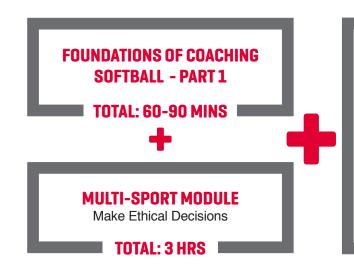
COMMUNITY SPORT - INITIATION PATHWAY

(Fundamentals/Learn to Train Stages)



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

FRAINED

- 6. Practice Planning
 - a Modify a Pre-Designed Activity

TOTAL: 4 HRS

COMMUNITY SPORT
Online Evaluation

1. Make Ethical Decisions



