# KEEP 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.

# 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

## **TWO HOURS BEFORE 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** 

# GEAR CHECKLIST 📥 🗹

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

HILE EXERCISING
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### **DRINK 120-150 ML** PER 10-15 MINUTES

Drink small amounts when possible throughout training and competition.

### ER EXERCISING AFI **ONE LITRE PER HOUR**

FOR THREE HOURS You continue sweating after you stop exercising, so you need to keep your fluids up.

Avoid alcohol and caffeinated energy drinks immediately after exercise.

# SNZ CONTACT NUMBERS 🛱

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CONTACT LIST 🖌

### PRE-GAME CHECKLIST 🚽 П

GOALS 💩

WEEK

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SMART TIP

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**TOURNAMENTS** 

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Smart Tips guide.

FOLDING



# 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.
CE:	Place ice in a damp towel on to the injured part for 20 minutes, every two hours for the first 48 hours.
<b>COMPRESSION:</b>	Bandage between ice treatments.
ELEVATION:	Keep the injured area raised as much as possible.
DIAGNOSIS:	If the pain or swelling hasn't gone down significantly after 48 hours, seek professional medical help.

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

HEAT:	Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.
ALCOHOL:	Alcohol increases bleeding and swelling at the injury site and delays healing.
RUNNING:	You should not exercise the injured part for 72 hours unless approved by a medical professional.
MASSAGE:	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.

# Coaching Plann



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.

# 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. ITEG SWINGS

**MOULD YOUR** 

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

sit for a day or two while the

shape starts to form.

be worn correctly.

the pocket started, let the glove

Your glove must fit properly and

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



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).

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.





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. SMART TIPS FOR PREVENTING SOFTBALL INJURIES

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



SHOULDER/CHEST

Keep your back straight. Bend the knees as you transfer weight. Reach with your arm to the opposite foot. Do five each side.



Stand with your back straight and knees slightly bent. Swing both arms around in circles, keeping your back still. If you feel tight in an area, spend more time there to loosen it up. Change direction and repeat.

# 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.



SHORT CALF MUSCLE

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.

# HIP FLEXORS

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From a push-up position, push one heel

foot and repeat. Alternate legs.

towards the ground then put weight on ball of

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.



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.



**FRUNK SIDE FLEXORS** 

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