

FOOTHILLS FURY

**2019 COACHES
TECHNICAL MANUAL**



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SOFTBALL WARM UP

Warm Up

The warm up is done before every practice and each game!

- light run around ½ the field (full field for U12 and up)
- line up on the foul line facing the field
- butt kicks out, approximately ½ way to second base
- high knees back to line
- lunge twists out
- sweeps back to the line
- have the girls face the infield, shuffle out
- facing infield again, shuffle back
- 25%/50%/75%/100% running

Have the players form a large circle on the field, they will count out loud while stretching for the following:

- 10 arm circles each way (with both arms, 40 total)
- 10 ankle rolls each way (on both ankles, 40 total)
- sitting on ground in splits (reach and hold foot for a few seconds, one at a time)

The players will then close in to form a tight circle where they will do the following:

- left hand on right shoulder of girl they are standing beside to the left
- the right hand pulls the right foot up to the butt, hold stretch for a 10 count
- switch sides and right hand on left shoulder, pull left foot up to the butt, hold stretch for a 10 count

Throwing Warm Up

- in pairs, starting on knees (glove knee up) 10 wrist flicks each – focus on the girls keeping the elbow high – around shoulder level)
- one side steps back 2 strides, (still on knees, glove up) start with hand back, ball facing away, throw and follow through, throwing hand should finish by thigh, 10 throws each.
- same side steps back 2 strides, start perpendicular to partner, hand back ball facing away, full follow through, 10 throws each.
- full throws – watching foot work, step through with throwing hand foot sideways, plant glove foot pointing at target, elbows high and follow through, 10 throws each.
- same side steps back 2 strides, long throws, emphasize more arc on throw to hit target in chest, 5 throws each.
- 2 more strides back and one more round of long throws.

PITCHING WARM UP

Warm Up

- 10 wrist flicks from about 6-8 feet away from the catcher
- 10 throws from the 9 o'clock position (with no step) about 20 feet away
- 10 throws from the 9 o'clock position (with step) about 20 feet away
- 10 full windmill throws with step, starting sideways to the catcher 25 feet away
- 10-15 throws, full windup, full distance 30ft, 35ft, 38ft

Pitchers should work on good form through their windup, strong fast arm and follow through on delivery. Mix in some change-ups if the player can throw them.

Watch your young pitcher and look for areas they are struggling with:

- follow through
- striding
- looking at their target (catcher)
- proper grip on the ball
- proper spin on the ball (wrist flicks)
- fast arm speed

You can then focus on areas they need more help on to make them a better pitcher. Once the player sees some success and experiences how it feels to deliver a good solid pitch, they will start to develop good habits and be more open to coaching pointers.

It is important for a pitcher to get a warm up before going in, at any age group, this will avoid most injuries that can happen. As a coach, you will be given resources to make sure you have the ability to warm up your pitchers in nets and balls, this is a great opportunity to engage a parent to act as your “bull pen” manager.

There are also new rules for pitchers and the younger age groups with regards to innings allowed to pitch in any game. Make sure you are aware of those.

5 mins	<p>INTRODUCTION – What we are focusing on today:</p> <ol style="list-style-type: none"> 1. Fielding 2. Base running 3. Having Fun 	<p>After reviewing the drills below, introduce the practice to your players by giving an overview of the practice plan in your own words</p> <p>Take water breaks when changing station set ups or when players have completed their turns at stations.</p>	
20 mins	WARM UP	See Softball Warm Up document for reference, if needed. The FURY standard warm up should be used before both practice and games, at all age levels.	
10 mins	<p>FIELDING – Bare hand grounders</p> <ul style="list-style-type: none"> • Partners rolls grounders to each other • 10x straight • 10x forehand • 10x backhand • Players receive ball with two hands, bring up to throw position before rolling ball back to partner <p>TAKE AWAY: receiving grounders with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Regular softballs 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Start in ready position, balanced, butts down, hands low • Players charge the ball, use two hands, bring up to throw position • Forehand grounders received with glove foot forward • Backhand grounders, glove hand forward, body rotated <p>LEVEL UP OPTION: partner rolls a mix of grounders (unpredictable)</p>
15 mins	<p>FIELDING - Infield</p> <ul style="list-style-type: none"> • Have 2-3 players at each field position • Balls are hit/rolled to each position, players rotate turns • Players receive ball and throw to 1st • Each player receives 3 and then the whole field moves positions <p>TAKE AWAY: receiving and throwing ball with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Regular softballs • Player gear (fielding masks, glove) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players start in ready position • Players communicate • Players use good mechanics, watching the ball to the glove, throwing to targets • Teach “give up the base, save the ball” on errant throws to bases <p>LEVEL UP OPTIONS: Double play scenarios; covering bases</p>
20 mins	<p>FIELDING – Outfield, fly balls:</p> <ul style="list-style-type: none"> • Place 4 cones 20' apart in a square • Players get in ready position on the outside of each cone • Each player gets 3 fly balls (sent to center of square) while at each cone, rotate through players • Players catch and throw back to designated receiver <p>TAKE AWAY: receiving and throwing in fly balls with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • 4-5 cones • Softballs (softies or regular) • Player gear (fielding masks, gloves) • Pitching machine (optional) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players starts in ready position • Players use proper mechanics, drop step, eye on ball, run with glove down, two handed catches • Players communicate “mine” • Return throws are targeted and clean <p>LEVEL UP OPTION: add a cone up front in the middle, simulate a hit over their head</p>

