



Junior Games Pathway

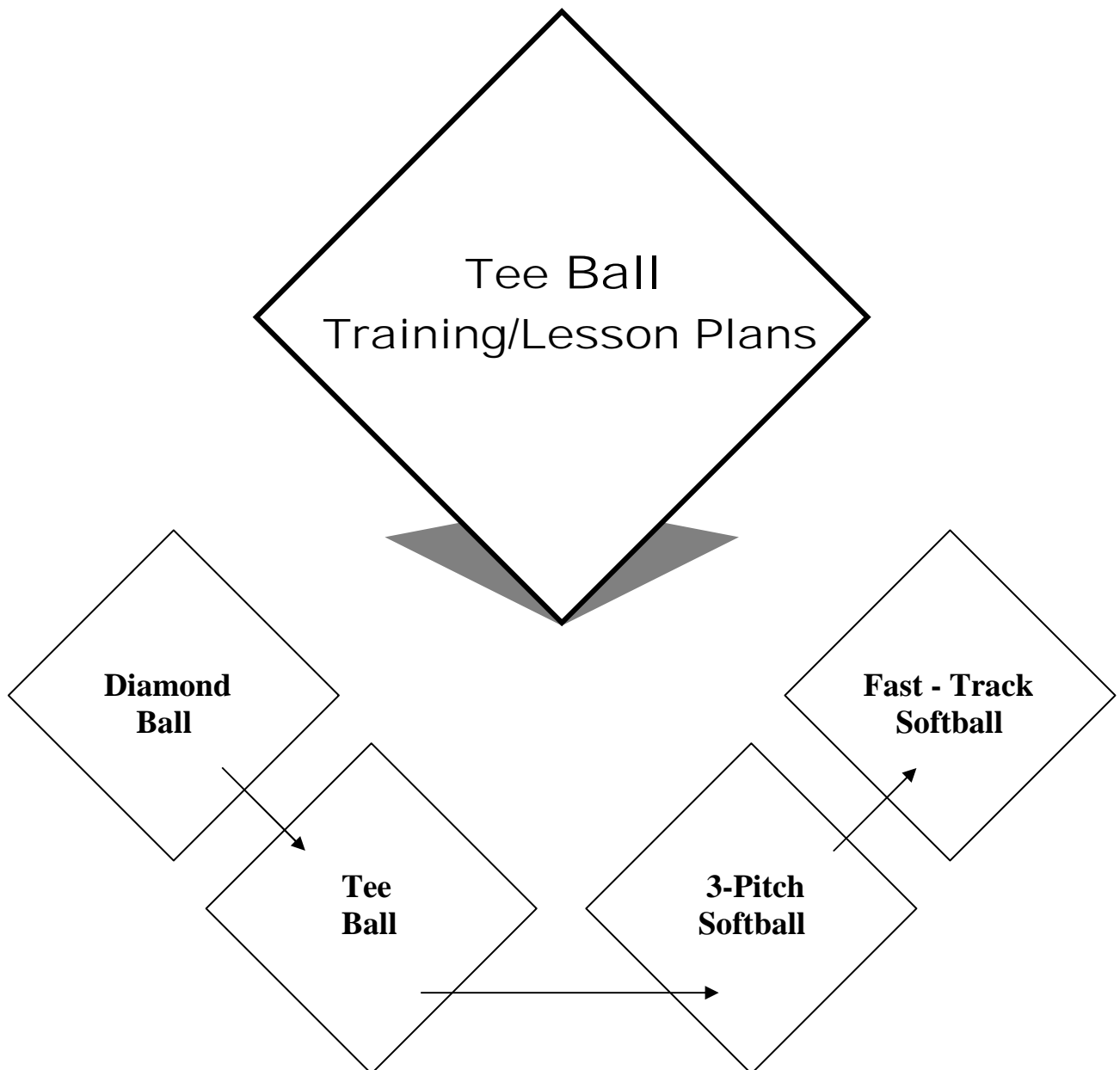


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Tee Ball Skills

<p>Glove</p> <ul style="list-style-type: none"> • How to wear a glove • How to use a glove • Size and condition of glove 	<p>Throwing</p> <ul style="list-style-type: none"> • How to hold the ball • How to throw overarm • How to look and step to target • How to release the ball • How to follow through with throwing arm
<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 • Encouraging soft hands and movement of feet to the ball 	<p>Fielding</p> <ul style="list-style-type: none"> • How to field a ground ball • How to field a fly ball • Watching the ball into the glove
<p>Batting</p> <ul style="list-style-type: none"> • Correct batting grip • Correct batting stance • Hitting the middle of the ball 	<p>Baserunning</p> <ul style="list-style-type: none"> • How to run from home plate to first base • How to run through first base • How to sprint around the bases • What to do if the ball is caught on the full
<p>Game Play</p> <ul style="list-style-type: none"> • Teamwork • Fielders moving to bases to receive throws 	

SESSION 1
TEE BALL



Throwing and Catching

E q u i p m e n t

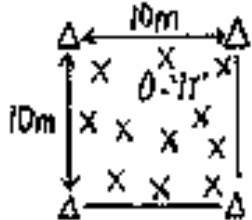
- 1 Glove per player
- 1 Wiffle ball
- 1 Tee ball per player
- 4 Markers

W a r m - U p

5 mins

Perfect Catch (Wiffle ball)

- 'IT' lobs ball high in air and calls any player's name. The player called must try to catch ball and call stop.
- If unsuccessful, retrieve ball, call 'stop', other players freeze and catcher tries to hit someone below the waist with the ball.
- If someone is hit they become 'IT'. If not, thrower retrieves ball and calls 'stop' again.
- Allow only 3 unsuccessful tries then nominate someone else as 'IT'.



