw while kneeling
6. Throw while sitting
7. Aim at a target
8. Catch ball with two hands
9. Step onto opposite foot
10. Long toss and catch



## FIELDING GROUND BALLS

15  
MIN.

- ♦ Explain/demonstrate "ready" position
- 1. Let players "mirror" coach demonstration
- ♦ Players in pairs — 1 ball per pair
- ♦ Using an underhand motion, roll ground balls back & forth (as players improve, vary speed of roll, distance, and difficulty)



# PRACTICE PLAN 3

DATE \_\_\_\_\_

TEAM \_\_\_\_\_

LOCATION \_\_\_\_\_

## WARM-UP

**15  
MIN.**

### Chain Tag

Players: entire team in infield area  
Two players link hands and try to tag other players with their free hands. Tagged players must join the chain. Game ends when all players are caught or if the chain is broken.

### Stretch

♦ Led by the coach

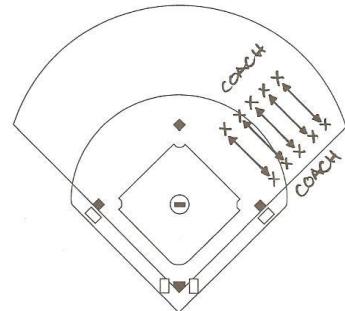
### Sprints

♦ Along baselines (4 sprints of 20 metres from first baseline — walk back)

## THROWING AND RECEIVING

**10  
MIN.**

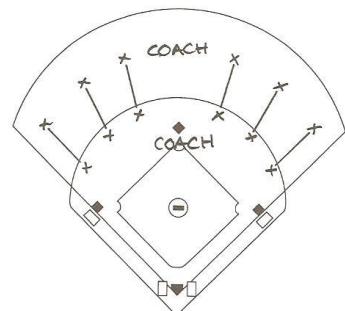
- ♦ Pairs, 1 ball for each pair — in the outfield
- ♦ Spend one minute on each of the following:
  1. Grip
  2. Catch with two hands
  3. Throw to target
  4. Catch ball in middle of body
  5. Step onto opposite foot
  6. Throw from kneeling position
  7. Throw from sitting position
  8. Throw from one knee
  9. Catch balls thrown in all directions
  10. 30-second drill — count number of throws made in 30 seconds



## FIELDING FLY BALLS

**10  
MIN.**

- ♦ Pairs, 1 ball for each pair — in outfield, 8 metres apart
- ♦ Toss underhand fly balls to partner
- ♦ Gradually increase the height of tosses
- ♦ Spread out for safety
- ♦ When moving to the ball, keep the glove down until ready to catch
- ♦ Catch the ball at eye level with two hands

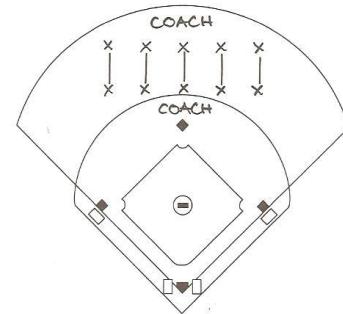
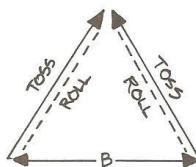


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### **FIELDING GROUND BALLS (PICK-UPS)**

**15  
MIN.**

- ◆ Pairs, 1 ball for each pair — in outfield, 6-8 metres apart
- ◆ Player A rolls ball to right
- ◆ Player B shuffles to field ball and tosses back to A
- ◆ A rolls ball to left
- ◆ B shuffles to field ball and tosses back to A
- ◆ Repeat for 10 in each direction

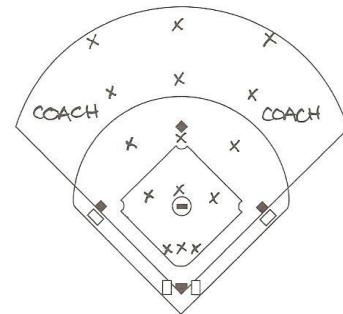


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### **THROWING RELAY**

**10  
MIN.**

- ◆ 3 groups of 4-5 players — 1 ball per group
- ◆ Space players evenly from home to outfield
- ◆ Start ball at home and throw from player to player to fence and back to home
- ◆ Teach players to throw accurately
- ◆ Repeat 2-3 times