10 mins	<p>BASE RUNNING</p> <ul style="list-style-type: none"> • Players in ready position on each base, watching pitcher • Stop/go on base coach directions • Practice sliding (where applicable) • Rotate through players <p>TAKE AWAY: effective base running</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Base coaches • Slide guards (optional) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Runners are alert to other runners and coaches • Touching bases on inside corner • Running through 1st base (not slowing before it) • Observe player speed and confidence for making base running decisions in games <p>LEVEL UP: Use signals</p>
5-10 mins	<p>TEAM MEETING and CLEAN UP</p> <ul style="list-style-type: none"> • Review concepts from practice • Sandwich critique - what was done well, what needs work, conclude with another positive take away • End with TEAM CHEER <p>TAKE AWAY: Practice ends on a positive note</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Team cleans up – communal equipment, personal gear and trash 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • NEVER LEAVE until all players have been picked up • All equipment and trash is taken away • Field equipment returned to lock box (if applicable)

NOTES:

5 mins	INTRODUCTION – What we are focusing on today: 1. Hitting 2. Game situations 3. Having Fun	After reviewing the drills below, introduce the practice to your players by giving an overview of the practice plan in your own words Take water breaks when changing station set ups or when players have completed their turns at stations	
20 mins	WARM UP	See Softball Warm Up document for reference, if needed. The FURY standard warm up should be used before both practice and games, at all age levels.	
10 mins Done at same time as Tee Drill below 2 stations	HITTING - Tee Drill: “High, Low, Middle” <ul style="list-style-type: none">Use small groups (3-4)Tee is set at high, then middle, then low strike positionBatter gets 5 swings at each position TAKE AWAY: to adjust and effectively hit different strikes	EQUIPMENT: <ul style="list-style-type: none">Telescoping teeNet8 regular softballsPlayer’s bat, helmet, batting gloves	KEYS TO WATCH FOR: <ul style="list-style-type: none">Proper grip - knocking knuckles, arms that form triangle “house arms”, finishes swing with lead hand facing up, back hand facing downProper stance -feet square, load on back leg, weight transfers to frontBatter is re-setting each time
10 mins Done at same time as Tee Drill above 2 stations	HITTING – Tee Drill: “Keep Bat in the Zone” <ul style="list-style-type: none">Use small groups (3-4)Tee set at middle strike (belt)Batters swing and freeze at different points – at contact, at extension, at full follow throughAfter freezing at points (3-5 swings), do full swing to bring it together TAKE AWAY: focus on the ball	EQUIPMENT: <ul style="list-style-type: none">TeeNet8 Regular softballsBatter’s gear (bat, helmet, batting gloves)	KEYS TO WATCH FOR: <ul style="list-style-type: none">Head remains down with swing, eyes on ballProper grip and stance (see above)Batter is re-setting each time
10 mins Done at same time as Soft Toss drill below 2 stations	HITTING Soft Toss Whiffle Balls <ul style="list-style-type: none">Batter in batting stance about 8 feet from netCoach kneels at 45 degrees from batter, soft tosses a 2 colour Whiffle ball towards player’s lead hipBatter calls out colour they hit, at contact TAKE AWAY: focus on the ball	EQUIPMENT: <ul style="list-style-type: none">Net2 Tone Whiffle balls (black/yellow)Batter’s gear (bat, helmet, batting gloves)	KEYS TO WATCH FOR: <ul style="list-style-type: none">Batter calls correct colourBatter calls colour on contactBatter is re-setting each time LEVEL UP OPTION: Toss two Whiffle balls of different colours (solid colours), coach calls out the colour batter should hit, ignoring the other
10 mins Done at same time as Soft Toss drill above 2 stations	HITTING – Soft Toss Standard <ul style="list-style-type: none">Batter stands in ready position 8’ from netCoach kneels at 45 degrees from batter and tosses softball in towards batter’s lead hip TAKE AWAY: hit a variety of pitches, improve hand/eye coordination	EQUIPMENT: <ul style="list-style-type: none">Net10 regular softballsBatter’s gear (bat, helmet, batting gloves)	KEYS TO WATCH FOR: <ul style="list-style-type: none">Proper grip and stanceBatter watches the ballBatter is re-setting each time LEVEL UP OPTIONS: Vary pitch locations; batter at home plate, have fielders receive hits and throw to first base