Use a wiffle ball

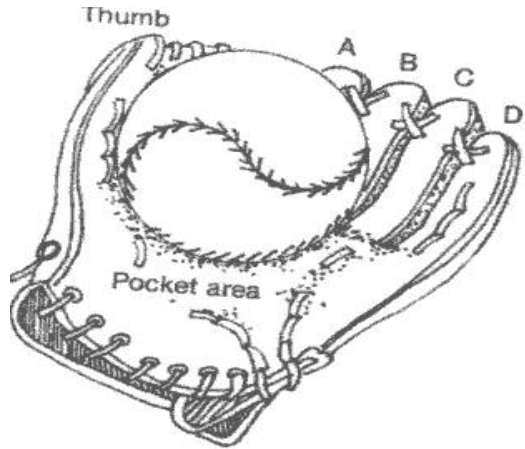
OBJECTIVE:
Get to know activity
Team cohesion

S k i l l D e v e l o p m e n t

GETTING FAMILIAR WITH THE GLOVE

TIPS

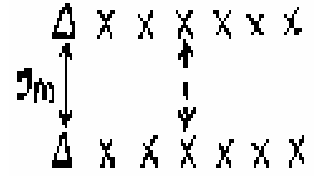
1. Place thumb in section marked **thumb**
2. 2 fingers (index and middle) in section marked **C**
3. 2 fingers (pinkie and ring) in section marked **D**
4. Catch ball in pocket of glove.
5. Squeeze thumb in glove.
6. Place throwing hand on the ball



CATCHING

- TIPS**
1. Move feet & body behind the ball.
 2. Place throwing hand beside glove, thumbs together, glove up
 3. Extend arms - make a target for the ball.
 4. Look for the middle of the ball into the pocket of the glove.
 5. Catch the ball in the pocket of the glove. (as if it is an extension of your hand)

NOTE: Fingers up to catch a ball above the waist.
 Fingers down to catch a ball below the waist.



1.



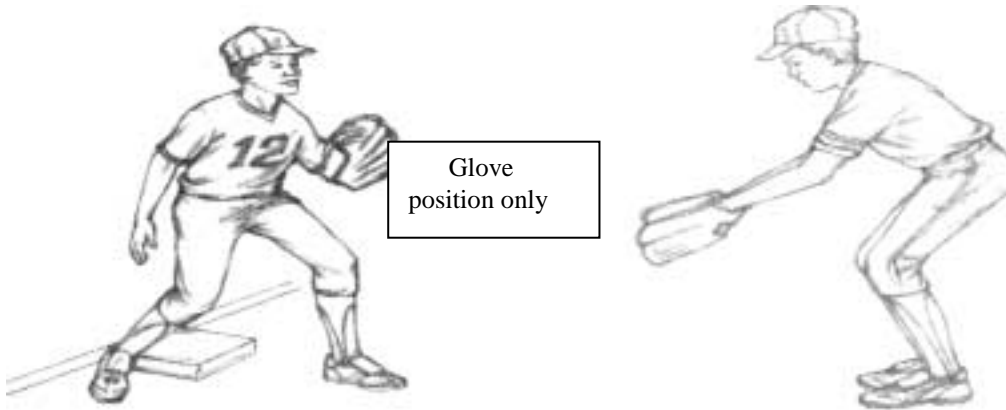
2.



3.



4.



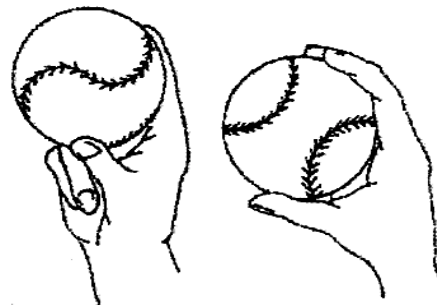
BALL GRIP



2 FINGERS



3 FINGERS



- ACROSS SEAMS
 - FIRM BUT RELAXED
- BASIC GRIPS**

OVERARM THROW

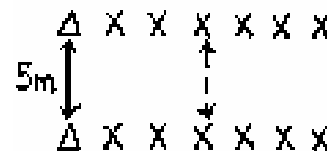
- TIPS**
1. Hold ball in fingers ***not*** palm – fingers on top of the ball.
 2. Side on – point glove shoulder at target.
 3. Throwing elbow ***higher*** than shoulder.
 4. Step forward with opposite foot to throwing arm.
 5. Release ball at ‘HIGH FIVE’ position.
 6. Follow through- arm down to opposite knee.



5 mins

Pairs - overarm throw and catch (start 5m apart. For every 2 successful catches move 1 step apart.)

G a m e



15 mins

Softball Tag (wiffle ball)

- 2 teams - 1 fields, 1 bats.
- All fielders inside the diamond.
- Batters in pairs, 1 rolls ball into diamond then enters diamond and attempts to avoid being tagged by a fielder holding the ball. Other batter attempts to run around the diamond before his/her partner is tagged. If he/she gets home batting team scores 1 point.
- All batters bat then change sides.
- In second innings batters change roles.



RULES:

1. *Fielder cannot move once they have the ball.*
2. *Batter dodging cannot go outside the diamond.*

Teamwork
 Agility
 Becoming familiar with playing field

SESSION 2

TEE BALL

Batting

Equipment

- 1 Glove per player
- 1 Bat and batting tee per 4
- 1 Tee ball per player
- 1 Set of bases
- 2 Tennis balls

Warm - Up

5 mins Through the Wall (Tennis ball & gloves)

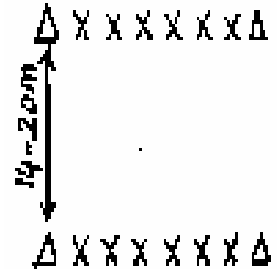
- Teams of 3 or more standing 14-20m apart facing each other.

Teamwork, fun,
Eye hand coordination
Glove skills

The aim is to roll the ball along ground, throw below waist height through the wall of opponents. You score a point for each ball not fielded by your opponents.

Variation

- Introduce 2 balls into the game.



Skill Development



Ensure enough space between players (x) side by side to allow for safety when throws are inaccurate.

