# **COMPETITION – INTRODUCTION PATHWAY**

[Learn to Train/Train to Train Stages]

### **FOUNDATIONS OF COACHING SOFTBALL - PART 2\***

\*Part 1 must be completed prior to accessing Part 2.

**TOTAL: 60-90 MINS** 



Make Ethical Decisions

### **SOFTBALL COMPETITION - INTRODUCTION CLINICS**

2. Practice Planning

4. Offensive Strategy

3. Basic Rules

**5.** Signals

#### WEEKEND #1

TOTAL: 12 HRS

- 1. Fundamental Softball Skills
  - a Dynamic Warm-Up
  - **b** Throwing
  - **c** Fielding
  - **d** Hitting
  - Bunting (Sacrifice & Drag)
  - e Pitching
  - f Baserunning
    - Sliding

## WEEKEND #2

- 1. Teaching & Learning
- 2. Positional Play & Skills
- 3. Defensive Principles & Offensive Principles
- 4. Defensive & Offensive Strategies

**TRAINED** 

- 5. Analyze Performance
- 6. Practical Coaching

### **MULTI-SPORT MODULE**

**TOTAL: 3 HRS** 

COMPETITION – INTRODUCTION **Online Evaluation** 

1. Make Ethical Decisions



COACH **PORTFOLIO** (Various Tasks)



ON-FIELD **EVALUATION** (Practice)