10 mins	HITTING - Bunting <ul style="list-style-type: none"> Batter gets in ready batting stance at a plate (in front of net or backstop) Pitch from 20-30' away Batter shifts to bunt position and bunts <p>TAKE AWAY – proper mechanics in transition from ready batting stance to bunt position; targeting bunts</p>	EQUIPMENT: <ul style="list-style-type: none"> Pitcher or pitching machine Net or backstop 8 regular balls Plate Batter's gear (bat, helmet, batting gloves) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Batter resets stance each time to practice transition from ready position to bunt position In bunt position batter has balanced stance, front hand has control of bat, hands protected behind the bat Bat is out front of plate to keep bunts in fair territory, top of bat is angled to shoulder (top of strike zone) <p>LEVEL UP OPTION: Call out bunt locations for batter (1st, 3rd)</p>
20 mins	LIVE PITCH GAME <ul style="list-style-type: none"> Game play with players in field, pitcher pitching to a batter <p>TAKE AWAY: proper mechanics fielding in game situations</p>	EQUIPMENT: <ul style="list-style-type: none"> Bases Balls Player gear (fielding masks, gloves, bats, helmets) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Players are rotating through positions Players are using proper mechanics Players are in proper ready positions in field and at bat <p>LEVEL UP OPTIONS: Have players cover bases; practice stealing or double play scenarios</p>
10 mins	BASE RUNNING <ul style="list-style-type: none"> Players ready position on each base, watching pitcher Stop/go on base coach directions Practice sliding (where applicable) Rotate through players <p>TAKE AWAY: effective base running</p>	EQUIPMENT: <ul style="list-style-type: none"> Bases Base coaches Slide guards (optional) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Runners are alert to other runners and coaches Touching bases on inside corner Running through 1st base (not slowing before it) Observe player speed and confidence for making base running decisions in games <p>LEVEL UP: Use signals</p>
5-10 mins	TEAM MEETING and CLEAN UP <ul style="list-style-type: none"> Review concepts from practice Sandwich critique - what was done well, what needs work, conclude with another positive take away End with TEAM CHEER <p>TAKE AWAY: practice ends on a positive note</p>	EQUIPMENT: <ul style="list-style-type: none"> Team cleans up – communal equipment, personal gear and trash 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> NEVER LEAVE until all players have been picked up All equipment and trash is taken away Field equipment returned to lock box (if applicable)

Practice **#3** - Practice Plan: _____ Location: _____

5 mins	<p>INTRODUCTION – What we are focusing on today:</p> <ol style="list-style-type: none"> 1. Fielding 2. Pitching/Catching 3. Having fun 	<p>After reviewing the drills below, introduce the practice to your players by giving an overview of the practice plan in your own words</p> <p>Get pitchers through drills first so they can practice pitching. Utilize players or parents as catchers.</p> <p>Take water breaks when changing station set ups or when players have completed their turns at stations.</p>	
20 mins	WARM UP	See Softball Warm Up document for reference, if needed. The FURY standard warm up should be used before both practice and games, at all age levels.	
10 mins	<p>FIELDING – Bare hand grounders</p> <ul style="list-style-type: none"> • Partners rolls grounders to each other • 10x straight • 10x forehand • 10x backhand • Players receive ball with two hands, bring up to throw position before rolling ball back to partner <p>TAKE AWAY: receiving grounders with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Regular softballs 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Start in ready position – balanced, butts down, hands low • Players charge the ball, use two hands, bring up to throw position • Forehand grounders received with glove foot forward • Backhand grounders, glove hand forward, body rotated <p>LEVEL UP OPTION: partner rolls a mix of grounders (unpredictable)</p>
10 mins	<p>FIELDING – Infield grounders</p> <ul style="list-style-type: none"> • Have 2-3 players at each field position • Balls are hit/rolled to each position, players rotate turns • Players receive ball and throw to 1st • Each player receives 3 and then the whole field moves positions <p>TAKE AWAY: receiving and throwing ball with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Regular softballs • Player gear (fielding masks, glove) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players start in ready position • Players communicate • Players use good mechanics, watching the ball to the glove, throwing to targets • Teach “give up the base, save the ball” on errant throws <p>LEVEL UP OPTIONS: Double play scenarios; covering bases, e.g. work coverage of 2nd base player covering 1st base when 1st has to make the throw</p>
10 mins	<p>FIELDING - Double play drill</p> <ul style="list-style-type: none"> • Players in defensive ready position • Ball is hit, working all positions • Players work double play scenarios • Rotate players through positions <p>TAKE AWAY: double play awareness and skill</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Regular softballs • Player gear (fielding masks, glove) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players are in ready position • Players communicate • Players charging ball and using proper mechanics • Players are rotating positions <p>LEVEL UP OPTION: work in covering bases on throws</p>

15-20 mins This can be done as a station along-side other drills	PITCHING Break out pitchers and catchers to work separately 10 wrist flicks 6-8' away from catcher 10 throws, using 9 o'clock arm position, 20' away 10 throws using 9 o'clock position with step, 20' away 10 full windmills, with step, standing sideways to catcher, 25' away 10-15 full wind-up windmills, full distance - 30' (U10), 35' (U12), 38' (U14)	EQUIPMENT: <ul style="list-style-type: none"> Regular softballs Player gear (fielding mask, glove, catcher gear) Net (optional for pitching into net if not enough catchers) 	KEYS TO WATCH FOR: Full and proper warm up Proper grip, arm mechanics Strong, fast arm Correct release point at hip (too soon goes low, too late goes high) Follow through Pitchers take time with each pitch, breathe, don't rush
10 mins	FIELDING - Tennis Ball Drill <ul style="list-style-type: none"> Player stands in field, with helmet on, in ready position about 80' from coach Coach "serves" a fly ball using tennis ball and tennis racket Player runs under the ball and lets it hit their helmet Rotate through players, giving each a few turns TAKE AWAY: build confidence and positional awareness for fly balls	EQUIPMENT: <ul style="list-style-type: none"> Tennis racket Tennis balls Helmets 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Players are watching the ball Players are moving quickly to position under the ball Players communicate "mine" LEVEL UP OPTIONS: serve more challenging fly balls, requiring greater speed or movement
10 mins	FIELDING – Outfield, fly balls: <ul style="list-style-type: none"> Place 4 cones 20' apart in a square Players get in ready position on the outside of each cone Each player gets 3 fly balls (sent to center of square) while at each cone, rotate through players Players catch and throw back to designated receiver TAKE AWAY- receiving, then throwing in fly balls with proper mechanics	EQUIPMENT: <ul style="list-style-type: none"> 4-5 cones Softballs (softies or regular) Player gear (fielding masks, gloves) Pitching machine (optional) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Players starts in ready position Players use proper mechanics, drop step, eye on ball, run with glove down, two handed catches Players communicate "mine" Return throws are targeted and clean LEVEL UP OPTION: add a cone at the front of the square, in the middle, simulate a hit over their head
5-10 mins	TEAM MEETING and CLEAN UP <ul style="list-style-type: none"> Review concepts from practice Sandwich critique - what was done well, what needs work, conclude with another positive take away End with TEAM CHEER TAKE AWAY: Practice ends on a positive note	EQUIPMENT: <ul style="list-style-type: none"> Team cleans up – communal equipment, personal gear and trash 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> NEVER LEAVE until all players have been picked up All equipment and trash is taken away Field equipment returned to lock box (if applicable)