BATTING

GRIP:

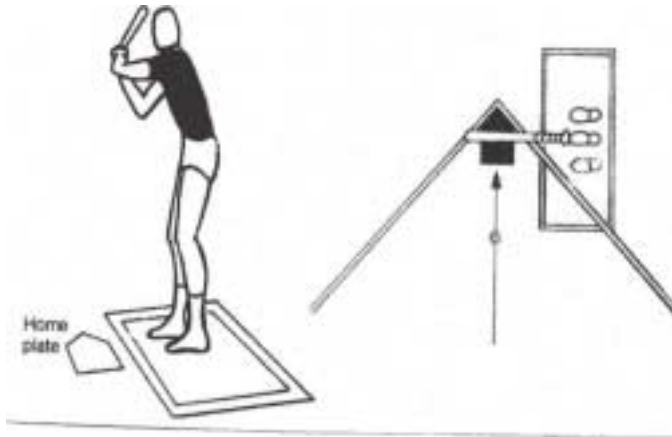


1. Player stands with knees together and bat against their knees.
2. Player reaches down with both hands and wrap their fingers around the handle of the bat
3. The player aligns their hands so that the 'V' formed between their thumb and index finger points straight up the respective arm
4. Now lift the bat straight up (Fig 4.6) and rest it on their shoulder.
5. From here simply have player lift bat off shoulder to bat.

6. Hands at the top of the strike zone – kept back.
7. Front elbow in - back elbow 45 .
8. Pivot at hips –turn belly button towards ball on tee - throw hands **through** ball.



NOTE: Grip the bat with the fingers – hands close together.
Hit the ball at the front of the body.



USE THE ABOVE PICTURES AS GUIDES

8 mins

Batting Practice (Match Balls)

- In pairs with 1 batting tee and 6 balls, 1 player bats, 1 feeds balls onto tee.
- Batter must hit through the middle of the ball.
- Feeder places next ball on tee.
- 6 hits each.
- Both players collect balls in a bucket.
- Change over.



Feeder stands on the opposite side of the tee facing the batter.

G a m e

15 mins

Rounders

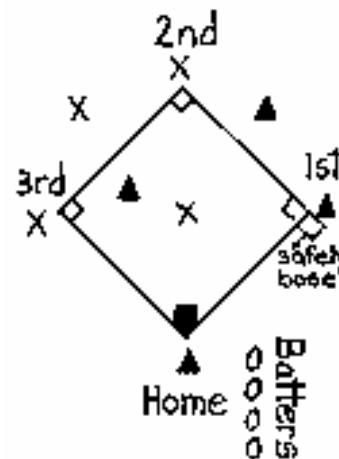
- 2 teams of 3 or more. Coach can be player at home plate if needed.
- Each batter must run (i.e. can have as many strikes as is necessary to get a fair hit).
- Once ball is hit batter must attempt to run all bases and back to home (no stopping).
Fielders must throw ball to 1st, 2nd and 3rd base then home (trying to beat runner).
- Rotate fielding positions after each batter.

RULES:

- 1 No interference by runner or fielders.
- 2 If caught the runner is not out.
- 3 Must hit ball more than 5m.

SCORE:

- 1 point for each batter that gets home.
All batters then change over.



Hitting through the middle of the ball, accuracy of throwing,
Eye hand coordination
Correct technique, Coach checkpoint

SESSION 3

TEE BALL

Ground/Fly balls

Equipment

- 1 Glove per player
- 1 Tee ball per pair
- 6 Cones/Markers
- Wiffle balls

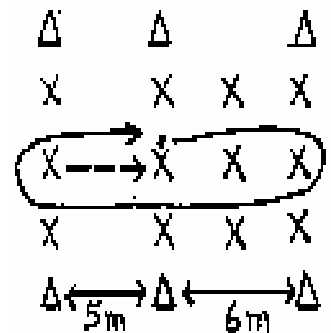


Warm - Up

5 mins

Leaderball (TeeBall & gloves)

- Teams of 3 or 4
- Leader throws ball to 1st player who catches ball, runs around entire team back to starting position, throws ball back to leader & sits down. This is repeated until all players are seated.



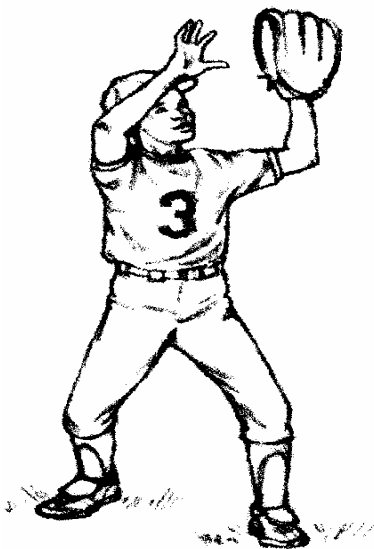
Teamwork, agility
Feet and body movement

Skill Development

FIELDING FLY BALLS

TIPS

1. Move body & feet towards the ball. (Attack)
2. Keep thumbs together, palms out.
3. Catch away from body (above chest)
4. Bring ball, in glove, gently towards heart.
5. Player must be able to see the ball at **ALL** times. (Tracking the ball)



Catching a Fly Ball:

Fingers should point up and palms outwards.

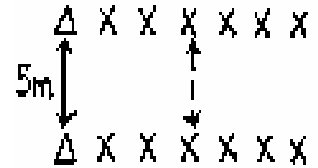


Ensure enough space between players (x) side by side to allow for safety when throws are inaccurate.

5 mins

Pairs - 5m apart, underarm lob the ball to your partner.

When successful for two consecutive catches take 2 steps backwards.



FIELDING GROUND BALLS

- TIPS**
1. Move body & feet towards ball, (feet apart as you get close to ball).
 2. Bottom close to ground.
 3. Little fingers together, palms out and back of finger tips of glove on the ground.
 4. Watch ball into glove, place throwing hand over ball and gently bring ball (in glove) to heart.
 5. With ball in throwing hand, turn side on to target and throw.



8 mins

In Pairs – still ball pickup & throw. (Place ball on ground 2 mtrs in front of fielder.) x 5 attempts then change

In Pairs - roll ball to partner, partner fields and overarm throws ball back x 5 attempts then change

Increase distance apart for better players

Awareness of body position
Timing coordination

Game

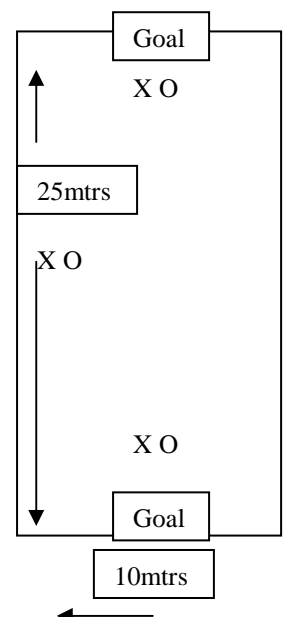
15 mins

Fielding Soccer (Wiffle ball & gloves)

- 2 teams.
- Aim is to score a goal at your end by rolling the ball through your goals.