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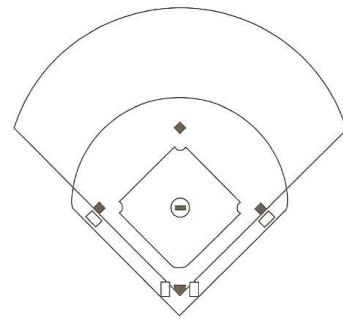
### **GAME: SOFTBALL SOCCER**

**20  
MIN.**

Players: 2 teams (6-10 per team)

Equipment: bases, rubber playground ball or soccer ball

Teams take batting and field positions. Play begins with the pitcher rolling the ball over home plate. The batter kicks the ball into the field and then runs the bases. The fielding team makes an out as in a game of softball. A player can be tagged out only by contacting him/her below the waist with the ball while he/she is off the base.



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### **COOL-DOWN**

**5  
MIN.**

- ◆ Stretch
- ◆ Questions/review
- ◆ Rules
- ◆ Announcements

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### **NEXT PRACTICE:**

PRACTICE PLAN 3



# PRACTICE PLAN 4

DATE \_\_\_\_\_

TEAM \_\_\_\_\_

LOCATION \_\_\_\_\_

## WARM-UP

**15**  
MIN.

### Baserunning Relay

Players: entire team in two groups

Equipment: 1 ball and glove per group, set of bases

Both groups are behind home plate. Place ball in a glove on each side of second base. Group A's relay route is from home to 1st to 2nd; Group B's from home to 3rd to 2nd. A player from each team runs to second base to retrieve their ball, runs back, and hands it to the next player who runs back and places the ball in the glove at 2nd base, then runs back. When all players in a group have run the relay they sit down. (Make sure home plate area is kept clear for runners.)

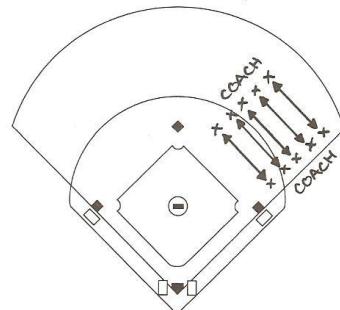
### Stretch

- ◆ Each player leads one stretch

## THROWING AND RECEIVING

**10**  
MIN.

- ◆ Pairs, 1 ball for each pair — in the outfield
- ◆ Players play catch on their own
- ◆ Begin close together and gradually increase the distance and force of their throws

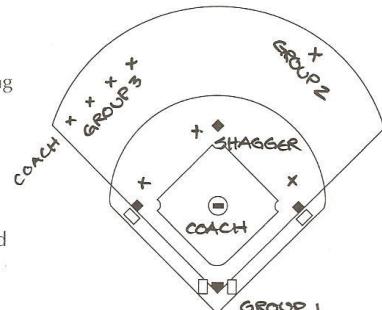


## BATTING PRACTICE

**25**  
MIN.

- ◆ 3 groups of 4 or 5 players at stations
- ◆ Groups rotate between stations

1. Hitters:
  - Batter gets 7 swings — runs to 1st after last swing
  - Coach tosses from 6-8 metres away
2. Fielders:
  - Field balls hit by hitters
  - Toss ball to "shagger" behind second base (shagger protected by player or screen)
3. Batting Tees:
  - Players hit balls off tees into fence in the outfield (or behind backstop at home plate)

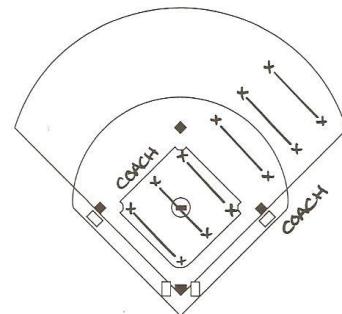
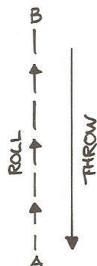