FIELDING DRILLS

The drills in this section are designed to work all aspects of playing in the field. Proper technique in playing a ball in the field will greatly improve a team's success in reducing runs scored against them. Improving a player's knowledge as to where to play the ball when they receive it along with how to cover other positions when the ball is somewhere else will reduce the number of unnecessary runs scored against. Players should wear their fielding masks if they have them.

Increasing player knowledge will come through repetition and experience. Showing the players these scenarios and having them learn how to defend and prepare will greatly increase their confidence. A confident player is one that is tough to beat, a team full of confident players is even tougher!

Time estimates for these drills are designed to help a coach to prepare a practice plan. Some of these drills, a coach may decide to work for longer periods based on a past game situation that the team struggled with.

Ready position for an infielder, other than the pitcher or catcher, consists of a player standing at their position in the field, feet wider than shoulder width apart, rear end down, glove on or near the ground out in front, their throwing hand is out and extended in front, watching the batter.

Ready position for an outfielder consists of a player standing in their position in the field, glove and throwing hand relaxed, slightly moving back and forth and watching the batter.

Good throwing position, a player's throwing position during field drills should be that their elbows are up, proper grip on the ball, eyes on the target, step and follow through.

Fielding Drills

Infield Ground Balls – hitter/catcher, regular balls 3-12 players. 15 minutes

This drill will have the players receiving ground balls and then throwing them to either a coach or a player. This drill is a common warm up drill in pre-game as well as a staple in regular practices.

There are multiple ways to do this drill, the players can lineup in small groups at each infield position or they can all just lineup in single file at one set location. If the players are in an infield scenario, then the drill is throwing to 1st base. If the players are in a lineup, have them throw back to the hitter (home plate) where a catcher will receive the ball.

The coach is looking for good pick up techniques where the player moves to the ball and receives it on the inside of their front glove side foot for a forehand pickup. From there, the coach will look to ensure the player has good footwork on their throw, stepping toward the base and follow through on their throw. The coach will also look to have the player's target the chest of the receiving player on the throw. This will prevent bad throws and reduce extra bases for the runner.

FIELDING DRILLS (CON'T)

Backhand and Forehand – hitter/catcher, regular balls 3-12 players, 15 minutes

Like the ground ball drills, this drill will help a player to pick up a ground ball but it will specialize the technique for a ball that isn't hit directly to them.

Players can line up at one position in the infield or just in a straight line, if you have more coaches, try breaking up the players in two lines for increased repetition. There are 2 ways to run this drill.

Ground Ball

This will be a standard ground ball rolled from the coach at about 20 feet away to either side of the player. The player should be able to reach the ball without having to move away from their starting position.

The player on the **forehand** will step forward with their glove hand and make the pick up. Then transition to their throwing position by stepping and throwing back to the catcher. Move to the back of the line, do over a miss.

The player on the **backhand** pickup will turn their body to the side of their throwing hand so their back is partially facing away from the hitter. Their glove will be open and facing the incoming ball and the player will attempt the pickup by moving their glove toward the ball. The player's elbow of their glove hand should be bent and the height of their body from the ground should be controlled with their legs. From there, the player will transition to their throwing position and throw back to the catcher..

One Hop Pickups

This will be a one bounce ball thrown by the coach at about 20 feet away to either side of the player. The player should be able to reach the ball without having to move away from their starting position.

The player on the forehand pickup will step forward with their glove hand and make the pickup. The player will attempt to time the bounce so they can make a clean pickup, this could require additional steps forward if the throw is off. Then transition to their throwing position by stepping and throwing back to the catcher. Move to the back of the line, do over on a miss.

The player on the backhand pickup will turn their body to the side of their throwing hand so their back is partially facing away from the hitter. The glove will be open and facing the incoming ball and the player will attempt the pickup by timing the bounce and moving their glove toward the ball. The player's elbow of their glove hand should be bent and the height of their body from the ground should be controlled with their legs. From there, the player will transition to their throwing position and throw back to the catcher.

For both drills, try and work the players out of stabbing at the ball. The idea is to create a confident pickup that leads to a smooth transition into a throw. The player will be balanced and less likely to make a throwing error.