- RULES:**
1. Can only pass ball underarm and below waist height.
 2. Cannot move once you have possession of the ball.
 3. No body contact, defence must remain 1m from person with the ball.
 4. When goal is scored other team starts from goal line.
 5. Start play by throwing ball into air.

Game sense
Team work



SESSION 4
TEE BALL



Baserunning

E q u i p m e n t

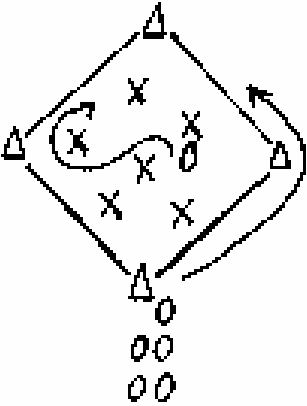
- 1 Glove per player
- 1 Set of bases
- 2 Bats
- 1 Batting tee
- 4 Tee balls & wiffle balls
- Batting helmets with chin straps

W a r m - U p

10 mins

Softball Tag (wiffle ball)

- 2 teams - 1 fields, 1 bats.
- All fielders inside the diamond.
- Batters in pairs, 1 rolls ball into diamond then enters diamond and attempts to avoid being tagged by a fielder holding the ball. Other batter attempts to run around the diamond before his/her partner is tagged. If he/she gets home batting team scores 1 point.
- All batters bat then change sides.
- In second innings batters change roles.



RULES:

1. *Fielder cannot move once they have the ball.*
2. *Batter dodging cannot go outside the diamond.*

Teamwork
Agility
Becoming familiar with playing field

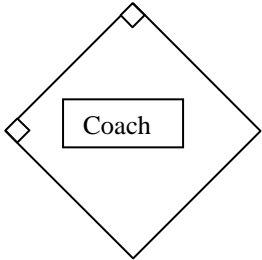


S k i l l D e v e l o p m e n t

ADDRESSING THE BASE

(2 or more at each base, coach in centre.)

1. One runner leaves from each base, on the **hit command** and sprints towards the next base.
2. ***If a foul ball is called***, the runner returns immediately to the present base.

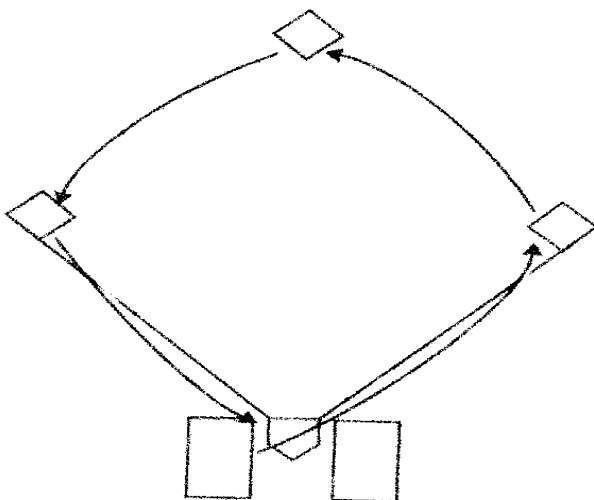
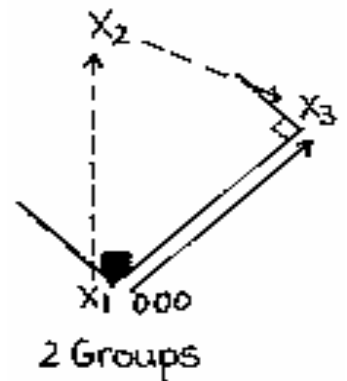




RUNNING TO FIRST BASE

- TIPS**
1. Run hard through the base (don't slide).
 2. If running to second base swerve toward inside of base.
 3. Contact *inside* of base and lean to infield

- 5 mins**
- swings at imaginary ball then runs to first.
 - Ball is thrown from X1 → X2 → X3.
 - Swap positions after each runner. Everyone has two turns at running.

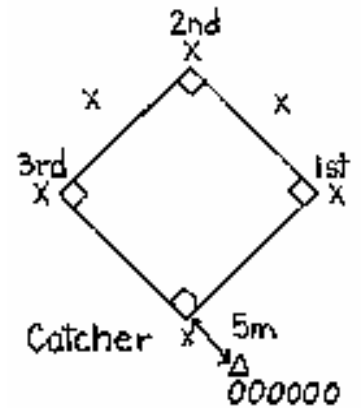


Game

15 mins

Rounders (3 v 3) or more (Match Ball & helmets)

- The first batter stands on home base and throws the ball inside the diamond (infield). If the ball lands outside the diamond the batter goes to the end of the line
- The batter runs around the bases in order 1st, 2nd, 3rd, home.
- The fielders field the ball and throw it around the bases in reverse order 3rd, 2nd, 1st and catcher (Coach)
If the batter beats the ball around the bases the batting team scores 1. If the ball reaches the catcher before the batter gets home the fielding team scores 1.
- Change sides after all batters have had a turn.



1. Batters should sit at least 5m to right and behind catcher.
2. Batters should run on inside of bases
3. Fielders should throw to outside of bases.
4. Batters should wear helmets.

SESSION 5
TEE BALL

Fielding Positions



E q u i p m e n t

- 1 Glove per player
- 1 Bat and batting tee per 3
- 1 Set of bases
- 1 Tee ball per pair
- Helmets with chin straps.

