

Technical / Tactical / Learning Curriculum & Play to Stay Values

This Development stage supports a wider range of participants including secondary school students in both the school and club setting. It is stage that supports those that have committed to playing the game to the best of their abilities.

Athletes will start to specialise in one position but play 1-2 other positions. Formal competitions hold more focus and athletes are striving to be integral members of their regional representative and national age grade teams.

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
Hitting	Hitting Mechanics			C	R	
	Avoiding Pitch				R	
	Pitch Recognition			C	R	
	Mental Preparedness Pre-Game & On Bench		D	C	R	
	Mental Preparedness – On Deck		D	C	R	
	Mental Preparedness – at Bat			C	R	
	On Deck Responsibilities			C	R	
	Steal – Protecting Runner			C	R	
	Bunting	Sacrifice			C	R
Fake Bunt				C	R	
Drag				C	R	
Push				C	R	
Squeeze				C	R	
Slap Hitting	Stationary Slap			C	R	
	Running Slap (LH only)		D	C	R	

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

Defensive Skills

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

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

TECHNICAL SKILLS

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

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Offensive Tactics

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

Defensive Tactics

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

Learning Curriculum

STAGE	LEARN
Focus	Fun participation, learning, competing
Physical (fitness)	Develop softball-specific physical conditioning
	Develop general speed, agility, and quickness and flexibility
	Introduce injury prevention
Cognitive	Develop goal setting, team cohesion, visualisation skills, emotional control, decision making during skills
	Introduce game plans, pre-game and game routines, coping strategies
Game modifications	Use 12-inch standard softball
	Standard home plate and strike zone
	Rotate positions
	Equal playing time
Session planning	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.

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