FIELDING DRILLS (CON'T)

Bare Hand Drill – no gloves, regular balls, 2-12 players, 10 minutes

The objective of this drill is to really work the players on the importance of the two hand catches. This will lead to muscle memory when picking up ground balls and transitioning to throwing.

The players can pair up with one ball between the two of them. The players then roll the ball back and forth to each other making two hand ground ball pickups with a quick transition into their throwing position before rolling it back to their partner.

This is not a speed drill, coaches look for good pickups with two hands on the player's glove side foot and then transition into a good throwing position.

Fly Ball Catches, 2 Hand Techniques – regular balls, 3-12 players, 15 minutes

The objective of this drill is to work the players on getting a good position on making a catch on a fly ball and controlling the catch with 2 hands. This will lead to a good transition into a throw back to the infield to deter runners from advancing.

There can be different setups to this drill depending on how the players are doing. The players can line up in a straight line and the fly balls can be directed to their ready location.

The other option is to have the players start in one location and send the fly ball to another and have them run to make the catch. Throw the balls from 60-100 feet depending on the age group.

When the player runs for the ball, ensure they are drop stepping with the correct foot, a ball to the player's right will require them to step first with their right foot, left foot on the left side. This ensures that they will have a better chance to make the catch.

Two hands when making the catch will then ensure a smooth transition to their throwing position and then making a throw into the catcher. Have the player try again on a miss, correcting mistakes on movement or lack of hands.

Fly Ball Positioning – tennis balls, tennis racquet, helmet, 3-12 players, 15 minutes

This drill is designed to have the player get under the fly ball, ensuring a good position for a catch.

Have the players don their batting helmets and have them out about 80 feet away from the coach. The coach will then hit fly balls into the air to the left or the right of the player, the player will attempt to run under the ball and have the tennis ball hit them in the helmet. This will help build the player's confidence in getting under the ball.

Ensure that the player is watching the ball all the way in and at the last second, letting it hit the helmet, some will get lucky but try and keep the player watching the whole time. The attempt here is to have the player get into position quickly and watch the ball into their glove. It's extremely fun for the players, so it can be a regular activity.

FIELDING DRILLS (CON'T)

Relay Throws – regular balls, 4-6 players in a row, 15 minutes

This drill is designed to train the players to accept a throw from another player and turn and relay the ball to another location quickly.

Have the players get in rows of 4-6 people and about 25-30 feet away from each other. Then start at one end and have the players throw to the next person down the row, when they reach the end, send it back down the row to the starting person. This is a fun relay for the players and making it a competition can help enhance the point of it.

Coaches should be looking for good two hand catches, good turns to the glove side of the player and good strong throws to the recipient's chest. Have the slower rows do a couple push ups or something to promote the competition.

NOTES:

COVERAGES

There are lots of different coverages out there, we will briefly cover the most common but for more detail, engage a senior coach for a practice or there are video resources available as well that will help in understanding who needs to be where during certain plays.

The most common are:

Bunt Coverage

This is when the hitter has bunted the ball or has squared around to bunt, the first base person and the 3rd base person will charge the plate. From there, depending on who is on base, the other players have places to go to cover for those who are attempting to play the ball.

2nd base pick off

This is when the catcher throws the ball down to 2nd base to throw out a runner stealing second. The shortstop will be receiving the ball at the base, the 2nd base person will circle in behind 2nd to cover the throw.

Outfield Coverages

Outfielders need to help each other out on every hit to the outfield by running for a ball hit to their closest outfield teammate, this helps if one player falls or misses the ball, the other can get the ball and throw it in.

Outfielders also have the responsibility to help cover infield bases on throws as well. Those vary on the play but outfielders will never just be standing around!

There are lots of videos on coverages, not all will necessarily be encountered or required at every age group, although, these should be worked on with every age group so their transition to the next age level doesn't come with a pile of new learning required.

Make it apart of every fielding practice plan to bring up and work on a couple coverages so that in time, the players will do them without thinking out there.

15-30 minutes

NOTES:

HITTING DRILLS

The drills in this section are designed to work all aspects of a player's swing. Proper swing technique will help to optimize power and promote good contact on the ball. A player will also be working on hitting pitches all over the strike zone, adapting to different pitches and hitting for power no matter where they make contact.

The time estimates indicated on each station are based on all players working through the station on the team. You will be dividing up the team in smaller groups to run through multiple stations at the same time so you can have more than one activity like a tee station in one time slot.

Ready Position of a player in the batter's box consists of knees bent slightly, weight on the balls of their feet, feet slightly wider than shoulder width apart and front foot halfway up the plate. Then the player's knocking knuckles are lined up, hands are together, their arms are away from the body about chin height, and the bat is off the shoulder. Helmet, batting gloves and bat required at all times.

Tee Drills

High, Low, Middle – Tee Required, 8 regular balls, Net, 3-4 per group, 10 minutes

This drill is designed to train the player how to adjust to hit balls at different heights of the strike zone.

The player will stand in their ready position in the batter's box and the coach or parent will set the tee height to either their knees, belt or chest. Give each player 5 swings at that height and then adjust or repeat as desired.

Ensure proper mechanics, small trigger step, correct weight transfer and good swing mechanics, correct where required.

Inside Pitch – Tee Required, 8 regular balls, Net, 3-4 per group, 10 minutes

This drill is designed to help the player adjust to hitting an inside pitch.

