

Technical / Tactical & Learning Curriculum

This stage supports pre-elite athletes, those that are at the gateway to the world of high performance. During this stage, players begin the transition from high-level national events to international competitions i.e. National team camps, tours and WBSC World Championships.

It is a stage focusing on a narrower range of athletes. Athletes will address their own development needs in order to give their best.

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				R	
	Avoiding Pitch				R	
	Pitch Recognition				R	
	Mental Preparedness Pre-Game & On Bench				R	
	Mental Preparedness – On Deck				R	
	Mental Preparedness – at Bat				R	
	On Deck Responsibilities				R	
	Steal – Protecting Runner				R	
	Bunting	Sacrifice				R
	Fake Bunt				R	
	Drag				R	
	Push				R	
	Squeeze				R	
Slap	Stationary Slap				R	
Hitting	Running Slap (LH only)				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 & Drawing Throw				R	
	Lead-off				R	
	Tagging Up				R	
	Stealing				R	
	Rundowns				R	
	Reading & Reacting to Pass Ball				R	
	Reading & Reacting to Coach’s Signal				R	
	Blocking the throw between bases			C	R	
Sliding	Bent Leg Slide				R	
	Retreat Slide				R	
	Pop Up Slide				R	
	Back Door Slide				R	
	Head First Slide				R	
	Head First – Backdoor Slide			C	R	

Defensive Skills

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

SKILL	SUB-TACTIC	I	D	C	R	M
Pitcher	Pitching Technique				R	
	Zone Management				R	
	Fastball				R	
	Change				R	
	Drop			C	R	
	Rise			C	R	
	Curve			C	R	
	Screw			C	R	
	Game Management (Personal)				R	
	Battery (Pitcher / Catcher)	Game Management (Strategy)				R
Count Management					R	
Catcher	Receiving Position				R	
	Blocking Balls				R	
	Framing				R	
	Throwing – Around batter				R	
	Throwing – From Knees				R	
	Fielding Pop-ups				R	
	Giving Signals				R	
	Pass ball at fence				R	
	Pitcher Management			C	R	
	Team Management			C	R	
2nd Base	Double Play Footwork				R	
Short Stop	Double Play Footwork				R	
Outfield	Safety Catch				R	
	Do or Die Play				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 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					
	1st & 3rd Options					
	Rounding & Drawing Throw					
Pitch Recognition	Lead-offs					
	From Catcher					
	Picking Pitchers					
Hitting Tactics	Reading the Defence					
	Setting up Defence					
	Making Adjustments					

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					
	3rd Base to 1st Base					
	Home to 1st Base					
Steal Coverage	Straight steal coverage					
	Delayed Steal Coverage					
	Double 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	Fun learning, competing
Physical (fitness)	Introduce position-specific physical conditioning.
	Introduce softball-specific speed, agility, and quickness.
	Maintain speed, agility, quickness and flexibility
	Practice injury prevention
Cognitive	Refine goal setting, team cohesion, visualisation skills, emotional control, decision making during skills
	Develop game plans, pre-game and game routines, coping strategies
	Introduce the psychology of the inner game of softball
	Promote self-understanding and demonstration of leadership skills
	Promote innovation and creation
	Promote decision making, advanced problem solving, social comparison, moral decision making & self-evaluation
Game modifications	Adhere to the SNZ official rule book

Learning Curriculum cont...

STAGE	LEARN
Session planning	Up to 3 hours
	60 minutes plus of dedicate physical conditioning
	High levels of activity
	Positive environment
	Emphasis on learning through play
	Players specialise in one position and learn 1-2 other
	Appropriate skill progressions