



Junior Games Pathway

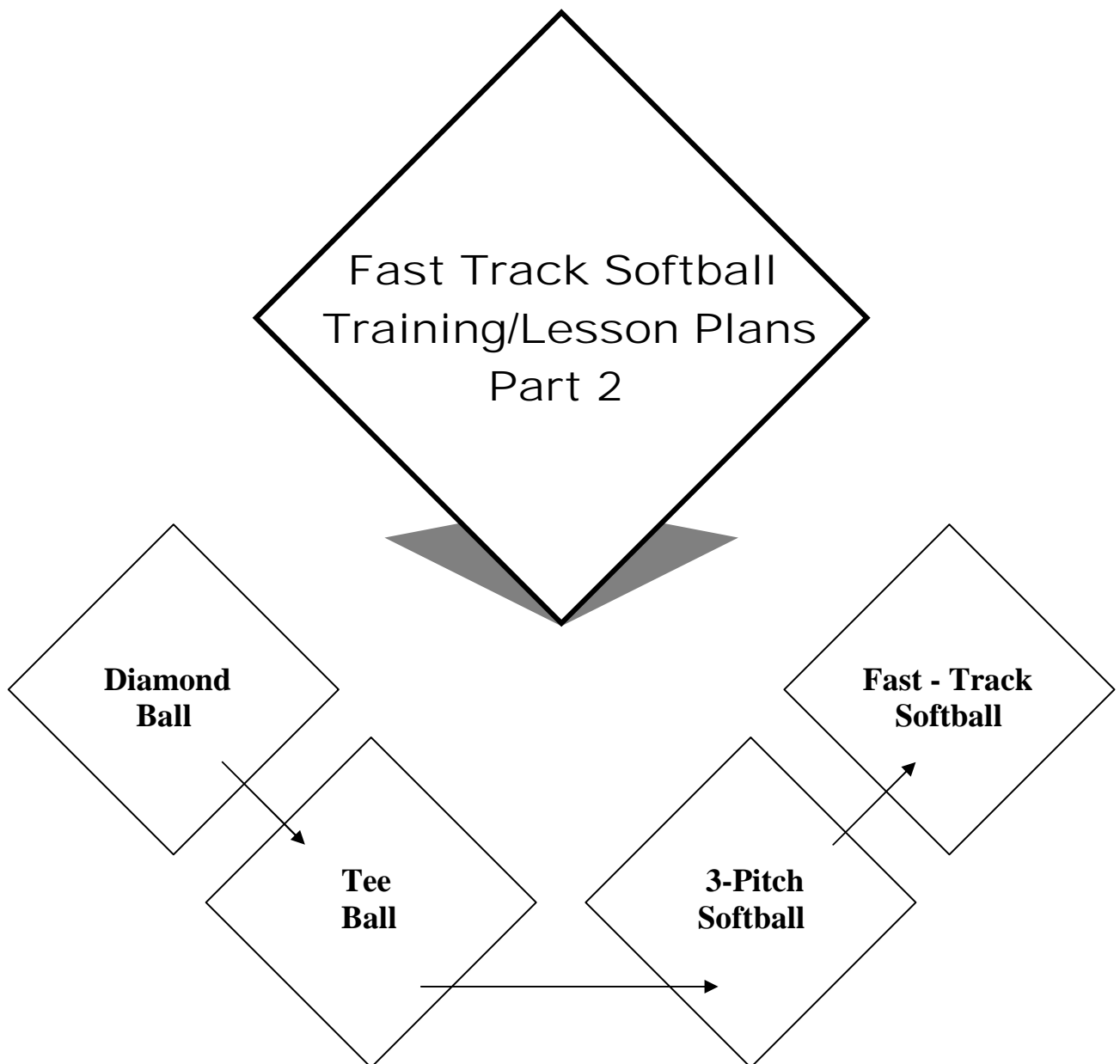


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SESSION 8
FAST TRACK SOFTBALL

BUNTING

Equipment

Bats
Tennis Balls
Incrediballs
Home Plates

Warm – Up

5 mins

Knee Tap

- Set a time (eg 30 seconds)
- On “GO” players try to tap as many people on the back of the knee as possible
- Players count how many backs of knees they touch

5 mins

Knee Boxing

- In pairs players attempt to tap their partner on the knee with an open hand.

