

# COMMUNITY SPORT - ONGOING PARTICIPATION PATHWAY [Learn to Train/Active for Life Stages]

## FOUNDATIONS OF COACHING SOFTBALL - PART 1

TOTAL: 60-90 MINS



## COMMUNITY SOFTBALL COACH CLINIC

1. Module #1
  - a Introduction
  - b Setting the Scene
  - c Participants & Their Sport Needs
  - d Make Ethical Decisions
  - e Tasks of a Community Softball Coach
2. Module #2 – 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
3. Module #3
  - a Practice Planning & Sport Safety
  - b Practice Coaching Session
  - c Basic Strategy
4. Module #4
  - a Competition Organization
  - b Positional Play
  - c The Rulebook and the Rules

TOTAL: 9.5 HRS

TRAINED

## COMMUNITY SPORT Online Evaluation

1. Make Ethical Decisions

