

# 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**



## SOFTBALL COMPETITION – INTRODUCTION CLINICS

### WEEKEND #1

1. Make Ethical Decisions
2. Fundamental Softball Skills
  - a Dynamic Warm-Up
  - b Throwing
  - c Fielding
  - d Hitting
    - Bunting (Sacrifice & Drag)
  - e Pitching
  - f Baserunning
    - Sliding
3. Practice Planning
4. Basic Rules
5. Offensive Strategy
6. Signals

**TOTAL: 13 HRS**

### WEEKEND #2

1. Teaching & Learning
2. Positional Play & Skills
3. Defensive Principles & Offensive Principles
4. Defensive & Offensive Strategies
5. Analyze Performance
6. Practical Coaching

**TOTAL: 13 HRS**

**TRAINED**



## COMPETITION – INTRODUCTION Online Evaluation

1. Make Ethical Decisions



**COACH  
PORTFOLIO  
[Various Tasks]**

**ON-FIELD  
EVALUATION  
[Practice]**



**CERTIFIED**