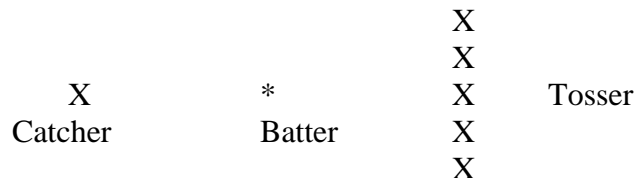
SKILL DEVELOPMENT

25 minutes

BASIC BUNTING TECHNIQUE

Drills to use to learn and practice new skills:

1. Dry Technique Practice
2. Partner bunting with tennis balls
3. Catch the Fly



Toss the ball to the batter who bunts the ball to the fielders.

If caught – player who caught the ball becomes the batter

If missed - tosser becomes the batter

After 5 successful bunts the catcher becomes the batter and all players rotate

TIPS FOR TEACHING SKILL

1. READY POSITION (Body positioning using Pivot Stance)

- Pivot early (immediately the pitcher assumes 'ready' position)
- Pivot on both feet
- Front foot closed slightly pointed approximately towards 7 o'clock position
- Back foot turned slightly towards:
First Base (for right handed)
Third Base (for left-handed)
- Knees slightly bent
- Body is bent at the waist
- Eyes looking over the bat at the release point of the ball
- Weight is on balls of the feet



2. READY POSITION FOR HANDS AND BAT

- Slide the top hand up the barrel of the bat (about one third of the way)
- Form a 'V' with the index finger and the thumb of the top hand
- Remaining fingers are underneath, closed in a fist
- Rest the bat in the 'V'
- Arms extended in front of body with elbows relaxed
- Hold the bat loosely yet comfortably
- Hold the barrel of the bat over home plate at the top of the strike zone and away from the body
- Have bat parallel to the ground



3. EXECUTION

- Select a good pitch
- Bend your knees to reach low pitched ball (bat remains parallel to the ground)

4. CONTACT

- As the ball hits the bat, draw both hands slightly back toward the body to 'soften' the impact of the ball on the bat
- Try to contact the top of the ball
- Put the ball on the ground in fair territory

SESSION 9
FAST TRACK SOFTBALL

BASERUNNING- RUNNING TO FIRST, LEADING OFF AND TAGGING UP

Equipment

Softball Diamond
Incrediballs
Markers
Bat
Tennis Balls

Warm – Up

10mins

Circle Call Ball

- Divide the players into groups of five
- Form a circle with one player in the centre holding the ball
- Number the players off
- The centre player tosses the ball straight up and calls a number.
- The player with that number runs to the centre and catches the ball before it lands or on the first bounce
- That player then becomes the tosser (or the tosser could change after all the numbers have been called).

SKILL DEVELOPMENT

25 minutes

BASIC BASE RUNNING TECHNIQUES - **Ways To Teach Hitting The Ball And Running To First Base**

1. Batter-Base Runner:

Digging out of the Batter's Box

- Take first step with the foot farthest from the pitcher
- Initially take short wide steps to gain power and momentum
- Lengthen the stride and pump the arms to maximise speed for running to first base.