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### INFIELD PLAY

10  
MIN.

- ◆ Pairs, 1 ball
- ◆ Player A rolls ball to player B
- ◆ B fields ball and throws it to A
- ◆ A acts as first baseman
- ◆ Repeat 10 times
- ◆ Reverse roles



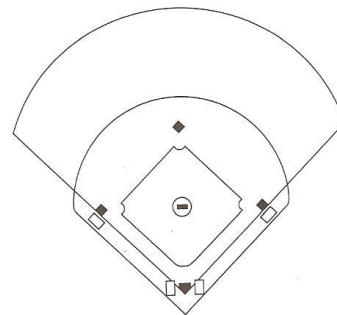
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### GAME: SCRUB

20  
MIN.

Players: any number can play  
Equipment: bases, ball, bats, gloves

Four players are chosen to begin as batters. The remaining players are positioned in the field. The coach is the pitcher. Play begins with one person batting. The coach pitches the ball to the batter. Each batter gets 3 swings to put the ball in play and runs the bases. An out is made by catching a batted fly ball or by throwing a batter or runner out. A batter continues to bat and run bases until put out. When a fly ball is caught, the batter switches positions with that person. When an out is made any other way, the catcher becomes a new batter, and all defensive players rotate up one position. Variations: Vary the game to suit the players, e.g. 2 foul balls make an out, run bases in reverse order.



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### COOL-DOWN

5  
MIN.

- ◆ Stretch
- ◆ Questions/review
- ◆ Rules
- ◆ Announcements

---

### NEXT PRACTICE: \_\_\_\_\_

---

PRACTICE PLAN 4



# PRACTICE PLAN 5

DATE \_\_\_\_\_

TEAM \_\_\_\_\_

LOCATION \_\_\_\_\_

## WARM-UP

**15**  
MIN.

### Base Tag

Players: entire team in infield area  
Equipment: set of bases

Players play a game of tag within the infield area of the park. One player is chosen to be "it." Bases represent safe areas. Players standing on a base may not be tagged, but only 2 players at a time are allowed on a base. When a third player comes along, the first player at that base must leave.

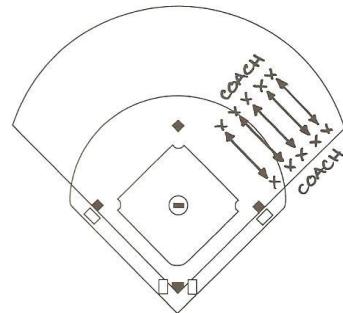
### Stretch

♦ Led by 2 players

## THROWING AND RECEIVING

**10**  
MIN.

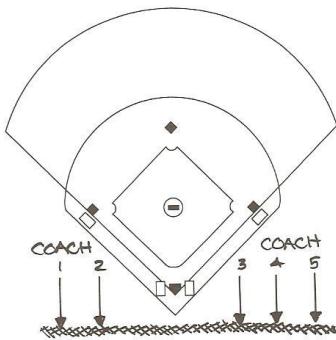
- ♦ Pairs, 1 ball for each pair — in the outfield
- ♦ Spend one minute on each of the following:
  1. Grip
  2. Proper throwing mechanics
  3. Catch with two hands
  4. Throw at a target
  5. Throw from both knees
  6. Throw from one knee — back knee down
  7. Throw from sitting position
  8. Throw while running toward partner
  9. & 10. Long toss



## BATTING PRACTICE

**10**  
MIN.

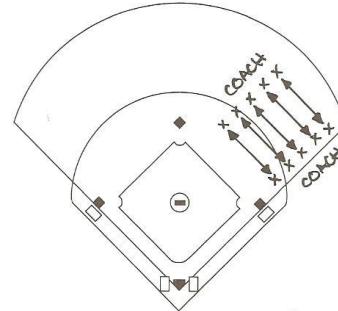
- ♦ Pairs, 5 balls
- ♦ One hitter and one tosser
- ♦ Soft toss
- ♦ All hitters hit into the screen behind the plate
- ♦ On many fields, both sides of the screen can be used
- ♦ Spread out players for safety
- ♦ Hitters try to hit line drives into the screen
- ♦ Partners switch roles after 5 hits



