



Junior Games Pathway

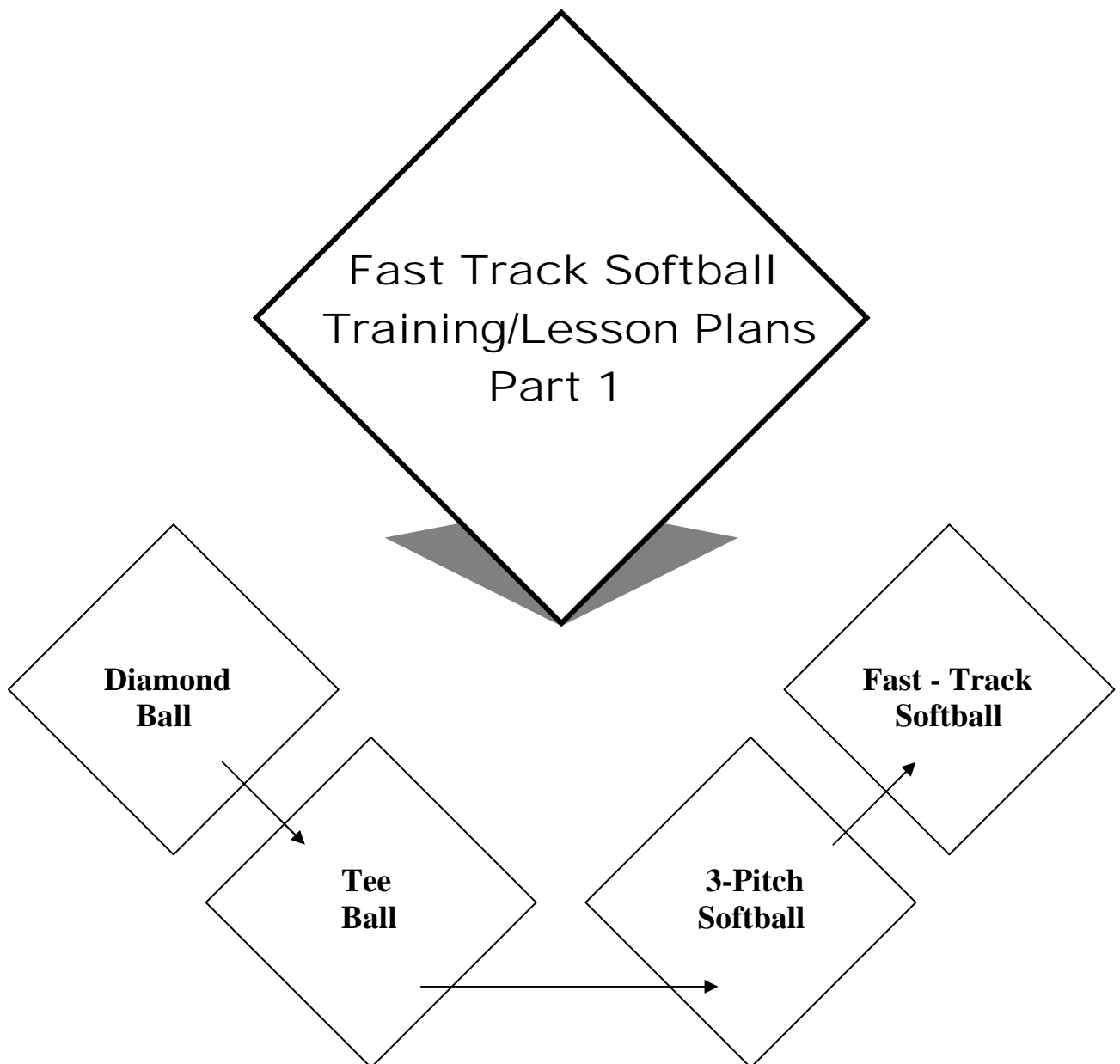


Table of Contents

Session	Item/Skill	Page
	Fast-Track Softball Skills	3
Session 1	Overhand Throwing for Infielders	4
Session 2	Catching a Thrown Ball	9
Session 3	Pitching	13
Session 4	Catching a Pitched Ball	17
Session 5	Fielding Ground Balls	20
Session 6	Fielding Fly Balls	24
Session 7	Hitting	27