Running to First:

- Run in foul territory within the tramline markings
- Continue running straight down the line past the base at top speed
- Don't break stride when contacting the base
- Focus on the base (do not watch the ball)
- Contact the front corner of the outside base that is in foul territory
- Bend the knees after crossing the base
- Glance right (Looking for overthrow)
- Take short steps to facilitate coming to a stop
- Sit back and shift the weight back to come to a stop
- Turn to the left, toward the field of play, without making any attempt to go to second base
- Go directly back to the base in fair territory
- Never slide into first base, unless avoiding a tag

BASIC BASE RUNNING TECHNIQUES - FOR LEADING OFF ON THE PITCH

2. Base Runner :

Starting from a base

1. ROLLING START

Visual cues:

- Eyes focussed on pitcher in ready position
- When pitching arm reaches highest point of arc, begin rocking movement
- Front foot is beside front of the base
- Rear foot is behind the base
- Shift body weight back prior to the first step, to gain momentum
- Take first step with the rear foot at the time the pitcher takes the stride



Rolling Start



Track Start

2. TRACK START

Visual cues:

1. As rolling start
- Rear foot on the front of the base
 - Front foot extended in front toward the next base
 - Crouch slightly by bending knees and leaning forward from the waist
 - Transfer weight to the back foot to enable an “explosive” drive off the base

SKILL REVIEW CIRCUIT

15 - 20 mins

1. Check skills test activities – Set up as circuit activities
 - Hitting and Bunting
 - Throwing, Catching and Fielding
 - Pitching

G A M E OR CIRCUIT ACTIVITIES

20 mins

Pick the Spot

- Use 4 cones, 1 bat and 1 ball per group
- Use an open area the size of a softball field
- Divide the players into two groups, batters and fielders
- The outfield is divided into three zones, left, right, centre with markers.
- The batter nominates the section of the field to which they intend to hit. Batter moves toe to facilitate hitting.
Do not move feet.
- Batter must hit to each section.
- The batter hits from the tee and the batter stays in that position for a maximum of 3 hits (rotate fielders often).



W A R M D O W N

5 mins

In the Air

- With a light ball and an open hand, toss the ball into the air in a continuous sequence for as long as possible (like juggling)
- Use tennis balls

Reference: Level 1 Manual, Chapter 6, Page 33

SESSION 10
FAST TRACK SOFTBALL

GAME PLAY- PLAYING 1ST BASE

Equipment

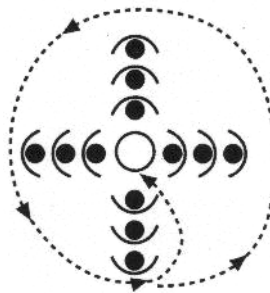
Hoops
4 Netballs (or similar sized balls)
Softballs/ Incrediballs
Markers

Warm – Up

10mins

Circular Tunnel Ball

- Use 1 hoop and 4 medium balls
- Playing space should be a large asphalt or grassed area
- Divide the players into 4 equal teams standing in four files around a hoop. (See Diagram)
- Player 1 from each team tunnels a ball to the last player who picks up the ball, runs around the circle and back to the head of the file ready to repeat the process (See Diagram).



SKILL DEVELOPMENT

25 minutes

PLAYING FIRST BASE

Drills to use to learn and practice new skills:

1. Rehearse play without ball being thrown
2. Other players in short stop position pick up ball and throw to first (to practice stretch)
3. Coach hits balls to short stop position. (Moving to first and taking up position and then stretching)

TIPS FOR TEACHING SKILL

1. PRIOR TO PITCH

- Assume the “fielding ready” position.
(Bottom down, knees bent and glove on the ground)

2. FOOTWORK AT THE BASE

- 1) Get to the base as quickly as possible
- 2) Turn and face the ball and the thrower
- 3) Stand with both feet touching the base, feet apart
- 4) As the ball is fielded place one foot on the base
 - right foot (right handers)
 - left foot (left-handers)
- 5) Give a target. Hold your glove out to the thrower at shoulder height
- 6) After the throw is released, step towards the ball with
 - left foot (right handers)
 - right foot (left-handers)



3. STRETCHING AT FIRST BASE

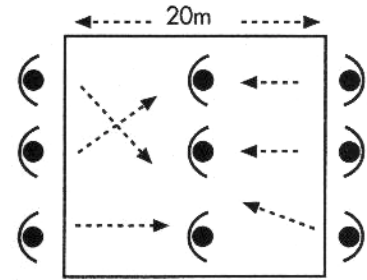
- Wait until the throw is made
- Step towards the ball with the foot on the glove side
- If the throw is off the target, 1st base must come off the base to retrieve the ball.



