

Technical / Tactical / Learning Curriculum & Play to Stay Values

Development is about Fun, participation, learning and competing. It is a stage where softballers learn core technical and tactical skills providing a solid platform in which to play the game.

This is a significant life stage for those partaking in our sport. During these years a player will determine if they wish to commit to a performance pathway or play at a recreational level.

Technical Skills

I-Introduce D-Develop C-Consolidate R-Refine M-Maintain

**Bold text – skill/tactic is a priority at this stage**

Offensive Skills

SKILL	SUB-TACTIC	I	D	C	R	M
<b>Hitting</b>	<b>Hitting Mechanics</b>					
	Avoiding Pitch					
	<b>Pitch Recognition</b>					
	<b>Mental Preparedness Pre-Game &amp; On Bench</b>					
	<b>Mental Preparedness – On Deck</b>					
	<b>Mental Preparedness – at Bat</b>					
	<b>On Deck Responsibilities</b>					
	Steal – Protecting Runner					
	<b>Bunting</b>	<b>Sacrifice</b>				
<b>Fake Bunt</b>						
<b>Drag</b>						
Push						
Squeeze						
<b>Slap Hitting</b>	<b>Stationary Slap</b>					
	<b>Running Slap (LH only)</b>					

SKILL	SUB-TACTIC	I	D	C	R	M
<b>Baserunning</b>	Getting out of Batter’s Box					
	Running to 1 <sup>st</sup> Base					
	<b>Rounding Base</b>					
	Rounding Base & Drawing Throw					
	<b>Lead-off</b>					
	<b>Tagging Up</b>					
	<b>Stealing</b>					
	<b>Rundowns</b>					
	<b>Reading &amp; Reacting to Pass Ball</b>					
	<b>Reading &amp; Reacting to Coach’s Signal</b>					
	Blocking the throw between bases					
<b>Sliding</b>	<b>Bent Leg Slide</b>					
	<b>Retreat Slide</b>					
	Pop Up Slide					
	<b>Back Door Slide</b>					
	<b>Head First Slide</b>					
	<b>Head First – Backdoor Slide</b>					

Defensive Skills

SKILL	SUB-TACTIC	I	D	C	R	M
<b>Throwing</b>	<b>Overhand Throwing</b>					
	Side Arm Throwing					
	<b>Flips &amp; Tosses</b>					
	Fake Throw					
	Dart Throw					
	<b>Transition Footwork</b>					
	Throwing on the Run					
<b>Receiving</b>	<b>Soft hands</b>					
	<b>Exchange</b>					
<b>Fielding</b>	Ready Position - Position specific					
	<b>Tracking ball and predicting ball path</b>					
	<b>Ground ball fielding mechanics</b>					
	<b>Fly Ball fielding mechanics</b>					
	<b>Footwork</b>					
	<b>Communication with teammates</b>					
	Fielding at / off Fence					
	Diving Catches					
	Playing the sun					
	<b>Positional Play</b>	Backing up and coverage				
<b>Force Plays</b>						
<b>Tag Plays</b>						
<b>Continuation Plays</b>						
<b>Cut-offs</b>						
<b>Relays</b>						

SKILL	SUB-TACTIC	I	D	C	R	M	
<b>Pitcher</b>	<b>Pitching Technique</b>						
	<b>Zone Management</b>						
	Fastball						
	<b>Change</b>						
	<b>Drop</b>						
	<b>Rise</b>						
	<b>Curve</b>						
	<b>Game Management (Personal)</b>						
	<b>Battery (Pitcher / Catcher)</b>	<b>Game Management (Strategy)</b>					
		<b>Count Management</b>					
<b>Catcher</b>	<b>Receiving Position</b>						
	<b>Blocking Balls</b>						
	<b>Framing</b>						
	<b>Throwing – Around batter</b>						
	Throwing – From Knees						
	<b>Fielding Pop-ups</b>						
	<b>Giving Signals</b>						
	Pass ball at fence						
	<b>Pitcher Management</b>						
	<b>Team Management</b>						
<b>2<sup>nd</sup> Base</b>	Double Play Footwork						
<b>Short Stop</b>	Double Play Footwork						
<b>Outfield</b>	Safety Catch						
	<b>Do or Die Play</b>						