Fast-Track Softball Skills

<p>Glove</p> <ul style="list-style-type: none"> • How to wear a glove • How to use a glove • Size and condition of glove • Placement of fingers for better protection 	<p>Throwing</p> <ul style="list-style-type: none"> • How to hold the ball • How to throw overarm • How to throw for accuracy • How to throw for speed and accuracy • How to throw for distance and accuracy
<p>Catching a Thrown Ball</p> <ul style="list-style-type: none"> • How to catch a ball above the waist • How to catch a ball below the waist • How to catch the ball on base 	<p>Fielding</p> <ul style="list-style-type: none"> • How to field a ground ball • How to field a fly ball • How to tag a runner
<p>Batting</p> <ul style="list-style-type: none"> • Correct batting grip • Correct batting stance • Correct batting swing • Hitting the middle of the ball • How to hit a moving ball • Developing tracking skills for inconsistent pitches • Encouraging batters to hit/swing at hittable pitches, not waiting for the 'juicy' strike <ul style="list-style-type: none"> • Introducing Bunting into training 	<p>Baserunning</p> <ul style="list-style-type: none"> • How to run from home plate to first base • How to 'touch' first base • How to run through first base • How to slow down after reaching first base • How to lead off base on a pitch • How to sprint around the bases • How to 'round' the bases • How to retreat to the base on a fly ball • Where to stand on third base • Retreating to a base
<p>Fielding Positions</p> <ul style="list-style-type: none"> • Basic positioning on the field <ul style="list-style-type: none"> • Area each position covers 	<p>Sliding</p> <ul style="list-style-type: none"> • How to perform a straight in (bent leg) slide
<p>Pitching</p> <ul style="list-style-type: none"> • How to hold the ball • How to stand on the pitcher's plate • How to address the pitching motion for speed and accuracy • Basic skills of the windmill pitching action • Where to release the ball 	<p>Catching a Pitched Ball</p> <ul style="list-style-type: none"> • What to wear when catching a pitched ball • How to hold the glove • Where to hold the glove • Correct positioning behind the batter • How to squat when catching • Basic skills to block the low ball
<p>Game Play</p> <ul style="list-style-type: none"> • Teamwork • Fielders moving to bases to receive throws • Force and Free Runners (Game Sense) 	

FAST-TRACK SOFTBALL TRAINING/LESSON PLANS

Modified Game Play

The Drills and Games used in this manual may be modified to suit a smaller or larger number of players. The activities can also be modified by using smaller playing areas or changing the number of players in each team (use less players per group).

Variations

All activities in each of the training/lesson plans don't need to all be undertaken at the one training session.

SESSION 1
FAST TRACK SOFTBALL

OVERHAND THROWING FOR INFIELDERS

E q u i p m e n t

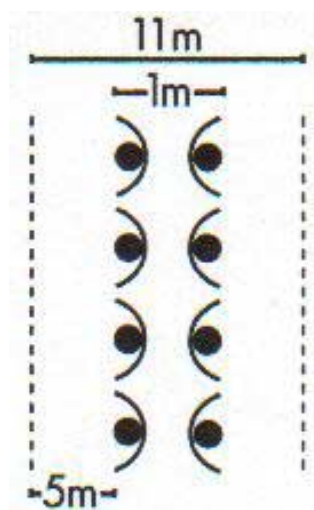
Softballs - Incrediballs 11" (one per player)
Hoops (targets)
Markers
Tennis Balls
Whistle
Ballons)
Gator/Prickle Ball) If using in drills

W a r m – U p

10 mins

Rats and Rabbits

- Players work with a partner
- Partners sit with their backs to each other approximately a metre apart in two separate lines
- One line is called "Rats" the other is "Rabbits".
- The coach or a designated player then calls "Rats" or "Rabbits".
- The players in the group called stand and run over a line 5 metres away
- The partners chase and attempt to tag them.
- The game then begins again.



SKILL DEVELOPMENT

25 Minutes

OVERHAND THROW

Coaches can use the following drills as ways to learn and practice the new skills. All work is done without gloves. The emphasis is on the throwing technique.

Plan to spend 5 - 10 minutes on a variety of these activities.