W a r m - U p

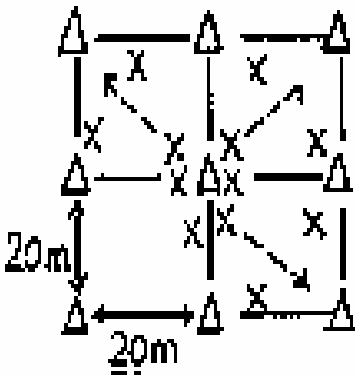
10 mins

Hitting for Score

- Groups of 3 or more, 1 batter, 1 feeder, 1 fielder.
- Score 2 points for hitting a ground ball,
- 1 point fly ball, lose 1 point for caught ball.
- 4 hits each then change positions.



- (i) **Feeder stands on the bat side of the tee, facing the batter.**
- (ii) **Fielder rolls the ball back to the feeder.**

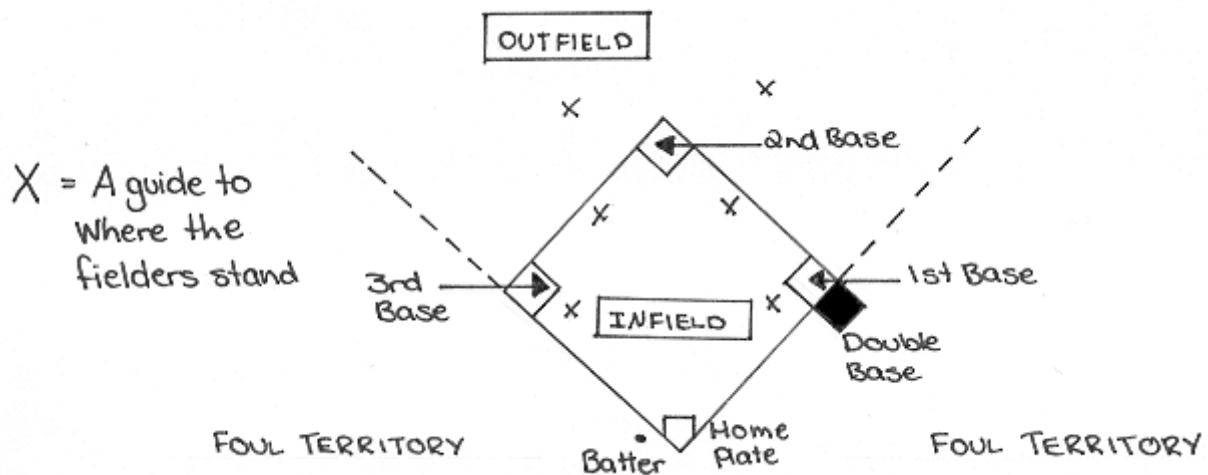


S k i l l D e v e l o p m e n t

FIELDING POSITIONS

TIPS

1. Explain infield and outfield positions. as per X's in below diagram.
2. Players must recognise the need to cover the bases as well as fielding the batted ball.



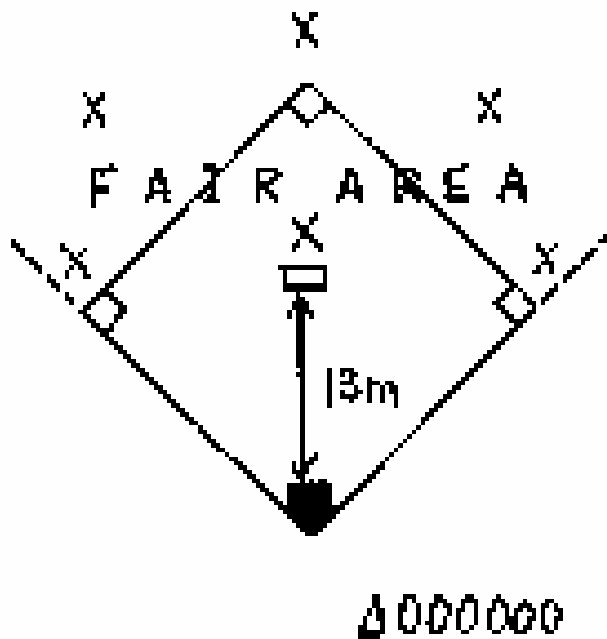
G a m e

15 mins

Modified Tee Ball

- 2 teams of 3 players, Coach plays as the catcher
- (if you have teams of 4 or more play one as catcher extras in outfield.)
- Each batter must run (i.e. can have as many strikes as is necessary to get a fair hit).
- No tagging (batter out if ball beats them to base).
- Rotate fielding positions after each batter.
- Bat until 2 out then change.
- Batter must hit ball more than 13 mtrs from tee.

Playing field awareness
Coaches checkpoint
Game sense



SESSION 6
TEE BALL



Base Running

Equipment

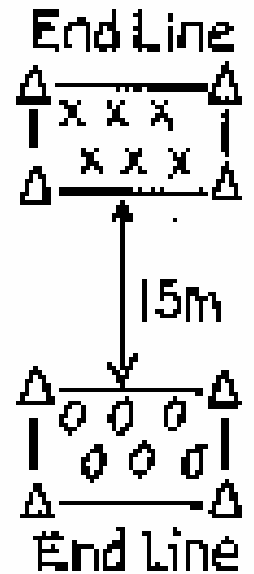
- 3 Tee balls
- 1 Bat
- 1 Batting tee
- 1 Set of bases
- 8 Markers
- 3 Tennis balls

Warm - Up

5 mins

End Ball (Tennis ball gloves)

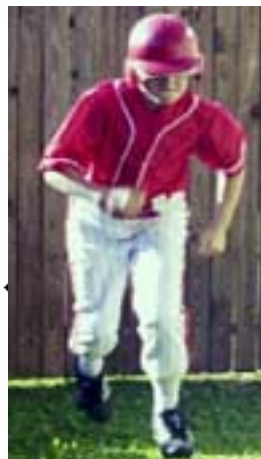
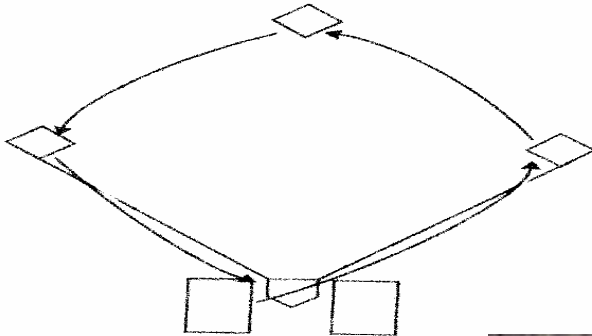
- Teams aim to roll or bounce the ball over the opposite team's end line.
- Players cannot move outside their boundaries.
- Introduce 3 balls.



