FUELLED

The fluid lost in sweat during exercise can have a huge effect. Losing 2% of body weight can reduce your performance by over 30%!

Don't let yourself get thirsty. If you do, you're already dehydrated. Keep your drink bottle filled (water

is ideal), carry it with you and drink before, during and after play, following these guidelines.

HOURS REFORE

DRINK 500-600 ML



Dehydration can make you fatigued, affect your judgement on the field and cause cramps, heat stress or heatstroke. Even low levels of dehydration can affect your performance.

15 MINUTES **BEFORE** DRINK 500 ML

Take several small mouthfuls.

NEVER SHARE DRINK BOTTLES

LE EXERCISING



DRINK 120-150 ML PER 10-15 MINUTES

Drink small amounts when possible throughout training and competition.

ONE LITRE PER HOUR **FOR THREE HOURS**



Avoid alcohol and caffeinated energy drinks immediately after exercise.

CONTACT LIST

GOALS 🔊

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COACH/PLAYER PATHWAYS

- Black/White Sox Senior and **Junior National Teams**
- National League
- NPC, Open Club, Premier Leagues
- Silver Sox Under 19, Youth Teams
- Raw Sox & Emerging Sox -Under 17, Under 15 and Secondary School Teams
- Rookie Sox
- T-Ball League
- Peanut League

GEAR CHECKLIST 📥 🗖

- Cleats/rubbers Glove
- Batting helmet
- Catching equipment Uniform and cap
- Water bottle
- Banana

SNZ CONTACT NUMBERS

| SNZ | (04) 566 7023 |
|-------------------|---------------|
| Coaching Director | |
| Naomi Shaw | 021 537 068 |
| | |

- **Pitching Director** Debbie Mygind 021 748 243
- REGIONAL COACHING CO-ORDINATORS Graeme Gollan 021 537 078 Glen Roff 021 537 082
- Ian Saunders 021 537 069 Kath McGilbert 021 537 081

PRE-GAME CHECKLIST

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TREAT INJURIES QUICKLY TO SPEED UP YOUR RECOVERY

USE R.I.C.E.D. (FIRST TWO DAYS)

REST:

To limit further damage, avoid moving the injured part as much as possible.

Place ice in a damp towel on to the injured part for CE: 20 minutes, every two hours for the first 48 hours.

OMPRESSION:

LEVATION: Keep the injured area raised as much as possible.

If the pain or swelling hasn't gone down significantly NIAGNOSIS: after 48 hours, seek professional medical help.

Bandage between ice treatments.

AVOID H.A.R.M. (FIRST THREE DAYS)

HEAT:

Avoid hot baths and showers, saunas, hot water bottles,

LCOHOL:

and delays healing.

RUNNING:

approved by a medical professional.

MASSAGE:

heat packs and liniments.

Alcohol increases bleeding and swelling at the injury site

You should not exercise the injured part for 72 hours unless

Massaging an injury in the first 72 hours can slow down recovery.

Useful guidelines for: planning training, skills checklist, goal setting, hitter analysis & team performance templates and skill set descriptions. Plus drills for baserunning, bunting, catching, defence, hitting, pitching, sliding, strategy & throwing. Available from SNZ for \$45.





Technique and fitness are important for Softball, as is avoiding injuries that stop you from performing at your best. Use this guide to help you prevent injury and perform better.

KEY:

Movement to get stretch

Area being stretched

MOULD YOUR **GLOVE**

Place a ball firmly where you want your pocket to be and then close your glove securely around the ball by tying a shoestring around it or using a large rubber band. Because time is needed to get the pocket started, let the glove sit for a day or two while the shape starts to form.

Your glove must fit properly and be worn correctly.

THE CATCHER

The catcher must always use a catcher's mitt. The mitt has more padding and is designed to protect the hand more than regular gloves.

Catchers should always wear a helmet, face-mask, throat guard, chest protector, shin guards and knee savers (optional).

PLEXI BALL

Softball New Zealand highly recommends that an 11 inch

Flexi Ball is used at the under 12 age group level. The benefits of using the 11 inch Flexi Ball at this age group are more confidence, better mechanics and safety in fielding the moving ball.



FOR MORE INFORMATION ON STAYING INJURY FREE VISIT: www.acc.co.nz/sportsmart

ARM CIRCLES

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WARM-UP

Start with about five minutes of light aerobic activity to raise your heart rate and get more blood flowing through your muscles. Jogging is a good way of doing this. Follow up with 10-15 repetitions of dynamic stretches (see right), gradually increasing the speed and range of movement. Then finish with some sports specific exercises.



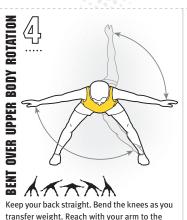
Holding on to something, swing outside leg forwards and backwards to a comfortable height. Keep trunk and lower back rigid.
Alternate lees.



Holding on to something, swing one leg outwards, then across the body, pointing toes in the direction you're swinging. Minimise lower back movement. Alternate legs.



From a push-up position, push one heel towards the ground then put weight on ball of foot and repeat. Alternate legs.





COOL-DOWN & STRETCH

After play, some easy jogging and static stretches (see right) will help your body to recover and can improve flexibility.
Apply each stretch slowly – don't bounce. Take it to the point of tension but not pain and hold for at least 30 seconds. Repeat twice on each side of the body.



Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.



Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.



Kneel on ground with front knee at 90°. With the back straight, tilt the pelvis back by tucking the abdomen up and in and squeezing buttocks. Keep head up.



opposite foot. Do five each side.

Stand with head up, chin in, hands clasped behind back. Pull shoulders down and back. Press shoulder blades together and down. Pull the stomach in to prevent arching of the lower back.



Stand with feet comfotably apart. Fold arms above head. Bend to the side slowly. Stretch up with upper elbow.