1. Throwing at a fence or wall (softball)
2. Throwing to partner
3. Throwing around the square (tennis ball)
4. Sitting or kneeling to throw (Kneeling drill)
5. As individuals or pairs throw a ball:
 - For distance
 - Over a line on the ground
 - To a partner or target
 - To rebound off a wall
 - At a target on the wall
 - On the ground in to a hoop
 - Through a rolling hoop

TIPS FOR TEACHING SKILL

1. GRIP

- Hold the ball in fingers not palm
- Hold ball with 2,3 or 4 fingers on top of the ball
- Fingers across the seams
- Aim to have thumb on seam directly under ball
- Hold ball firmly not rigidly



2 FINGERS



3 FINGERS



4 FINGERS

• ACROSS SEAMS
• FIRM BUT RELAXED
BASIC GRIPS

2. STANCE (Ready Position)

- Stand side on and point glove hand shoulder and elbow at target
- Feet just wider than shoulder width apart
- Head over belly button
- Throwing hand extended back with elbow above the shoulder
- Fingers and ball pointing back
- Head remains still and level, eyes looking at target



3. THROWING ACTION

- Throw starts with an extended walking step using foot opposite to throwing hand. Step straight at the target.
- Rotate hips, then body and then shoulders to throwing side as weight is driven off back foot and transferred onto front foot.
- Weight transfers to front foot as arm comes forward and over the top. Fingers are behind the ball.
- Ball hand trails elbow until shoulders are square.
- As arm comes forward wrist is under the ball and wrist is kept cocked.
- Ball is released at "high five" position with wrist snap toward the target



4. FOLLOW THROUGH

- After release body continues forward rotation until throwing shoulder is pointing at target and weight is on front foot.
- Throwing hand continues down and past the opposite hip and knee.

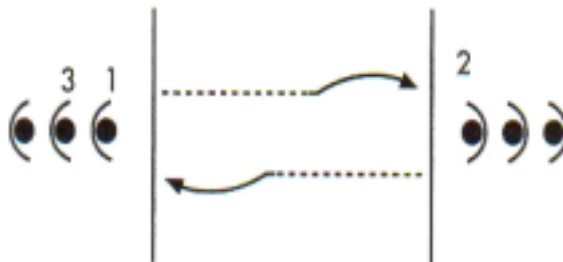


G A M E OR CIRCUIT ACTIVITIES

15mins

Shuttle Relay

- Use tennis balls or gator skin balls
- The playing surface is a grassed or asphalt area
- Divide the players into two teams of 3-4 behind opposite lines three metres apart
- Player 1 runs, throws the ball **underarm** to player 2 and runs to stand on the end of the opposition team.
- Player 2 catches the ball, runs, throws the ball **overarm** to player 3 and stands at the end of the oppositions line.
- Continue until all players are back in their original position



W A R M D O W N

5mins

Leap Frog Race

- No equipment is required
- This game is played on a well grassed area within set boundaries
- The players are put into pairs of similar height and weight
- Each pair must work away from other pairs
- The players take turns to leap frog over each other.
- Have one player begin kneeling in a tucked position while their partner leaps over them.

Variations

1. Players being leaped over can rise to a supported crouch position.
They can do this by placing their hands on their legs above their knees.
2. Alter group sizes
3. Change direction of travel

E X T E N S I O N I D E A S

To be used for inclusion in future practices when you review teaching throwing technique.

- Let the children explore by having free practice and using various types of balls
- Use either hand
- Explore the use of different body positions
- Throw at different speeds
- Throw in different directions
- Add a run up to throw
- Throw for accuracy - at balloons full of water
(groups of 3 balloons tied to a fence)

Reference: Level 1 Manual, Chapter 2, Page 7.

TIPS FOR TEACHING THE SKILL

1. STANCE (Ready Position)

- Feet shoulder width apart and parallel
- Bend knees slightly with weight evenly distributed
- Hold both hands chest high, glove open to ball, fingers up and thumbs together
- Face the thrower



2. LATERAL MOVEMENT

- Move body behind the ball using shuffle step or cross step, which ever is appropriate.

3. CATCH

- Catch the ball in the pocket of the glove
- Draw the hands slightly back towards the body to ‘soften’ the impact of the ball in the glove
- Above the waist – fingers pointing up, thumbs together
- Below the waist – fingers pointing down, little fingers together
- Watch the ball into the glove

Catching below the waist



Catching above the waist



4. FINISH

- Secure the ball by squeezing the glove around the ball after impact
- Turn the glove towards the body
- Immediately use the throwing hand to cover the caught ball in the glove
- Bring the body to 'Set Position' for throwing by using your feet in one of two ways:
 1. Crow hop
 2. Crossover step(As per Level 1 Coaching Manual)

SKILL REVIEW CIRCUIT

10 mins

1. Overhand throwing at target
2. Overhand throwing to a partner

= **Skills Test Drills**

G A M E OR CIRCUIT ACTIVITIES

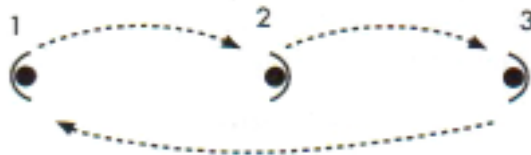
10 mins

Ten Trips

- This game requires the use of tennis balls
- It can be played on a grassed or asphalt area
- The players must be in groups of three, spaced 3-4 metres apart, with a ball.
- Player 1 throws to player 2, player 2 throws to player 3 and player 3 throws to player 1 to complete one trip.
- Continue this circuit for ten trips
- If the ball is dropped the players must start again.