G A M E OR CIRCUIT ACTIVITIES

20 mins

Guard Ball



- Use 3 balls per group
- The playing space should be an open area 20 metres square
- Divide the players into 3 groups
- Group 1 lines up on one side of the square, Group 2 on the opposite side and the remaining group along a centre line. Centre line players use gloves.
- The players on the outside boundaries pass the ball to each other between the players in the centre.
- The players in the centre try to interrupt the ball using their hands
- After 3 minutes teams swap over
- One point is scored each time the ball is passed successfully between the centre players.
- A ball thrown above waist height does not count.

Variations

1. Roll, bounce or throw the ball

W A R M D O W N

10 mins

Hit the Spot

- Use 1 ball per pair and 4 markers
- The playing space should be a grassed area with markers placed to form a target
- The players should be in pairs, one standing either side of the target
- Player 1 bounces the ball into the target area timing the throw so that Player 2 can run into the area and catch the ball.

Variations

1. Increase the distance between Player 1 and the target
2. Decrease the size of the target area



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

SESSION 11
FAST TRACK SOFTBALL

DEFENSIVE GAME PLAY- INFIELD RESPONSIBILITIES

E q u i p m e n t

Incrediballs
Ball Bin
Gloves
Batting Tee
Bases
Markers
Bat
Batting Helmets

W a r m – U p

10mins

Keep the Basket Full

- Two players scatter balls from the basket as quickly and as far as possible
- The other players run after them and return them, keeping the basket full.

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

25 minutes

BRIEF INTRODUCTION ON ROLES & RESPONSIBILITIES

1. Basic Positioning, Basic Outs and Duties

- Explain positions
- Catching fly balls in own area
- Fielding ground balls
- Throwing to 1st base
- Receiving throw at 1st base
- Covering bases

First Base:

- Foot work drill-shifting to the left, right and stretching forward: using the cross-over step while touching the base.
- Fielding bunts down the first base line and in front of the plate.
- Handling relay plays (working on use of the voice for direction of the throw).
- Receiving all types of throws (low, high, wide, straight-in and in the dirt)
- Leaving the base to catch wild throws and making the tag.

Second Base:

- Practice the slow roller, coming in, picking a ball up and throwing while still bent down using two hands

Third Base:

- Extend your range of foul flys at practice. Chase **everything**.

2. Set out an infield and hit ground and fly balls to individual fielders to:

- Throw to first and getting the out at 1st base.

Rotate players after 5mins

- Tagging between bases: Catch the ball first, keep 2 hands securely on the ball and tag low.

SKILL REVIEW - OVERHAND THROW

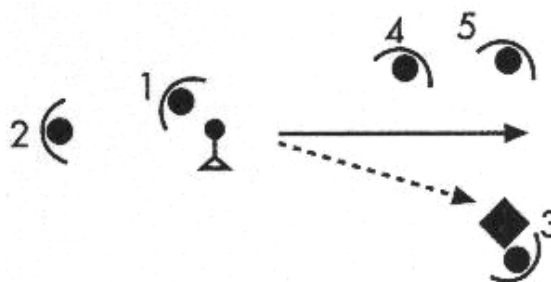
Refer to Session 1 - page 3 - for the "Tips For Teaching Skill" and use the Extension Ideas on page 5 to practice this skill.