The player will stand in their ready position in the batter's box and the coach or parent will set the tee to belt height. Move the tee so the ball position would be on the inside edge of the plate. Give the player 5 swings, alternatively, raise and lower the tee to offer more challenge.

Ensure proper mechanics, small trigger **step out** to adjust to pitch, correct weight transfer and good swing mechanics, correct where required.

Outside Pitch - Tee Required, 8 regular balls, Net, 3-4 per group, 10 minutes

This drill is designed to help the player adjust to hitting an outside pitch.

The player will stand in their ready position in the batter's box and the coach or parent will set the tee to belt height. Move the tee so the ball position would be on the outside edge of the plate. Give the player 5 swings, alternatively, raise and lower the tee to offer more challenge.

Ensure proper mechanics, small trigger **step in** to adjust to pitch, correct weight transfer and good swing mechanics, correct where required.

HITTING DRILLS (CON'T)

Keep Bat in the Zone - Tee Required, 8 regular balls, Net, 3-4 per group, 15 minutes

This drill is designed to keep the player's eye on the ball and their bat in the hitting zone to ensure quality hits.

The player will stand in their ready position in the batter's box and the coach or parent will set the tee to belt height. This drill can be done in three phases or it can just be a full hitting station.

The player, when swinging at the ball, needs to keep their eye on the tee straight through the swing, thus keeping their eyes and their bat in the hitting zone for as long as possible.

This can be done in three parts as well:

Freeze at contact

Player swings and freezes just after hitting the ball, ensure their head stays down and watches the ball and remains fixed on the tee.

Freeze at extension

Player swings and freezes at full extension, same thing as above, ensure their head stays down and watching the ball and eyes remain fixed on the tee.

Full follow through

Player swings at full speed straight through, same thing as above, ensure their head stays down and watching the ball and eyes remain fixed on the tee.

One Arm Drills - Tee Required, 8 regular balls, Net, small bat, 3-4 per group, 15 minutes

These drills are designed to keep a player's hands in the correct position and the correct arm position at contact. It will also help players who drop their shoulder and "dip" at contact.

The player will position themselves in the batter's box on one knee, their forward leg up. The ball will be slightly forward of their raised knee on the lowered tee. Using just their forehand or their back hand to swing the small bat.

Forehand swings, have the player stop the bat just after contact. You are looking to see if their palm is facing upwards when they hit the ball, this ensures good hand position.

Backhand swings, have the player stop at full extension after they hit the ball, their palm should be face down.

In addition, on the backhand, if the player is not making good contact, break down the backhand and have the players run through this process:

Elbow pointing at the ball

Knob of the bat at the ball

Swing

These drills will enable the coach to really break down a player's swing and help to ensure good contact and good technique for hitting.

HITTING DRILLS (CON'T)

Whiffle Ball Toss Drills

Multi Coloured Balls – whiffle balls, net, 3-4 players, 10 minutes

This drill will help the players to really focus on the ball when it is being pitched to them. This will increase the chance of good contact based on the player's focus.

Set a net up and have 5 to 10 of the multi coloured balls, have the player setup in their ready position about 8 feet away from the net, they will hit into the net.

The coach will kneel at 45 degrees from the player at the corner of the net, depending on the side the player hits from. The coach will then toss the balls one at a time for the player to hit. The player must call out the colour they see hit their bat at contact. Do this for each pitch.

Multiple Balls - different colours and sizes of whiffle balls, net, 3-4 players, 10 minutes

This drill will help the players to really focus on the ball when it is being pitched to them. This will increase the chance of good contact based on the player's focus.

Set a net up and have 10 to 20 whiffle balls in different colours, have the player setup in their ready position about 8 feet away from the net, they will hit into the net.

The coach will kneel at 45 degrees from the player at the corner of the net, depending on the side the player hits from. The coach will then toss 2 different coloured balls and call out one of the colours. The player must hit the chosen colour, ignoring the other ball. Coaches can use balls of different sizes as well to increase the challenge. 5-10 pitches each.

Soft Toss Drill – 10 regular balls, net, 3-4 players, 10 minutes

This drill will help the player to adapt to various pitch locations as well as hand eye coordination. This is an excellent station to have setup before games as part of a pre-game warmup. This should also be a station used at every batting practice.

Set a net up and have 10 regular balls, have the player setup in their ready position about 8 feet away from the net, they will hit into the net. This drill can also just be done using the whole field, have the other players out catching fly balls and throwing them back in to the pitcher as they get them.

The coach will kneel at 45 degrees from the player at the corner of the net, depending on the side the player hits from. The coach will then toss balls for the player to hit. Try to throw the ball to the same spot each time if possible. To challenge hitters, the coach can vary the location of the pitch. 10 pitches each rapid fire.

Ensure the player resets their ready position each time and correct swing issues as required.

Bunting Drill – Pitcher or pitching machine, regular balls, net, plate 3-4 players, 15 minutes

This drill is designed to work on a player's bunting.

HITTING DRILLS (CON'T)

Setup a net or pick a section of fence to backstop the player. Have the player setup in ready position, try and use a plate or a glove to simulate a plate so the player sets up properly in the batter's box. Pitch from about 20-30 feet away from the hitter and have them bunt the ball. Call out bunt locations (1st base, 3rd base) to help challenge the player. Work on the player not revealing the bunt too early to increase the muscle memory of adapting from ready position to bunt position quickly.