Variations

- The players can follow their throws, moving to new positions



W A R M D O W N

5 mins

Relaxation Activity

- Players lie face down on the ground
- Suggest they think about a favourite thing (place, food, happening)
- Ask them to think about what it looks like, smells like, feels like
- Ask them to tense the muscles in their body and hold for 2 seconds
- Ask them to relax the muscles for 2 seconds

Variation:

- Work one muscle group at a time or one body part eg. leg/arm

Reference: Level 1 Manual, Chapter 3, Page 15.

SESSION 3
FAST TRACK SOFTBALL

PITCHING

E q u i p m e n t

Incrediballs
Gloves
Hoops for targets
Whiffle Balls
Markers
Softball Diamond
Bats for warm down drill

W a r m – U p

10mins

Here, There and Where

- One player is the ‘caller’.
- On “HERE” the players move closer to the caller
- On “THERE” the caller points to the right and the players run in that direction
- When the caller says “WHERE” and points to the left the players run in that direction.
- Make sure a few players have a go at being the “Caller”.

S K I L L D E V E L O P M E N T

25 minutes

PITCHING

Drills to use to learn and practice new skills:

1. Dry Skill Technique
2. Pitch at a fence / wall
3. Pitch at a target

TIPS FOR TEACHING SKILL

GRIP

1. Hold the ball in the tips of fingers not in the palm
2. Grip the ball comfortably, do not strain
3. Hold the ball firmly to avoid slipping from fingers
4. Place the fingers in contact with the seams whenever possible
5. Release off the ends of the fingers

STANCE (Ready Position)

1. Ensure both feet are in contact with the plate
2. Hold the ball in both hands in front of the body
3. Entire body must remain motionless for at least two seconds and not more than 10 seconds



STRIDE

1. Take a stride straight towards the catcher
2. Use an exaggerated or extended walking step
3. Accompany the step with a hard push off the plate by the back (pivot) foot
4. Point the toes of the stride foot almost towards the catcher (45 degree tolerance)

ARM ACTION

1. Move the pitching arm in a complete circle
2. Move the arm straight up the front and straight down the back to complete the motion
3. Extend the arm but keep it relaxed
4. At the top of the circle, have the arm close to your head (brush your ear as it passes your head)
5. Ensure your arm makes the largest circle possible for maximum force





POWER PHASE (hip thrust/rotation)

1. As you stride, rotate your shoulders away from the batter (right hander towards 3rd base, left hander towards 1st base)
2. As the stride foot is planted push strongly off the back (pivot) foot
3. This causes the hips to rotate back towards the batter followed by the trunk and shoulders
4. Drive total body weight towards the catcher

FOLLOW THROUGH

1. Allow the pitching arm to continue forward naturally
2. Allow the pivot foot to come forward naturally to a position parallel with the front foot
3. The body should be well forward with weight over the toes and evenly distributed on both feet.



SKILL REVIEW CIRCUIT

10 mins

1. Throw and catching = **Skills Test Drills**
2. Pitching

Note: All players should be taught to pitch and should practice pitching each week at training.

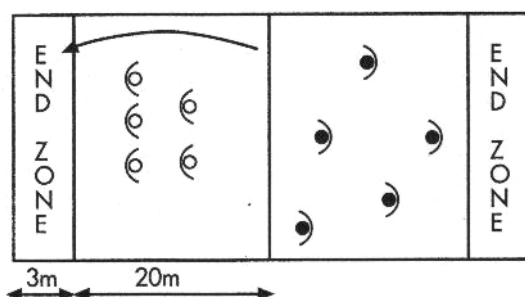
(Warm Down activities are on following page)

G A M E OR CIRCUIT ACTIVITIES

10 mins

Clean Out Your Backyard

- The equipment required for this game is 5 whiffle balls. Players are to use gloves
- The playing space required is a grassed or asphalt area divided into two end zones
- The players should be divided into two even teams, one team with 2 balls and one with 3 balls.
- On the signal each team throws the balls over the opposition and into their zone.
- Each team tries to intercept the balls before they land in the end zone.
- If the ball goes out of bounds or over the end zone, any player may throw it from the backline.
- Teams score one point each time a ball lands in the end zone.
- Players are not allowed to run with the ball
- The ball may be passed between team members before being thrown.
- The team with the most balls in the end zone is the winner.