G A M E OR CIRCUIT ACTIVITIES

15 mins

Base Run

- Use one tee, one ball, one bat, one helmet and one base per group
- Use an open area with defined boundaries
- Divide the players into groups of 5
- Player 1 is the batter, player 2 stands behind the tee, player 3 is on first base and players 4 and 5 are fielders
- Player 1 strikes the ball, drops the bat and runs to first base before the fielders can trap and throw to first base
- Rotate positions



W A R M D O W N

10 mins

Two Ball Toss

- Each player has two tennis balls, one in each hand.
- Alternating tosses (ie. Right hand, left hand then right)

Continue the exercise until each child has successfully tossed and caught the ball 20 times

- Ask the players to get a rhythm to their tossing
- Repeat the exercise closing one eye. Next time close the other eye
- Try to perform this exercise with both eyes closed
(Don't toss the ball too high)

Reference: Level 1 Manual, Chapter 10, Page 55

SESSION 12
FAST TRACK SOFTBALL

DEFENSIVE GAME PLAY- OUTFIELD RESPONSIBILITIES

Equipment

Incrediballs
Batting Tee
Markers
Gloves
Bats
Catching Equipment

Warm – Up

5 mins

Group Touch

- The players move at random within a softball diamond
- A leader calls a number and a body part.
- The players then quickly form a group of that size and all touch that body part (eg. Five Shoulders)

SKILL DEVELOPMENT

25 minutes

INTRODUCTION SESSION ON ROLES & RESPONSIBILITIES ON PLAYING THE OUTFIELD

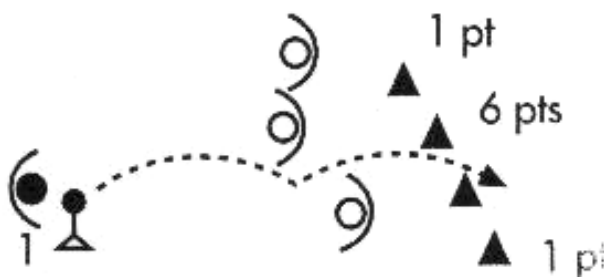
1. Explain Duties
 - Catch fly balls
 - Field ground balls
 - Throw to infielders
 - Backing Up

G A M E OR CIRCUIT ACTIVITIES

20 mins

Tee Ball Footie

- Use one tee, one Incrediball and four markers per group
- The playing space should be opened and defined
- Divide the players into groups of 5 or 6
- Place four markers in a row 6 metres in front of a tee
- Player 1 is the batter.
- Other players are fielders and guard the goals as defined by the four markers
- Each batter is allowed a set number of hits and scores six points for a hit between the centre markers and one point for a hit between the outside markers.



W A R M D O W N

10mins

Mirror Movements

- In pairs the players mirror each others slow movements (the slower the better)
- Ask the players to use various balances and turns
- Work up close then at a distance

Reference: Level 1 Manual, Chapter 10, Page 55

SESSION 13
FAST TRACK SOFTBALL

SLIDING

E q u i p m e n t

Braids or Bibs
Balls
Markers

W a r m – U p

10 mins

Catch- A- Tail

- Players start with a braid or a bib tucked into their shorts
- One player is “IT”
- To catch a player, “IT” must pull the braid/bib out of the players shorts
- When caught, the braid / bib is returned to a container and the caught player then helps “IT” to catch others

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


25 minutes

SLIDING - BENT LEG SLIDE

- Show finishing position (players lying on ground)
- Sliding on grassed area

TIPS FOR TEACHING SKILL

1. Safety Tips:

- Make sure that all players have long pants or knickerb  arting any sliding drills
- Relaxation is a must, practice until the players feel comfortable with the technique.
- Learn to slide in bare feet or socks until the technique is mastered.
- Get the arms up quickly, helping to keep the weight back and avoid scraping hands.
- Tuck chin to chest to avoid hitting your head on the ground

NOTE: Coaches are to allow players to use their own style, observing the safety aspects, watch carefully but be pedantic about the correct execution of the highly technical aspects of sliding.