Skill Development

BASE RUNNING

- TIPS
1. Swerve toward inside of base.
 2. Contact *inside* of base and lean to infield.

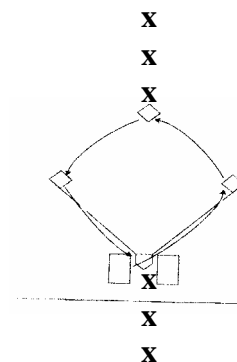


5 mins

Wheel Relay (using softball diamond) 45 ft bases

- First player runs around half of diamond then tags next player in team. (Trying to touch inside of base).
- Repeat until all have run twice.

Practice touching the inside of the base

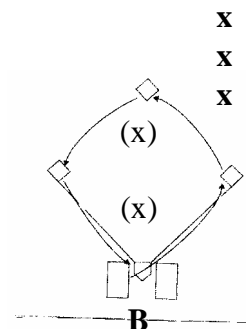


5 mins

Line Ball

- 2 teams, one batting and one fielding.
- The batter hits the ball off the tee and runs the bases.
- The ball is fielded and all fielders run to line up behind the person who fielded the ball.
- The batter tries to reach home plate before the fielders are lined up and call 'stop'.
- Each batter has a turn, teams change over.

Team work
Running more than one base
Coach check batting technique

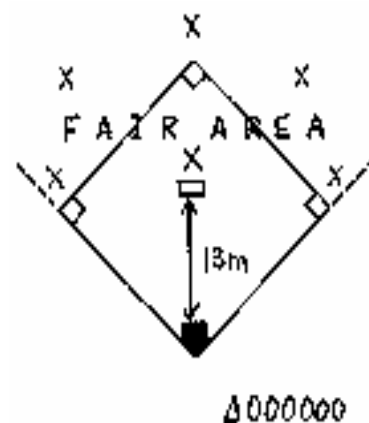


G a m e

15 mins

Modified Tee-Ball

- 2 teams of 3.
- 1 innings each of 5 minutes.
- The '3 out all out' rule does not apply. Each team will bat all players for the full 5 minutes - when a batter is out they return to the batting order.
- Batters have 3 attempts at hitting the ball off the tee. If unsuccessful they return to the batting order.
- No bunting, a player must take a full swing at the ball.
- The ball must be hit in the fair area, i.e. inside the extended boundaries of 1st and 3rd base.
- A batter/runner is out when
 - (i) the hit ball is caught.
 - (ii) the thrown ball reaches the base before the batter (no tagging).
- No fielder can stand in front of the 13m mark at the start of each play.
- The batting team places the ball on the tee for each batter.
- No fielder fields at home base to start each play.



SESSION 7
TEE BALL

Fielding Skills

E q u i p m e n t

- 1 Glove per player
- 1 Tennis ball
- 1 Tee ball per player
- 6 Markers

W a r m - U p

Elbow Tag.

- Make pairs and stand in the area.
- One player is the designated cat and one is the mouse.
- The cat chases the mouse, the mouse can change by attaching itself to one of the pairs and then the person on the end is the mouse.
- Hint: the quicker the mouse attaches to another the faster the game is.



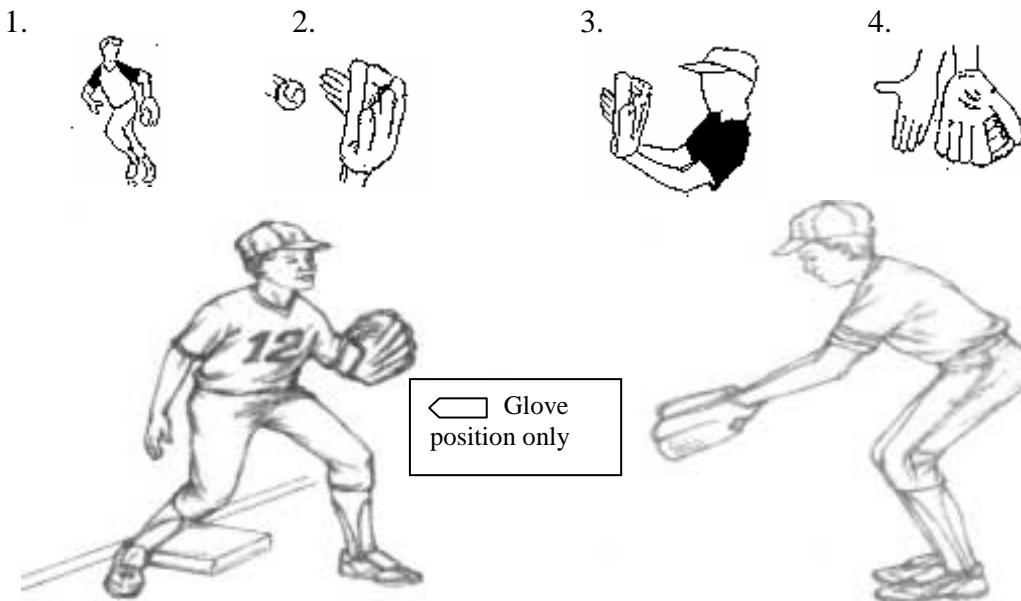
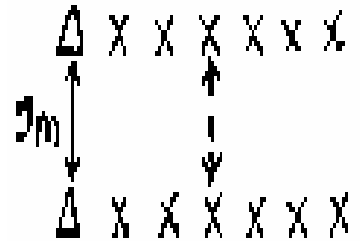
S k i l l D e v e l o p m e n t

Ensure enough space between players (x) side by side to allow for safety when throws are inaccurate.

CATCHING

- TIPS**
1. Move feet & body behind the ball.
 2. Place throwing hand beside glove, thumbs together, glove up.
 3. Extend arms - make a target for the ball.
 4. Look for the middle of the ball into the pocket of the glove.
 5. Catch the ball in the pocket of the glove. (as if it is an extension of your hand)

NOTE: Fingers up to catch a ball above the waist.
Fingers down to catch a ball below the waist.