W A R M D O W N

5 mins

Ball Juggling with Ball and Bat (Skill Test)



How many times can you tap the ball into the air?

Alternative:

- Ball Juggling with glove
- Ball juggling around a circle

Reference: Level 1 Manual, Chapter 8, Page 41

SESSION 4
FAST TRACK SOFTBALL

CATCHING A PITCHED BALL

Equipment

Incrediballs
Softballs
Markers
Catching Gear
Batting Tee
Wickets
1 Netball / Foam Ball

Warm – Up

10 mins

Partner Practices

- Run , with fast dodging movements, away from a partner who gives chase
- Run between markers, passing the ball to each other
- Run one behind the other. The back partner lobs the ball over the other’s head, who catches it and lobs it backwards for the first thrower to catch.

SKILL DEVELOPMENT

25 minutes

WAYS TO PRACTICE

1. Review Pitching technique
2. Pair off the team (1 pitcher, 1 catcher).
3. Practice both techniques at once
4. Switch Roles after 20 pitches

TIPS FOR TEACHING SKILLS OF RECEIVING A PITCHED BALL

Catching

1. Stance (Ready Position)
 - Feet are spread slightly further than shoulder width in a balanced position
 - Heels are on the ground (squat like a frog)
 - Pivot foot is slightly back
 - Throwing hand is away from the glove, beside the leg



2. Receiving the Ball

- Knees and shoulders are square to the pitcher
- Catch the ball in the centre of the body
- Catch the ball out in front
- Watch the ball all the way to the glove
- 'Soften' the impact as the ball hits the glove (give with the elbow)
- Stay low

3. Throwing the Ball

- Grip the ball across the seams firmly
- Take ball out of the glove
- Take throwing elbow back to shoulder level (no back swing or wind up)
- Pivot on right foot (right handers) and step towards the player they are throwing to

SKILL REVIEW CIRCUIT

10 mins

1. Throw and catching = **Skills Test Drills**

G A M E O R C I R C U I T A C T I V I T I E S
--

20 mins

Continuous Cricket

- Use 1 tee, 1 ball and 2 wickets
- The playing space should be defined
- Divide the players into two teams, batters and fielders
- Place a set of stumps at each end of a seven metre pitch
- Place a batting tee at one end
- Instead of bowling the ball the striker uses a tee
- Player 1 from the batting team hits the ball and runs to the other end of the pitch
- The fielders field the ball and aim at the wicket to get the runner out.
- One fielder at each end is designated as the person to place the ball back on the tee
- Runners can also be caught out.

WARM DOWN

10 mins

Body Ball Pass

- Divide the players into 2 groups
- Each group forms two concentric circles, the inner circle facing outwards and the outer circle facing inwards
- The players pass a large soft ball round the two circles without touching it with their hands, keeping it off the ground
(This can be done by rotating the whole body as the ball approaches)

EXTENSION IDEAS

To be used for inclusion in future practices when you review teaching catching technique.

BLOCKING A LOW PITCHED BALL

- Drop forward on both knees
- Lean shoulder over, body forms a cup position
- Glove on ground
- Throwing hand traps ball in glove



Reference: Level 1 Manual, Chapter 9, Page 49

SESSION 5
FAST TRACK SOFTBALL

FIELDING GROUND BALLS

E q u i p m e n t

Tennis Balls
Incrediballs
Markers
Gloves

W a r m – U p

5mins

Dodge and Mark

- The players are divided into pairs
- One player tries to lose his/her partner, who attempts to keep within an arms length at all times.
- Change roles after 30 seconds

S K I L L D E V E L O P M E N T

25 minutes

FIELDING GROUND BALLS

Drills to use to learn and practice new skills:

1. Dry Technique Drill (Fielders simulate each phase of fielding skill)
2. Relays

← (Throw)

XXXX -----XXXX (Players roll the ball then run to the
end of opposite team)

→ (Roll)

3. Partner Drills
4. Coach rolls balls for players to field and throw to a receiver

TIPS FOR TEACHING NEW SKILL

1. READY POSITION FOR FIELDING

BODY

- Have feet shoulder width apart
- Bend the knees with the bottom low to the ground (like sitting on a milking stool)
- Keep head up with eyes focused on the batter
- Keep upper body relaxed