2. Sliding Leg

- Sit down from a standing position
- You will naturally tuck one leg underneath
- This is your natural sliding leg
- Realise sliding is a natural motion

3. Finish Position

LEGS AND FEET

- Sliding leg is bent at about 90° and **tucked under** the other leg, which is extended
- Foot of the sliding leg is placed **sideways**
- Extended leg is slightly bent and foot is kept **off the ground** 10-15cm with toe pointed up (although not vertical)
- Base is contacted with the **extended** leg

BODY POSITION

- Weight is well back with chin **tucked** to chest
- Slider should get back of the uniform dirty

ARMS AND HANDS

- Hands and arms are **raised above the head** to prevent scraping on the ground



4. Distance

- Start the slide about one and a half body lengths from the base, depending on your weight, running speed and ground conditions.

SKILL REVIEW CIRCUIT

10 mins Infield/outfield co-ordination activities using runners using correct skill technique.

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

G A M E OR CIRCUIT ACTIVITIES

20 mins

Century

- Use 3 balls and one tee per group
- The playing space should be within fair territory of softball diamond
- Divide the players into groups of six, with one batter, and five fielders scattered over the open space.
- Fielders attempt to become the batter by getting a score of 100
- Point system:
 - 50 points for catching a ball on the full
 - 20 points for catching a ball on the first bounce
 - 10 points for fielding a ground ball

W A R M D O W N

5 mins

Chinese Get- Up

- In pairs get the players to sit back to back with their partner and lock elbows
- From this position, both try to stand by pushing against each other's back
- Sit down again , still with elbows locked.

SESSION 14
FAST TRACK SOFTBALL

BASE RUNNING- ROUNDING THE BASE

Equipment

Softball Diamond
Incrediballs
Markers
Bibs/ Braids
Sponge or soft balls

Warm – Up

10 mins

Team Tag

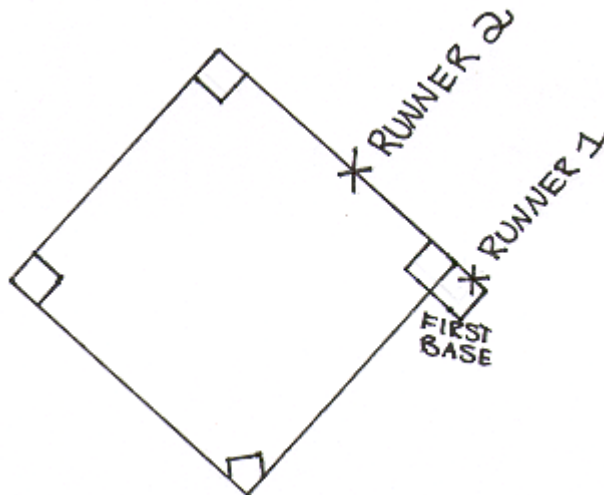
- Divide the players into four teams, each team have different coloured bibs/ braids
- Give each team 30 seconds to tag as many of the remaining three teams as possible.

SKILL DEVELOPMENT

25 minutes

TEACHING THE NEW SKILL OF 'ROUNDING A BASE'

1. Drills to practice rounding a base:
 - Both players run on go
 - Player 1 tries to catch player 2



TIPS FOR TEACHING SKILLS

1. Run in a straight line between bases
2. Swing out to the right when approximately 2 metres off approaching the base
3. Run in a small arc
4. Lean to the left and head toward the base
5. Contact the inside corner of the base
6. Don't break stride. It is more important than not hitting the base with a specific foot
7. Look for the ball and focus on the play
8. Decide whether to advance or return to the base
9. Run in foul territory within the tramline markings between home and 1st and 3rd and home

NOTE: If runner is hit by a thrown (Home-1st) or batted (3rd to Home) ball, the runner is not out if running in foul territory.

