COMMUNITY SPORT - ONGOING PARTICIPATION PATHWAY

[Learn to Train/Active for Life Stages]



COMMUNITY SOFTBALL COACH CLINIC **IN-PERSON**

Online Module 1 (3 hrs)

HYBRID

Community Softball Coach Clinic (8.5 hrs)





Hybrid Community Softball Coach Clinic (5.5 hrs)

Long Term Player Development

Fundamental Softball Skills:

- Dynamic Warm-Up
- · Receiving & Throwing
- · Fielding Ground/ Fly Balls
- Hitting
- Bunting
- Pitching
- Baserunning - Sliding

Participants and Their Sport Needs

Basic Strategy

Positional Play

Competition Organization

Rule Book & Rules

Sport Safety

Practical Coaching







TRAINED