WEIGHT DISTRIBUTION

- The weight is forward, but spread along the entire foot

HAND POSITION

- Keep the hands low
- Glove touching the ground
- Have the elbows out in front of your knees and not locked in



2. FIELDING TECHNIQUE

BODY

- Get into the path of the ball
- Must stay low, with knees well bent and bottom low (like sitting on a milking stool)
- Move your head only to enable you to watch the ball into the glove

BODY ANGLE

- Should be directly facing the oncoming ball

FEET POSITION

- Are at least shoulder width apart
- The striding foot should be slightly ahead of the pivot foot

HAND POSITION

- Keep hands well out in front of the body
- Glove should touch the ground
- Field the ball from the ground up
- Hold glove wide open facing the ball
- Use the free hand to trap the ball inside the glove
- As the ball hits the glove elbows 'give' with the ball
- In the throwing hand, take the ball in one continuous motion



PREPARING TO THROW

- Bring the ball in the glove straight up from the ground to belly button/stomach. *This is called "up the funnel".*
- Using either crow hop or cross over footwork, turn the body side-on to the target
- Take ball to overhand throwing position (no windup)
- Point glove side elbow to target
- Continue with overhead throw as per session 1.



SKILL REVIEW CIRCUIT

15mins

1. Throwing and Catching
2. Pitching
3. Fielding a Ground Ball

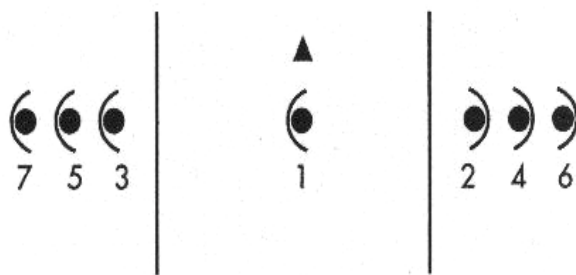
= **Skills Test Drills**

G A M E OR CIRCUIT ACTIVITIES

10 mins

Progressive Relay

- Use tennis balls and Incrediballs
- The playing space required is a softball diamond
- Divide the players into groups of 7. Three players behind each line and one in the centre
- Player 1, at a marker, rolls the ball to player 2 who runs in, picks it up and throws overarm to player 1 who flicks the ball behind to player 3.
- Player 2 then runs to stand at the marker in the centre
- Player 1 runs to the end of the line that player 2 came from.
- Player 3 fields the ball and throws to player 2.
- Player 2 catches the ball and flicks it behind to player 4.
- Player 3 catches the ball at the marker, and flicks it behind to player 5
- Continue until each player is back in their original position.



W A R M D O W N

5 mins

Body Movements

- Players lie on their backs, feet out and arms by their sides
- Ask them to:
 - move right arm and left leg together
 - pat forehead with right hand and kick left leg
 - make a circle in the air with right foot
- Add variations (eg. Change body position) Make the movements while lying on the :
 - front
 - left side
 - right side

Reference: Level 1 Manual, Chapter 3, Page 15

Note: All players should be taught to pitch and should practice pitching each week at training.

SESSION 6
FAST TRACK SOFTBALL

FIELDING FLY BALLS

E q u i p m e n t

Incrediballs
Markers
Softball Bases
Pitching Plates
Home Plates
Tennis Balls

W a r m – U p

10mins

One Against Three

- Divide the players into groups of four
- Three players in each group join hands and form a circle
- Designate one of the three players as 'IT'.
- The fourth player is the chaser
- Keeping the circles intact move in different directions with the aim of keeping the chaser away from 'IT'.

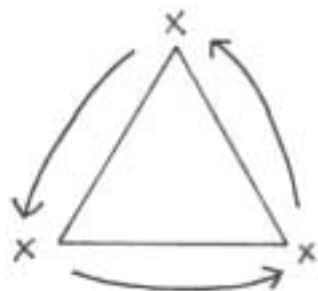
S K I L L D E V E L O P M E N T

25 minutes

FIELDING FLY BALLS

Drills to use to learn and practice new skills:

1. Dry Technique Drill
2. Coach tosses and players throw to receiver
3. Partner fly ball drill
4. Triangle Toss and Throw (alternate fly ball toss and throw)



TIPS FOR TEACHING SKILL

1. SET POSITION FOR FIELDING A FLY BALL

Same as fielding ground balls EXCEPT...