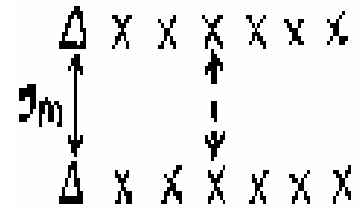
OVERARM THROW

- TIPS
1. Hold ball in fingers ***not*** palm – fingers on top of the ball.
 2. Side on – point glove shoulder at target.
 3. Throwing elbow ***higher*** than shoulder.
 4. Step forward with opposite foot to throwing arm.
 5. Release ball at 'HIGH FIVE' position.
 6. Follow through- arm down to opposite knee.



5 mins

Pairs - overarm throw and catch (start 5m apart. For every 2 successful catches move 1 step apart.)



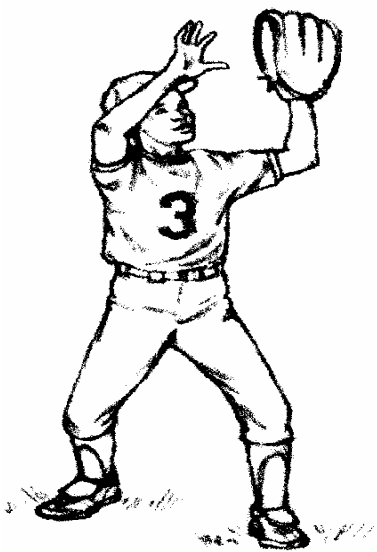
FIELDING FLY BALLS

TIPS

1. Move body & feet towards the ball. (Attack)
2. Keep thumbs together, palms out
3. Catch away from body (above chest)
4. Bring ball, in glove, gently towards heart.
5. Player must be able to see the ball at **ALL** times. (Tracking the ball)



Ensure enough space between players (x) side by side to allow for safety when throws are inaccurate.

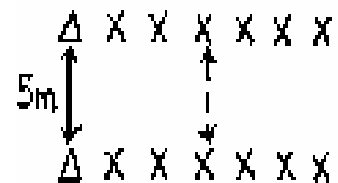


Catching a Fly Ball:

Fingers should point up and palms outwards.

5 mins

Pairs - 5m apart, underarm lob the ball to your partner. When successful for two consecutive catches take 2 steps backwards.



VARIATION:

Equipment: a wiffle ball, a tennis ball and a tee ball per pair

Pairs- 5m apart, underarm the tennis ball to partner, after 2

Successive catches change the ball to a wiffle ball then a tee ball

FIELDING GROUND BALLS

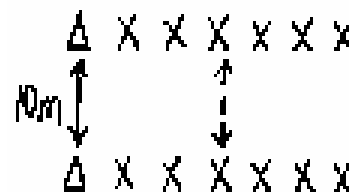
- TIPS**
1. Move body & feet towards ball, (feet apart as you get close to ball).
 2. Bottom close to ground.
 3. Little fingers together, palms out and back of finger tips of glove on the ground.
 4. Watch ball into glove and gently bring ball (in glove) to heart.
 5. With ball in throwing hand, turn side on to target and throw.



8 mins Pairs – still ball pickup & throw. (Place ball on ground 2 mtrs in front of fielder.) x 5 attempts

Awareness of body position
Timing & coordination

5mins Pairs - roll ball to partner, partner fields and overarm throws ball back (x 10 then change).



G a m e

15 mins

Fielding Soccer (Tennis ball and gloves)

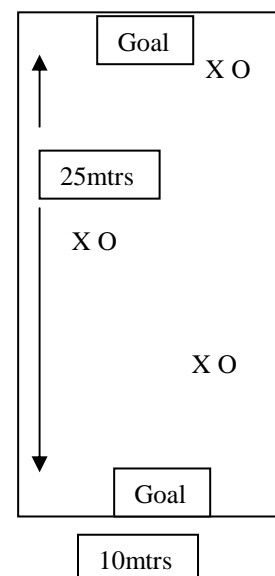
- 2 teams.
- Aim is to score a goal at your end by rolling the ball through your goals.

- RULES:**
1. Can only pass ball underarm and below waist height.
 2. Cannot move once you have possession of the ball.
 3. No body contact, defense must remain 1m from person with the ball.
 4. When goal is scored other team starts from goal line.
 5. Start play by throwing ball into air.

Game sense
Team work

VARIATION:

The use of different balls e.g. wiffle, Prickle or match balls with or without gloves.



SESSION 8
TEE BALL

Batting

Equipment

1 Glove per player
Tennis balls
Tee balls
Bats
Helmets with chin straps

Warm - Up

5 mins **Elbow Tag.**

- Make pairs and stand in the area.
 - One player is the designated cat and one is the mouse.
 - The cat chases the mouse, the mouse can change by attaching itself to one of the pairs and then the person on the end is the mouse.
- Hint:** The quicker the mouse attaches to another the faster the game is.

Skill Development

BATTING

GRIP:



1. Player stands with knees together and bat against their knees.
2. Player reaches down with both hands and wraps their fingers around the handle of the bat.
3. The player aligns their hands so that the 'V' formed between their thumb and index finger points straight up the respective arm.
4. Now lift the bat straight up and rest it on their shoulder. (From here simply have player lift bat off shoulder to bat.)
5. Hands at the top of the strike zone – kept back.
6. Front elbow in - back elbow 45 .
7. Pivot at hips –turn belly button towards pitcher - throw hands through middle of ball ball.

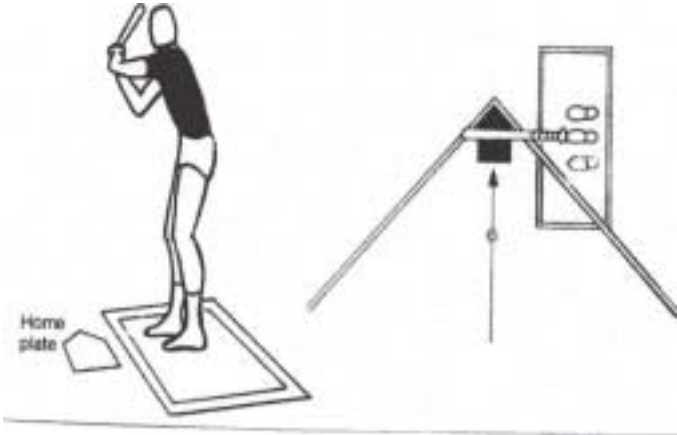


NOTE: Grip the bat with the fingers – hands close together.