### PITCHER AND CATCHER

**20  
MIN.**

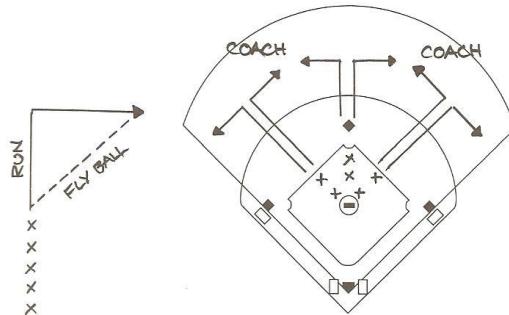
- ◆ Coach explains/demonstrates pitching technique
- ◆ Pairs, 1 ball
- ◆ One player acts as pitcher and the other as catcher
- ◆ Pitcher throws to catcher who calls strikes and balls
- ◆ Switch roles after 20 pitches
- ◆ Coach(es) provide feedback/correction



### PASS PATTERNS FOR FLY BALLS

**10  
MIN.**

- ◆ 2 groups of 6-8 players
- ◆ First player runs 3 metres and breaks right
- ◆ Coach throws fly ball to first player
- ◆ Second player runs 3 metres and breaks left
- ◆ Coach throws fly ball to second player
- ◆ After catching ball, player goes to end of line

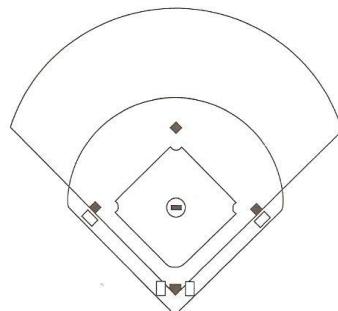


### GAME: T-BALL

**20  
MIN.**

Players: 2 teams (8-15 players per team)  
Equipment: bases, ball, bat, adjustable batting tee, softball field or open playing field

Teams take batting and fielding positions as in softball. The game begins with the coach placing the ball on the batting tee when all players in the field are ready. The batter puts the ball in play by batting it off the tee. Outs are made in the usual way. All players on a team bat every inning. The last batter in each inning can be put out by having the catcher touch home plate with the ball.



### COOL-DOWN

**5  
MIN.**

- ◆ Stretch
- ◆ Questions/review
- ◆ Review Pitching Rules
- ◆ Announcements

### NEXT PRACTICE: \_\_\_\_\_

PRACTICE PLAN 5

# SUMMING UP

Here is a brief summary of some of the major points covered in this booklet. You could call it the **Coach's Creed**.

- ◆ Be ready, willing, and able to *help your players* develop their full potential — while recognizing their differences. They come from different backgrounds, are born with different talents, and grow and develop at different rates.
- ◆ *Set realistic goals* based on each player's stage of growth and development.
- ◆ *Lead by example.* Teach (and demonstrate) self-discipline, cooperation, fairness, and respect for umpires and opponents.
- ◆ *Emphasize challenge and fun.* Learning new skills and techniques can be fun when introduced through active drills and games.
- ◆ *Stress variety.* Encourage your players to try different positions and to participate in other sports and activities.
- ◆ *Be flexible and willing to learn* as you develop your skills as a coach. Don't be afraid to make mistakes or to ask for help when you need it.
- ◆ *Keep things in perspective.* Make sure the time commitment required of your players is reasonable. Remember, they are children first and softball players second!

Thanks for being a coach!





## Niagara Girls Minor Softball Association

### 2015 GAME SCORE SHEET

Division: Mite  Junior  Intermediate  Senior

**DATE:** \_\_\_\_\_

Teams	Final Score	Coach's Signature

**Umpire's Signature:** \_\_\_\_\_

#### Light Usage

**Diamond Number:** \_\_\_\_\_

**Time Turned On:** \_\_\_\_\_ **Time Turned Off:** \_\_\_\_\_

**Comments:** \_\_\_\_\_

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#### Players of the game

**1.** \_\_\_\_\_

**2** \_\_\_\_\_

## **PWSA Accident Report Form**

### **ACCIDENT REPORTING PROCEDURES** **PWSA ASSOCIATED TEAMS**

In case of an accident, please notify the PWSA Insurance Coordinator immediately:

