

Technical / Tactical & Learning Curriculum

High Performance is where players are introduced to the highest forms of the game. There are relatively few athletes who reach this stage in their careers.

The focus of this stage is to maximise performance in order to win at the highest levels. All aspects of training and preparation are geared to winning national marquee events and medals on the world stage. Achieving competitive excellence at the highest level requires the full dedication of the athlete and team towards mastering every skill set in softball.

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

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

Defensive Skills

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

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

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 3 rd & 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 3 rd & Less than 2 outs					
Situational Baserunning	Hitting behind runner					
	Rundowns					
Pitch Recognition	1st & 3rd Options					
	Rounding & Drawing Throw					
	Lead-offs					
Hitting Tactics	From Catcher					
	Picking Pitchers					
Hitting Tactics	Reading the Defence					
	Setting up Defence					
Hitting Tactics	Making Adjustments					
	Adjustments					

Defensive Tactics

TACTIC	SUB-TACTIC	I	D	C	R	M
Defensive Jurisdiction	Ground Ball					
	Fly ball					
Double Play Coverage	Fly ball (gap hits)					
	Pop Up & non-tagging runner					
	2nd Base to 1st Base					
	3rd Base to 1st Base					
Steal Coverage	Home to 1st Base					
	Straight steal coverage					
	Delayed Steal Coverage					
	Double Steal Coverage					
Short Game Defence	Sacrifice Bunt Coverage -					
	Drag Bunt Coverage					
	Push Bunt Coverage					
	Suicide Squeeze Coverage					
Slap Defence	Stationary Slap Coverage					
	Running Slap Coverage					
Team Defensive Strategy	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	Player autonomy is refined
Physical (fitness)	Refine softball and position specific physical conditioning
	Refine softball and position specific strength and power
	Refine softball and position specific speed, agility, and quickness
	Refine speed, agility, quickness and flexibility
	Practice injury prevention
	Detailed and biomechanical testing
Cognitive	Develop innovation and creation skills
	Promote the making of appropriate life decisions
Game modifications	Refine decision making, advanced problem solving, complex analysis, social comparison, moral decision making & self-evaluation
	Adhere to the SNZ official rule book
Session planning	Position specific training
	Players specialise in one position and the ability to play another position well
	Daily skill development, fitness training and mental training
	Synchronisation between combinations, and increase speed of execution of play
	Include statistical and video analysis to support individual and team development
	Players are trained to peak for key events