USE THE ABOVE PICTURES AS GUIDES

NOTE: Hit the ball at the front of the body.



8 mins

Batting Practice (Match Balls)

- In pairs with 1 batting tee and 6 balls, 1 player bats, 1 feeds balls onto tee.
- Batter must hit through the middle of the ball.
- Feeder places next ball on tee.
- 6 hits each.
- Both players collect balls in a bucket.
- Change over.

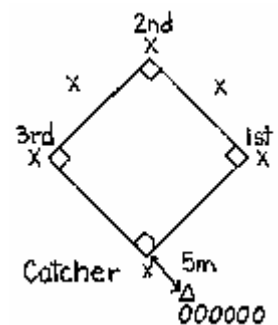


Feeder stands on the opposite side of the tee facing the batter.

15 mins

Rounders (3 v 3) Or more (Match Ball)

- The first batter stands on home base and throws the ball inside the diamond (infield). If the ball lands outside the diamond the batter goes to the end of the line
- The batter runs around the bases in order 1st, 2nd, 3rd, home.
- The fielders field the ball and throw it around the bases in reverse order 3rd, 2nd, 1st and catcher (Coach)
If the batter beats the ball around the bases the batting team scores 1. If the ball reaches the catcher before the batter gets home the fielding team scores 1.
- Change sides after all batters have had a turn.



VARIATION:- Batting Tee / thrown ball

4 mins

Hit the Coach (match balls)

- Coach rolls ball to player. Player fields ball and
- Returns with an overarm throw (x 4 each)
- 3 snakes for hitting the Coach's shirt, 2 snakes for hitting the
- Coach's shorts, 1 snake if no target hit.
Increase distance for better players.



Coach may wear glove or catch the ball is desired.

Technique of fielding & throwing
(putting it together)
Accuracy

SESSION 9

TEE BALL



Game Play

Equipment

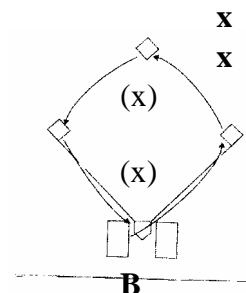
- 1 Glove per player
- 1 Set of bases
- 2 Softball bats
- 1 Batting tee
- 1 Tee balls

Warm - Up

10 mins

Line Ball

- 2 teams, one batting and one fielding.
- The batter hits the ball off the tee and runs the bases.
- The ball is fielded and all fielders run to line up behind the person who fielded the ball.
- The batter tries to reach home plate before the fielders are lined up and call 'stop'.
- Each batter has a turn, teams change over.



Team work
Running more than one base
Coach check batting technique

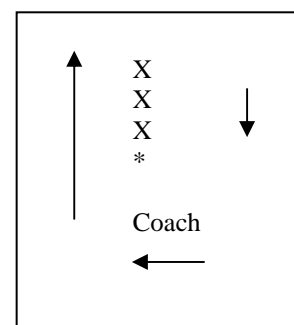
Game

10 mins

Fly ball fielding (match ball and gloves)

- Coach toss ball to each player using high underarm toss.
- Player attempts to catch ball, then with ball runs
- Behind Coach and drops ball into bucket

Tracking (See the ball at all times)



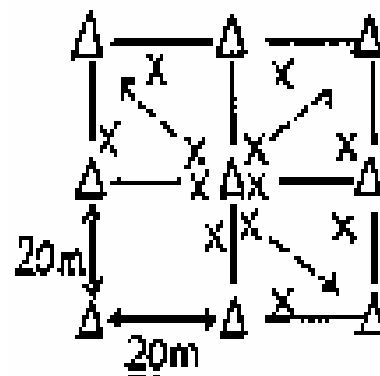
10 mins

Hitting for Score

- Groups of 3 or more, 1 batter, 1 feeder, 1 fielder.
- Score 2 points for hitting a ground ball,
- 1 point fly ball, (lose 1 point for caught ball.)
- 4 hits each then change positions.



Feeder stands on the opposite side of the Tee facing the batter.

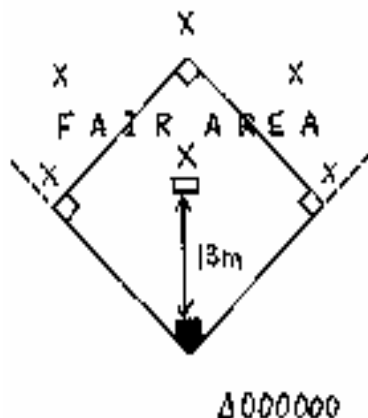


Game

15 mins

Modified Tee-Ball

- 2 teams of 3.
- 1 innings each of 5 minutes.
- The '3 out all out' rule does not apply. Each team will bat all players for the full 5 minutes - when a batter is out they return to the batting order.
- Batters have 3 attempts at hitting the ball off the tee. If unsuccessful they return to the batting order.
- No bunting, a player must take a full swing at the ball.
- The ball must be hit in the fair area, i.e. inside the extended boundaries of 1st and 3rd base.
- A batter/runner is out when:
 - (i) the hit ball is caught.
 - (ii) the thrown ball reaches the base before the batter (no tagging).
- No fielder can stand in front of the 13m mark at the start of each play.
- The batting team places the ball on the tee for each batter.
- No fielder fields at home base to start each play.





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 ©

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Sports Fun Tee Ball ©

Further information can be obtained from the Australian Sports Commission:

PO Box 176 BELCONNEN ACT 2616

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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 • Softball/TeeBall Lesson Plan Book • Softball – Orientation to Coaching | <ul style="list-style-type: none"> • Coaching Tee Ball • Basic Fastpitch Skills and Playing Tips • Level 1 Coaching Manual |
|--|---|

Softball Queensland (OSA Inc)

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

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