

COMMUNITY SPORT - INITIATION PATHWAY

[Fundamentals/Learn to Train Stages]

FOUNDATIONS OF COACHING SOFTBALL - PART 1

TOTAL: 60-90 MINS



LEARN TO COACH CLINIC (TIMBITS SOFTBALL)

- 1. Introduction
- 2. Participants & Their Sport Needs
- 3. Timbits Softball Program
- 4. Safety
- 5. Fundamental Softball Skills
 - a Dynamic Warm-Up
 - b Throwing & Catching
 - c Baserunning
 - d Pitching
 - e Hitting
 - f Fielding Ground Balls & Fly Balls
- 6. Make Ethical Decisions
- 7. Practice Planning
 - a Modify a Pre-Designed Activity

TOTAL: 5 HRS

TRAINED



COMMUNITY SPORT Online Evaluation

- 1. Make Ethical Decisions