Debbie DeMoel  
PWSA Insurance Coordinator Associated Teams  
[jondeb50@bell.net](mailto:jondeb50@bell.net)  
905-227-7574

A P.W.S.A accident report form **must** be filed with the Insurance Coordinator, indicating accident details, **within fourteen (14) days of the accident. Failure to submit an accident report form within 14 days will result in any subsequent claims being rejected.**

Accident report forms should be forwarded to the Insurance Coordinator at the following:

Debbie DeMoel  
PWSA Insurance Coordinator Associated Teams  
50 Capri Street  
Thorold, ON L2V 4S8

If there are medical or dental expenses that are not covered by the player's Ontario Health Insurance or Dental Insurance, you should contact the PWSA Insurance Coordinator and request an official All Sport Insurance Marketing Ltd. Claim Form once the accident report form has been filed.

**\*\*NOTE: An accident report form is not a claim form. It is the responsibility of the team/association to contact the insurance coordinator if a claim form is required. Claim forms will not be provided if an accident report has not been filed.**

Claim and documentation must be received by All Sport Marketing Ltd. within ninety (90) days of accident.

**NOTE: In the event of an occurrence which may result in a Liability claim, a written report must be forwarded immediately to the Insurance Coordinator as well as the PWSA Treasurer. This report should detail how, when and where the "occurrence" took place and to include name and addresses of any injured persons and of witnesses.**

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**P.W.S.A. ACCIDENT REPORT FORM**

<b>PLEASE PRINT</b>		<b>COMPLETE IN TRIPPLICATE</b>	
(Please complete and forward this form to your Divisional Co-Ordinator as soon as possible)			
<b>1. NAME AND ADDRESS OF INJURED PARTY:</b>			
NAME: _____			
ADDRESS: _____			
CITY	PROVINCE	POSTAL CODE	PHONE # (WITH AREA CODE)
TEAM NAME:	PWSA DIVISION:		
<b>2. NAME OF PARENT/GUARDIAN, IF INJURED PARTY IS A MINOR:</b>			
_____			
_____			
<b>3. DATE OF ACCIDENT:</b>			
_____			
<b>4. LOCATION OF ACCIDENT:</b>			
_____			
<b>5. EVENT:</b>			
<b>6. DESCRIBE HOW ACCIDENT HAPPENED:</b>			
_____			
_____			
_____			
<b>7. SUSPECTED INJURY:</b>			
_____			
_____			
<b>8. DO YOU SUSPECT INJURY TREATMENT WILL EXCEED WHAT IS PAID FOR BY YOUR ONTARIO HEALTH PLAN / DENTAL PLAN?</b>			
YES:	NO:		
<b>Please print and sign name of Team Coach or Manager</b>			<b>Date</b>
_____			
_____			
<b>Official Use only:</b>			
<b>The above listed team member is a registered player of the PWSA</b>			
<b>Date Received</b>		<b>Divisional Co-Ordinator / Tournament Chairperson</b>	
<b>Date Insurance Claim Form forwarded to Insured Member:</b>			
<b>(Copy to be forwarded to PWSA Treasurer)</b>			

## **Sample Coach's Letter To Parents**

Coach's Name:

Phone:

e-mail:

Team Name:

Games: All games will be played on \_\_\_\_\_ nights at Palmer Park at either \_\_\_\_ pm or \_\_\_\_ pm. Please check attached schedule for game times.

- Please provide as much notice as possible if you cannot make it to a game. We may need to call up players to avoid forfeiting.
- Please arrive at least 15 minutes before game time to allow for sufficient warm up and to make up the game's line-up

Practices: Practices will be held every \_\_\_\_\_ at \_\_\_\_ pm at \_\_\_\_\_ Park, Diamond# \_\_\_\_\_

- Please make an effort to attend practice. We can't play well as a team unless we practice as a team. Practices will be planned in advance to ensure that all players receive an effective

House League Tournament: Friday June 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> 2015.

(Pictures will be taken on Saturday June 13<sup>th</sup> during the House League Tournament)

- Our team will be participating in this tournament so please plan on attending.

