## **COMMUNITY SPORT - ONGOING PARTICIPATION PATHWAY**

(Learn to Train/Active for Life Stages)



MULTI-SPORT MODULE
Make Ethical Decisions

TOTAL: 3 HRS

## **COMMUNITY SOFTBALL COACH CLINIC**

- 1. Introduction
- 2. Setting the Scene
- 3. Participants & Their Sport Needs
- 4. Tasks of a Community Softball Coach
- 5. Fundamental Softball Skills
  - a Dynamic Warm-Up
  - **b** Receiving & Throwing
  - c Fielding Ground Balls & Fly Balls
  - d Hitting
    - Bunting (Sacrifice)

- e Baserunning
  - Sliding
- f Pitching
- 6. Practice Planning & Sport Safety
- 7. Practice Coaching Session
- 8. Basic Strategy
- 9. Competition Organization
- 10. Positional Play
- 11. Rulebook and Rules

TOTAL: 8 HRS







TRAINED