NOTE:

Base Running Cue:

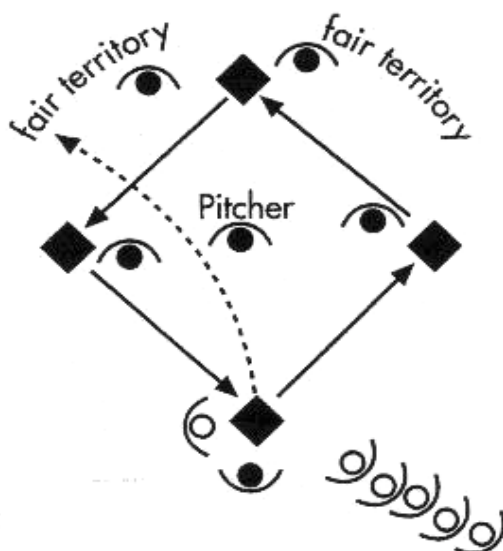
- If the ball is in front of the runner, the runner watches the ball and makes his or her own decision on whether to run to the next base or stay on the base they are at.
- If the ball is behind the runner, the coach watches the ball and advises the runner if he or she should run to the next base or stay on the base they are at.

G A M E OR CIRCUIT ACTIVITIES

20 mins

Rounders

- Use 4 bases, 1 ball (sponge, soft, tennis or incrediball) and 1 bat per team. Gloves for each fielder if an incrediball is being used.
- The playing space should be a large open area the size of a tee ball field
- Divide the players into two equal teams. One side batting and the other fielding
- Each batter must hit the ball into fair territory and run around all the bases without stopping
- The fielders throw the ball to first, second, third and home base trying to beat the batter home.



W A R M D O W N

10 mins

Problem Solving

Partner Balances

- In pairs ask the players to balance with only:
 - two feet touching the ground
 - two hands and two feet touching the ground
 - two hands and two knees touching the ground
 - one back and two feet touching the ground

- Ask the players to set other partner balance problems for the group

- Encourage different ways of achieving the answer. There is often more than one answer.

SESSION 15
FAST TRACK SOFTBALL

THROWING- OUTFIELD THROW FOR DISTANCE

Equipment

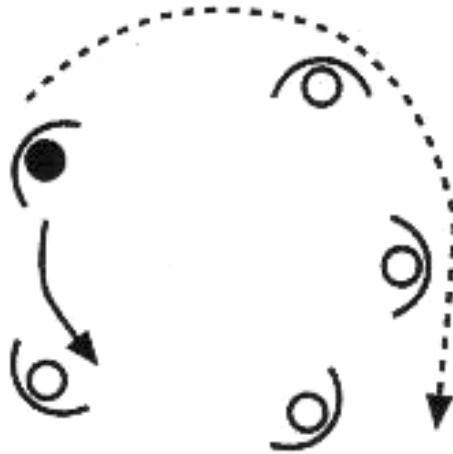
Incrediballs
Markers
Tennis Balls

Warm – U p

10 mins

Circle Run

- Use 1 ball - If using tennis balls - don't use glove
- If using incrediballs - use gloves
- Playing space should be a grassed or asphalt area
- Divide the players into groups of 5-6
- Get the players to form large circles
- One player starts with the ball
- The player throws the ball around the circle
- The player who first threw the ball runs around the circle, in the opposite direction , trying to beat the ball back to the starting point.
- The person to the left repeats the sequence.



SKILL DEVELOPMENT

25 minutes

THROWING FOR DISTANCE FROM OUTFIELD POSITIONS

Use basic throwing technique (as in Session 1) with the following adaptation:

Throwing Action:

1. Throw starts with an exaggerated crow hop stepping straight at target.
Keep head still and eyes on target at all times.
2. Arm is held higher than for normal overarm throw - elbow is level with the head.
3. Rotate hips, then body and then shoulders to throwing side as weight is driven off back foot and transferred onto front foot.
4. Weight transfers to front foot as arm comes forward and over the top.
Fingers are behind the ball.
5. Ball hand trails elbow until shoulders are square.
6. As arm comes forward wrist is under the ball and wrist is kept cocked.
7. Ball is released at "VERY high five" position with wrist snap toward the target



Follow through:

8. After release body bends at the waist and continues forward rotation until throwing shoulder is pointing at target and weight is on front foot.
9. Throwing hand continues down and past the opposite thigh and calf.