Objectives

- To have fun and have the kids develop a love for the game.
- To learn about the importance of teamwork and sportsmanship.
- Give positive reinforcement based on effort rather than results.
- Provide a safe and healthy environment for all the players on the team.
- To learn the fundamentals of softball and to help the players develop the skills necessary to be successful at this level and to prepare them for next season.
- We will attempt to give every player a chance to play in every position. We know that playing positions can be sensitive with players and parents and an effort will be made to let every player try different positions as the season and the player's ability and confidence allows. We would appreciate your patience as this may take time but I expect that players will develop the skills they need to play multiple positions as they gain confidence and a good understanding of the responsibilities required of the position.

## Expected Behaviour from Players

Please help us to reinforce the following behaviour that we would like to encourage this season

- We expect players to always show respect for their teammates. Developing teamwork and friendships will be an important part of our team's goal. It is important for players to support each other and always be positive towards their teammates
- Players are to respect the league's and their teammate's equipment (no throwing helmets, bats etc.)
- Players are not to say anything bad to or about the other team. (This includes singing of negative songs) Never boo the other team or cheer when they make a mistake
- Disruptive or disrespectful behavior towards teammates, the other team, umpires, coaches or parents is not acceptable.
- We expect everyone to be a good sport whether we win or lose
- Do not argue with the umpires. It is my job to question calls.
- Everyone must try hard to do their best
- Follow all directions given by the coaches

## Safety Guidelines

- All players must wear long pants and socks so legs are completely covered.
- No jewelry of any kind - including piercings
- Hair must be tied back.
- Proper baseball shoes or running shoes must be worn at all games and practices (no open toes or heels)
- Each player should bring a water bottle to games and practices.
- All players must wear team shirts issued by the League to all games

## For Parents

- It would be very helpful if you would reinforce the skills taught at practice and for your child to practice basic skills like throwing and catching at home.
- Cheering for your child is great, but please note that it can be distracting and confusing if you give your child instructions during a game that are different from what the coaches are instructing. Provide as much encouragement and praise as you like, but please trust the coaches with the responsibility of providing coaching and strategy during games.

- Remember that umpires are necessary. Please don't overreact to their calls. They have rules and guidelines to follow and if you have an issue with an umpire, please bring it to my attention and I will address directly with the umpire or the league convenor. This will teach all players to respect authority and to play by the rules.
- You will receive an email (or call) with general updates about practices or rain-outs. We will attempt to contact you to confirm if a game is rained out or not, but please assume the game is on unless you hear from one of us.

#### Rules & Safety Guidelines

- Show respect for your teammates.
- We will only play well as a team if we treat each other with respect and support each other. (Everyone will make mistakes and we need to support each other)
- Respect the league's and their teammate's equipment (no throwing helmets, bats etc.)
- Don't say anything bad to or about the other team. (No singing negative songs) Never boo the other team or cheer when they make a mistake
- We expect everyone to be a good sport whether we win or lose
- Do not argue with the umpires. It is the coach's job to question calls.

#### SAFETY

- A new PWSA (Professional Women's Softball Association) rule mandates that all batters under 18 years old must wear a helmet with a face protector
- New League rules allows wearing shorts. Shorts should be athletic type shorts, no cut offs or "short shorts"
- All players must wear team shirts issued by the League to all games
- No jewelry of any kind - including piercings
- Hair must be tied back.
- Proper baseball shoes or running shoes must be worn at all games and practices (no open toes or heels)
- Each player should bring a water bottle to games and practices.

Looking forward to a fun and exciting season. If you have any questions or concerns, please don't hesitate to contact me

Regards

## NGMSA Player Rating Guidelines

- Player ratings are used to assign players to teams to make them fair and competitive, so please be as fair, honest and objective as possible
- Players should be rated as compared to all players within your league division.
- Players are to be rated 1-5 (5 being the highest)
- The following are guidelines for your consideration
- If a player is a Pitcher or Catcher, please note this in the comment field along with a brief description of their skills. Please include, "can consistently throw strikes X% of the time"

Players rated 1/5

Struggles with basic skills of hitting - seldom makes solid contact & puts ball in play
Player lacks basic understanding of base running, misses signals & opportunities to advance, is slow runner.
Player's ability at fielding grounders, lines drives and fly balls is poor compared with other players in the league
Player has poor fundamentals in throwing the ball. Can't make throws to bases
Player lacks knowledge of the game. Doesn't grasp rules or strategy or understands why certain coaching moves are made.