- The body is more erect for outfielders than for infielders
 - knees are bent less
 - hands are further from the ground



2. MOVEMENT

- Run to get under the ball as quickly as possible

3. MAKING THE CATCH

- Watch the ball all the way into the glove
- Catch the ball as close as possible to the throwing shoulder
- Catch the ball with fingers of glove pointing up to the sky
- 'Soften' the impact of the ball with your hands
- As you catch the ball, prepare to throw using your feet, either the crow hop or cross over step.



SKILL REVIEW CIRCUIT

15mins

1. Throwing
2. Catching
3. Fielding ground balls
4. Pitching

= Skills Test Drills

G A M E OR CIRCUIT ACTIVITIES

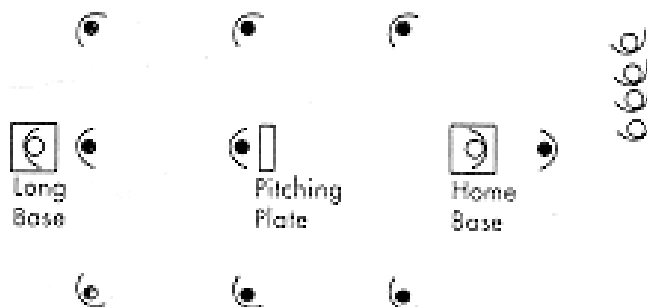
15mins

Long Ball

- Use tennis balls, Incrediballs, pitching plate, home plate and long base
- Use the playing space as set out in diagram
- Divide the players into two teams, one throwing and one fielding.
- The thrower at home base, catches the ball from the pitcher and throws it into the air as far as possible.
- The thrower then runs to the long base and if possible returns home
- The player scores a point for reaching home base.
- A runner may stay on the long base if it is not safe to return home.
- Any number of players may stay on this long base.
- A long base runner can only run after the thrower has thrown the ball

RULES:

- A runner cannot steal a base
- A thrower is out if the ball is caught on the full
 - they are tagged with the ball off the base
 - steals a run to home base
 - reaches the long base after the ball is caught by the long base person
 - does not accept the coach's decision.



W A R M D O W N

5 mins

Trap the Ball

- Partners stand facing each other, leaning forward at the waist and with a small ball (20cm) trapped between their heads
- They must try to move forwards, backwards and sideways without dropping the ball.

Reference: Level 1 Manual, Chapter 3, Page 16.

SESSION 7
FAST TRACK SOFTBALL

HITTING

Equipment

Variety of balls
Batting Tees
Gloves
Markers
Bucket
Bats

Warm – Up

10 mins

Make a Group

- Players jog around the inside of a softball diamond
- The coach calls a number and the players quickly form groups of that size.
- **NOTE:** this is a good activity to finish warm up if pairs or a group of a set number are necessary for the next activity.

SKILL DEVELOPMENT

25 minutes

BASIC HITTING TECHNIQUE

Drills to use to learn and practice new skills:

1. Hitting from tee into net or wall (Work on technique)

Use a variety of balls:

- Tennis Balls
- Whiffle balls
- Incrediballs

TIPS

1. **STANCE** (Ready Position for Hitting)

- Comfortable and balanced position with weight on inside of balls of feet. Feet should be shoulder-width apart and parallel to each other.
- Head over belly button
- Bat held roughly over shoulder
- Knees flexed
- Head and eyes level



2. SEQUENCE

1. Stride

- Take a soft step towards the pitcher (as a trigger to commence batting sequence)
- Front foot and knee closed, feet parallel to home base
- Keep hands and eyes level
- Head remains over belly button
- Step to hit



2. Swing (Hip Rotation)

- Hip rotation commences action
- Pivot on ball of rear foot after stride foot is in position (squash the bug)
- Back leg forms an L shape in line with back shoulder
- Front knee flexed slightly (shark fin effect)



3. Swing

- Shoulders commence rotation after hips have
- Belly button to ball
- Head over belly button
- Head and eyes in front of contact point
- Arms well extended
- Throw bat head at ball
- Extend through path of the ball



4. Finish and Follow Through

- Shoulders continue to rotate
- Maintain balanced position
- **Knee, hip and shoulder alignment**
- Bat finishes above shoulder
- Head over belly button
- Head and eyes level



SKILL REVIEW CIRCUIT

15 mins

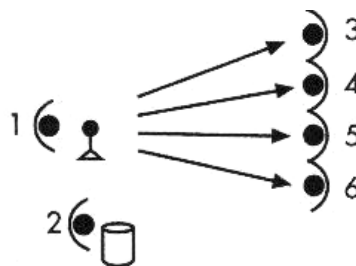
1. Throwing
2. Catching
3. Fielding Ground balls
4. Fielding Fly balls
5. Pitching