NOTE:

- Keep throw flat (by releasing ball in front of body)
- Bounce ball into receiver

SKILL REVIEW CIRCUIT *10-15 mins*

Infield/Outfield game play

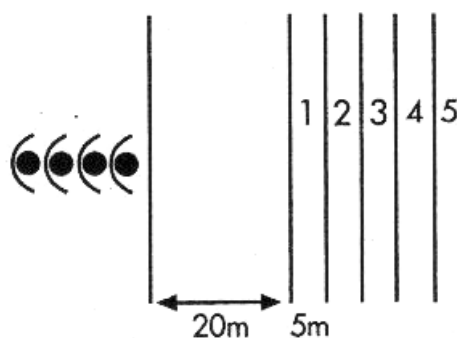
1. Outfielders are to throw through the pivot player (relay) to home plate.
2. Outfielders may try to throw to home plate using bounce throw

G A M E OR CIRCUIT ACTIVITIES

20 mins

Line Ball

- Use 1 tennis ball or Incrediball per player
- The playing space should be a grassed/ asphalt area marked with lines five metres apart, starting 20 metres from a line.
- Each segment is given a value (1,2, 3) which increases with distance to be thrown.
- Divide the players into groups of 4
- From the line each student has three throws with the ball to score as many points as possible to add to their teams total score.
- More than one team can participate at the same time



W A R M D O W N

10 mins

Silent Passing

- Small groups of players stand in a circle (approximately 5-6 players in each group)
- The players must throw the ball continuously to each other.
- To receive the ball the player must gain the attention of the player with the ball in a non- verbal manner.

Reference: Level 1 Manual, Chapter 2, Page 7

SESSION 16
FAST TRACK SOFTBALL

HITTING- TRACKING- PITCH SELECTION

E q u i p m e n t

Softballs/ Incrediballs	Tennis Racquets
Whiffle Balls (normal and golf size)	Thundersticks
Batting Tees	A set of Bases
Markers	1 Bucket
Bats (Normal and Foam)	Whistle
Helmets	1 Netball
Broom Handles	
Table Tennis Bats	

W a r m – U p

10 mins

Rolling Swap

- Use 1 ball each for half the group and a whistle
- The playing space is an open and defined area.
- The players are set in a random formation. Half the players have a ball.
- Players jog within the area
- When the coach blows the whistle and calls out a number, the players with a ball find a player without a ball and throw and catch it the number of times nominated by the coach.

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

25 minutes

TRACKING A MOVING PITCHED BALL

1. Review hitting technique from Session 6
2. Circuit Hitting (suggested activities)
 - Hit whiffle balls with foam bats
 - Hit golf whiffle balls with a broom handle
 - Hit tennis balls with softball bats
3. Tee Hitting into a net
4. Hitting any balls with a variety of bats
 - Table tennis bats
 - Tennis Racquets
 - Thunder Sticks etc.

TIPS FOR TEACHING SKILL

1. Watch release point of the ball from the hand of person delivering the ball
2. Track the ball (with eyes) until ball hits bat
3. Track the middle of the ball (with the eyes) all the way onto the barrel of the bat

G A M E OR CIRCUIT ACTIVITIES

20 mins

Three Hit Softball

- Use 3 balls, 1 bucket and 3 bases per team
- The playing space should be a large open area
- Place the bases in a diamond formation with the bucket as home base
- Divide the players into two teams. (One batting and one fielding.)
- The first batter hits three balls in quick succession and runs around the bases
- The fielders try to retrieve all three balls and get them back into the bucket before the batter runs around the bases.
- Continue until all team members have had a bat,
- Change teams over

W A R M D O W N

10 mins

Under the Bridge

- Use 1 medium sized ball per group (e.g. a netball)
- Use a grassed/ asphalt or indoor area
- Divide the players into groups of 3
- One player stands with legs astride
- The other 2, standing either side, roll the ball to each other between the middle player's legs.



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:

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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
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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
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