Look for the player to have a good balanced stance when they move into bunt position, it may require that a new player be setup in their bunt position to receive pitches at first. Work to have the player then change from ready position to bunt position as the pitch is coming. The player should not be moving the bat to hit a ball at different heights, the player should be adjusting using their legs.

Live Pitch – pitcher, regular balls, 11+ players, 20-25 minutes

This is just a standard game formation drill where the whole team participates. Often it is beneficial if you have a consistent pitcher who can pitch strikes regularly, to have them pitch in a game style hitting practice. The objective here is to incorporate hitting with infield and outfield plays as well, having base runners trying to make things happen on base.

NOTES:

BASE COACH COVERAGES

Softball coaches are responsible not only for the play of the team as a whole, but for coaching players when they reach first and third base during a softball game. They should be vocal and visual so the runner knows what their next move is.

The responsibilities of coaching each base are different.

What a **first base** coach does:

Encourages batter to hustle down first base line on infield hits.

Reminds runners of the number of outs.

Instructs runner when to take extra base and when to round first base but hold up.

Tells runners how far to go on pop flies.

The responsibilities of a **third base** coach include:

Sending runners home or holding them up at third base.

Letting runners know whether to slide into third base or come in standing up.

Assisting runners when tagging up by letting them know when to run.

Reminding runners of the number of outs.

SIGNS AND SIGNALS

Typically given by the third base coach, a way of communicating a plan to the players involved.

You do not need a lot of signs with younger players. You only need to communicate to the athlete your plan to the bunt, steal and take a pitch. Signals can be changed between games or, if the other coach figures out what they mean, you can change them between innings.

An example would be touching the nose means you want a bunt. Touching the ear means that you want the base runner to steal.

You could also have verbal communication. If the coach says "Hit the ball all the way to Arkansas" The word "Arkansas" may mean that the base runner is supposed to steal.

Your communication methods can become more sophisticated and more numerous as the athletes get older and their game becomes more complex. Have fun with it and don't over think the game.

PITCHING INFORMATION

LEGAL DELIVERY

Every pitcher should know what constitutes a legal pitch. Just as important to know is what happens if they do not conform to these rules. This knowledge enables them to increase their chances of performing successfully.

A legal delivery starts with a ball that is pitched with an underhand motion.

In addition, the rules state that:

- The wrist of the pitching hand must be below the hip when the ball is released
- The wrist can be no further from the body than the elbow when the ball is released
- The pitch is initiated with a step toward the batter
- After release, the hand follows through past the straight line of the body
- One foot must remain in contact with the rubber or the ground until the pitch is released

CONTACT WITH THE PITCHER'S PLATE

In minor softball, the rules require that one foot remain in contact with the pitcher's plate until the pitch is released

Interpretation of this rule permits the pivot foot to leave the pitcher's plate before release of the pitch, provided it remains in contact with the ground. Illustrated below are the acceptable limits of this interpretation.

NOTES:



PITCHING INFORMATION (CON'T)

STANCE

There are two basic stances recommended for beginning pitchers. In either stance, the pitcher's feet should be staggered with the foot on the glove-side comfortably behind the front (or pivot) foot. When the pitcher sets up in the stance, more of their body weight should be over the glove-side foot.

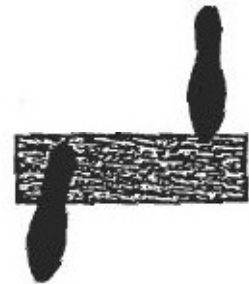
Narrow Stance allows the pitcher to rotate the shoulders and hips during the pitch more readily. This stance is more common to male pitchers.

Wide Stance using almost the entire length of the rubber, which provides a broader base of support for stability. It allows the pitcher to transfer the weight over a greater distance from the back foot to the front foot, and thus build up momentum for the pitch.

Young pitchers should experiment with these stances to determine which is most comfortable for them, and which allows for the generation of optimum power.



NARROW STANCE



WIDE STANCE

GRIP

The grips suggested here are a starting point to achieve proper ball spin and control. Encourage your pitchers to experiment with other alternatives.

The diagram below illustrates the two-finger, three-finger, and four-finger grips. Either grip can be used depending on the size and strength of the pitcher's hand relative to the size of the ball being used. The ball is gripped with the fingers and thumb only. As a general rule, the two-finger grip is preferred because it provides the best combination of control, spin and speed of pitch.

Younger players may want to start with a four finger grip, then progress to the three-finger and two-finger options as their skill and confidence improve.

Here are some additional points to remember about the grip:

- The ball is held in the fingers and thumb, NOT in the palm.
- The grip must be comfortable (firm, but relaxed)
- Hold the ball firmly to prevent it slipping from the fingers.
- Place the fingers in contact with the seams whenever possible. This will increase friction.
- Hold the ball across the seams, as shown, and release is off the end of the fingers. This will get four seams spinning, and increase the effect of the pitch.