Players rated 2/5

Slightly below average at plate - makes solid contact in putting ball in play at least 25% of at bats
Player has a basic understanding of base running, sometimes misses signals & opportunities to advance, speed is fair
Player's ability at fielding grounders, lines drives and fly balls is fair compared with other players
Player has basic fundamentals in throwing the softball. Can throw rainbows across the diamond.
Player has basic knowledge of the game & rules and knows where to make the play

Players rated 3/5

Average hitter compared to others in league, makes solid contact & puts ball in play 50-60% of time. Player has a good sense of the strike zone, seldom swings at bad pitches
The player is good base runner, watches for signals & opportunities to advance & has good speed.
Player's ability at fielding grounders, lines drives and fly balls is fair to good compared with other players in the league
Player has good fundamentals in throwing, can throw across the diamond with few rainbows. Usually knows where to make the play.
Player has a good knowledge of the game & of the rules and game strategy

Players rated 4/5

Better than average hitter compared to others in league - makes solid contact & puts ball in play at least 60-70% of at bats

Player is a smart base runner, watches for signals & always looking to advance an extra base. Has above average speed & can slide effectively

Player can consistently & effectively field grounders, lines drives and fly balls

Player has above average throwing skills, can throw across the diamond accurately with no rainbows. Knows where to make the play.

Above average player, understands the game and uses her skills most of the time. Generally this player is better than 70% of players in the league

Players rated 5/5

A very good to exceptional hitter compared to other league players. Makes solid contact & puts ball in play 80% of at bats.

Player is great base runner, with above average speed & always looking to advance. Steals & slides effectively

Player is a consistent fielder & very rarely misses grounders, lines drives or fly balls

Player has a good arm and great throwing skills, can throw hard & accurate across the diamond. Knows where to make the play, hits cutoff regularly.

Outstanding player, has command of all required skills and uses them consistently. Generally this player is better than 85% of the players

## Player Voting Form & Instructions

**Vote for the three players who you think deserve to win an award for:**

- **The Most Dedicated Player**
- **The Most Sportsmanlike Player**

### **Most Dedicated:**

- The players who most dedicated themselves to the team, by showing up to every game and practice ready to work hard and give their full attention to the team and the game.
- The players who dedicated themselves to improving their skills and understanding of the game.
- The players who were willing to play any position and help the team any way they could.
- The players who dedicated themselves to trying their hardest and play to the best of their ability at all time

### **Most Sportsmanlike**

- The players who played hard and always displayed good sportsmanship
- The players who treated their teammates, opponents, coaches, parents and umpires with respect
- The players who most supported their teammates on the field and the bench
- The players who always had a good positive attitude

Please put a check mark next to the players' names that you vote for You can vote for three people for Most Dedicated and three people for Most Sportsmanlike

	First Name	Last Name	Most Dedicated (Vote for 3)	Most Sportsmanlike (Vote for 3)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				



## Niagara Girls Minor Softball Association

### **Player Call Up List for House League Division**

**Please Note:** All call up players are required to wear either their regular team shirt or the team shirt of the team that they have been called up to play for, if available

I hereby give permission for my daughter _____ to be included on the “Call Up List” to play on a higher House League Division team when extra players are required.
Current Division and Team:
Parent’s Signature:
Player’s Phone Number:
Player’s Email:

I hereby give permission for my daughter _____ to be included on the “Call Up List” to play on a higher House League Division team when extra players are required.
Division and Team:
Parent’s Signature:
Player’s Phone Number:
Player’s Email:

I hereby give permission for my daughter _____ to be included on the “Call Up List” to play on a higher House League Division team when extra players are required.
Division and Team:
Parent’s Signature:
Player’s Phone Number:
Player’s Email:

Coach: \_\_\_\_\_