# TECHNICAL SKILLS

I-Introduce    D-Develop    C-Consolidate    R-Refine    M-Maintain

**Bold text – skill/tactic is a priority at this stage**

## Offensive Tactics

TACTIC	SUB-TACTIC	I	D	C	R	M
Offensive Plays	<b>Sacrifice Bunt</b>					
	<b>Fake Bunt</b>					
	<b>Drag Bunt</b>					
	Push Bunt					
	Run & Hit					
	Bunt & Run					
	Suicide Squeeze					
	Safety Squeeze					
	<b>Steal (Straight)</b>					
	Double Steal					
	Delayed Steal					
	<b>Hit &amp; Run</b>					
	Stationary Slap					
	Fake Bunt & Slap					
	Running Slap (LH)					
	Slap & Run					
Reading Signals	<b>Baserunning Signals</b>					
	<b>Offensive Coach Signals</b>					
Situational Hitting	Moving Runner					
	Hitting with runner on 3 <sup>rd</sup> & Less than 2 outs					
Situational Baserunning	<b>Rundowns</b>					
	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Options</b>					
	Drawing Throws					
	Lead-offs					
Pitch Recognition	From Catcher					
	Picking Pitchers					
	Reading the Defence					
Hitting Tactics	Setting up Defence					
	Making Adjustments					
Baserunning Tactics	<b>Taking the extra base</b>					

## Defensive Tactics

TACTIC	SUB-TACTIC	I	D	C	R	M
Defensive Jurisdiction	<b>Ground Ball</b>					
	<b>Fly ball</b>					
	<b>Fly ball (gap hits)</b>					
Double Play Coverage	<b>Pop Up &amp; non-tagging runner</b>					
	<b>2<sup>nd</sup> Base to 1<sup>st</sup> Base</b>					
	<b>3<sup>rd</sup> Base to 1<sup>st</sup> Base</b>					
	Home to 1st Base					
Steal Coverage	<b>Straight steal coverage</b>					
	Delayed Steal Coverage					
	Double Steal Coverage					
	Double Steal Coverage					
Short Game Defence	<b>Sacrifice Bunt Coverage -</b>					
	<b>Drag Bunt Coverage</b>					
	Push Bunt Coverage					
Slap Defence	Suicide Squeeze Coverage					
	Stationary Slap Coverage					
Team Defensive Strategy	<b>Running Slap Coverage</b>					
	Positioning – hitter's tendencies					
	<b>Positioning - # of outs</b>					
	<b>Positioning – runners on base</b>					
	<b>Positioning - environmental conditions</b>					
	<b>Playing lead runner</b>					
	<b>Defending – winning run/ tying run</b>					
	Pitchout					
	International Tie Breaker					
	<b>Pass Ball Coverage</b>					
<b>Relays</b>						
<b>Cut-Offs</b>						
<b>Rundowns</b>						
Pick-offs						
<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Plays</b>						

## Learning Curriculum

STAGE	LEARN
<b>Focus</b>	Fun participation, learning, competing
<b>Physical (fitness)</b>	Develop softball-specific physical conditioning
	Develop general speed, agility, and quickness and flexibility
	Introduce injury prevention
<b>Cognitive</b>	Develop goal setting, team cohesion, visualisation skills, emotional control, decision making during skills
	Introduce game plans, pre-game and game routines, coping strategies
<b>Game modifications</b>	Use 12-inch standard softball
	Standard home plate and strike zone
	Rotate positions Equal playing time
<b>Session planning</b>	Up to 2 hours
	Appropriate modifications to suit level of players
	Appropriate skill progressions
	High levels of activity
	Positive environment
	Emphasis on learning through play Players learn 2+ positions

## Play to Stay Values

The Play to Stay Values were derived from a review of best practice initiatives from around the world for youth sport. Research identified the following values had a positive influence on youth engagement in sport. The review determined that when the Play to Stay Values were delivered successfully there was a decrease in youth dropout. The values were proven to positively impact players, coaches and parents promoting inclusiveness, growth, motivation, friendship, and commitment.

- 1 Positive Feedback** All communication is positive and promotes growth
- 2 Belonging** Every player feels connected to the game
- 3 Effort** Greater effort and physical fitness are promoted
- 4 Respect** Everyone has due regard for each other's feelings and rights
- 5 Enjoyment** Players have fun