= Skills Test Drills

G A M E O R C I R C U I T A C T I V I T I E S

20 mins

Clear the Tee



- Use a tee, a bucket and six lightweight balls
- Use a large open area
- Divide the players into groups of 5.
- Player 1 stands at the tee, Player 2 at the bucket and all other players in fielding positions
- Player 1 hits a ball off the tee to each player in turn (4 Hits)
- The fielders collect the balls and place them in a bucket 2 metres from the tee.
- Player 2 places the balls on the tee for Player 1 to strike
- Repeat until all players have had a turn.

NOTE: If there are more than 5 players, form 2 groups



Check that the area is clear before swinging the bat.

W A R M D O W N

10 mins

Catch Up Ball

- Players stand in circle close to each other
- Three balls are given to 3 players
- The players receive and pass each ball around the circle
- Try to catch up to the ball in front

Variation:

Ask players to guess how long it will take to do this.

Note: Extension Ideas are on next page.

EXTENSION IDEAS

To be used for inclusion in future practices when you review teaching hitting technique.

Bucket Brigade (Use wiffle balls)

- If a large number of tees are unavailable, coaches can improvise by placing a plastic witches hat on top of an upturned bucket
- Working in pairs, hit the ball using a forehand off the tee:
 - Right handed
 - left handed
 - two handed
 - over a line, chair, rope or into a hoop

Note: All players should be taught to pitch and should practice pitching each week at training.

Reference: Level 1 Manual, Chapter 4, Page 19.



Junior Games Pathway

Softball Australia wishes to acknowledge Queensland Softball Association and the work of the following people who developed the lesson plans and contributed to the development of these coaching resources:

Liz Fresser	(Cairns Softball Association)
Alison Gannon	(Brisbane Softball Association)
Lisa Griffiths	(Brisbane Softball Association)
Kim James	(Queensland Softball Association)
Debbie McColm	(Brisbane Softball Association)
Leigh Muller	(Brisbane Softball Association)
Jude Nestor	(Cairns Softball Association)
Sue Nisbet	(Queensland Softball Association)
Roline Sheppard	(Redlands Softball Association)
Peta Tolputt	(Toowoomba Softball Association)

Acknowledgment:

Softball Australia, in conjunction with Queensland Softball Association Inc, gratefully acknowledges the support provided by the Australian Sports Commission, as copyright holder, in granting permission to reproduce activities that have been used in this coaching manual from the Aussie Sport Resources:

Sport Start ©

Sport It ©

Sports Fun Tee Ball ©

Further information can be obtained from the Australian Sports Commission:

PO Box 176 BELCONNEN ACT 2616

Telephone: 02 6214 1111

Fax: 02 6251 2680

www.ausport.gov.au

Additional Resources

Additional Resources that can be used in conjunction with these training/lesson plans are provided by many organisations including:

Softball Australia (ASF Inc)

- | | |
|---|---|
| <ul style="list-style-type: none"> • Basic Fastpitch Skills and Playing Tips • Coaching Youth Softball • Winning Softball Drills • Coaching Fastpitch Softball Successfully • Fastpitch Windmill Pitching (The Pitcher) • Fastpitch Catching Skills (The Catcher) | <ul style="list-style-type: none"> • Softball – ‘Top Sport Series’ • Softball – Steps to Success • Defensive Softball Drills • Fastpitch Batting and Bunting • Level 1 Coaching Manual |
|---|---|

Softball Queensland (QSA Inc)

- | | |
|---|---|
| <ul style="list-style-type: none"> • Under 14 Regional Development Camp Handbook (players and coaches) • Teaching the Hitter by Bob Crudgington | <ul style="list-style-type: none"> • Hitting Drill Cards (batting drills on laminated cards for circuit activities) • Teaching the Pitcher by Bob Crudgington |
|---|---|

Contact Details:

Softball Queensland

Sports House South

Unit 1 – 866 Main Street

WOOLLOONGABBA 4102

Phone: 07 3391 2447

Fax: 07 3391 4734

Email: ADMIN@softballqld.asn.au

www.qld.softball.org.au

Softball Australia

Suite 4 - 38-40 Prospect Street

BOX HILL VIC 3128

Phone: 03 9890 8200

Fax: 03 9890 8295

Email: joanne.brown@softball.org.au

www.softball.org.au