2 FINGERS



3 FINGERS



4 FINGERS

- ACROSS SEAMS
- FIRM BUT RELAXED

BASIC GRIPS

PREGAME PLAN

5 mins	INTRODUCTION 1. Concepts to focus on 2. Reminders (e.g., watch the ball to glove/bat, listen to base coaches, etc.) 3. Have FUN	Pep talk, varies, but may include team strengths and concepts team should focus on during the game. Get pitchers through drills first so they can practice pitching. Utilize parents as catchers.	
20 mins	WARM UP	See Softball Warm Up document for reference, if needed. The FURY standard warm up should be used before both practice and games, at all age levels.	
10 mins	HITTING - Tee Drill: "Keep Bat in the Zone" <ul style="list-style-type: none"> Tee set at middle strike (belt) Batters swing and freeze at different points – at contact, at extension, at full follow through After freezing at points (3-5 swings), do full swing to bring it together TAKE AWAY: focus on the ball	EQUIPMENT: <ul style="list-style-type: none"> Tee Net 8 Regular softballs Player bat, helmet, batting gloves 	KEYS TO WATCH FOR: Head remains down with swing, eyes on ball Proper grip and stance (see above) Batter is re-setting each time
10 mins Done at same time as Soft toss drill below (2 stations)	HITTING – Soft toss Whiffle Balls <ul style="list-style-type: none"> Batter in ready position about 8 feet from net Coach kneels at 45 degrees from batter, soft tosses a 2 coloured Whiffle ball towards player's lead hip Batter calls out colour they hit, at contact TAKE AWAY- focus on the ball	EQUIPMENT: <ul style="list-style-type: none"> Net 2 Tone Whiffle balls (black/yellow) Batter's gear (bat, helmet, batting gloves) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Batter calls correct colour Batter calls colour on contact Batter is re-setting each time LEVEL UP OPTION: Toss two Whiffle balls of different colours (solid colours), coach calls out the colour batter should hit, ignoring the other
10 mins Done at same time as Soft toss drill above (2 stations)	HTTING - Soft Toss Standard <ul style="list-style-type: none"> Batter stands in ready position 8 feet from net Coach kneels at 45 degrees from batter and tosses softballs in towards batter's lead hip in rapid fire TAKE AWAY: hit pitches at various locations; improve hand/eye coordination	EQUIPMENT: Net 10 regular softballs Batter's gear (bat, helmet, batting gloves)	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Proper grip and stance Batter watches the ball Batter is re-setting each time LEVEL UP OPTIONS: -Vary pitch locations -If other team has not arrived, put batter at home plate, have fielders receive hits and throw to first base or pitcher
10 mins	HITTING - Bunting <ul style="list-style-type: none"> Batter gets in ready batting stance at a plate (in front of net or backstop) Pitch from 20-30' away Batter shifts to bunt position and bunts TAKE AWAY – proper mechanics in transition from ready batting stance to bunt position; targeting bunts	EQUIPMENT: <ul style="list-style-type: none"> Pitcher or pitching machine Net or backstop 8 regular balls Plate Batter's gear (bat, helmet, batting gloves) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> Batter resets stance; practice transition from ready position to bunt position In bunt position, batter has balanced stance, front hand has control of bat, hands protected behind bat Bat is out front of plate to keep bunts in fair territory; top of bat is angled to shoulder (top of strike zone) LEVEL UP OPTION: Call out bunt

15 mins This can be done as a station along-side other drills	PITCHING <ul style="list-style-type: none"> • Break out pitchers and catchers to work separately • 10 wrist flicks 6-8' away from catcher • 10 throws, using 9 o'clock arm position, 20' away • 10 throws using 9 o'clock position with step, 20' away • 10 full windmills, with step, standing sideways to catcher, 25' away • 10-15 full wind-up windmills, full distance - 30' (U10), 35' (U12), 38' (U14) 	EQUIPMENT: <ul style="list-style-type: none"> • Regular softballs • Player gear (fielding mask, glove, catcher gear) • Net (optional for pitching into net if not enough catchers) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> • Full and proper warm up • Proper grip, arm mechanics • Strong, fast arm • Correct release point at hip (too soon goes low, too late goes high) • Follow through • Pitchers take time with each pitch, don't rush
Varies	DURING THE GAME <ul style="list-style-type: none"> • Net, tee, 8 softballs set up • Batter's warm up at tee • Pitcher's warm up with net (or with parent as catcher) <p>TAKE AWAY: staying warm and prepared during game</p>	EQUIPMENT: <ul style="list-style-type: none"> • Tee • Net • 8 regular softballs 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> • Right players are staying warm and prepared • Players are still attentive to game progress (ready to take field)
5-10 mins	TEAM MEETING/CLEAN UP <ul style="list-style-type: none"> • Review concepts from practice • Sandwich critique - what was done well, what needs work, conclude with another positive take away • End with TEAM CHEER <p>TAKE AWAY: game ends on a positive note, no matter what the score</p>	EQUIPMENT: <ul style="list-style-type: none"> • Team cleans up – communal equipment, personal gear and trash 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> • NEVER LEAVE until all players have been picked up • All equipment and trash is taken away • Field equipment returned to lock box (if applicable)

PLAYER LINE UP CARDS

Line Up Card

This is a basic lineup card for a team that Fields 9 players, no one sits out, there are no substitutions, everyone plays the whole game.

Once the lineup card is completed and submitted to the umpire, the lineup cannot change. Players out of order will be called out in most cases but there are a few things that can happen in the event of a player batting out of order. Check your rulebook for that.

You need to fill out the form much like it is shown:

Team Name: This is always YOUR team
Date: Current Date, used for reference in case of an issue

Opposing Team: The other guys
ABC Rotation/Universal Rotation/Regular Substitution: none

Fill in each player by Name, in order, first and last name followed in the next column by their Jersey Number and Defensive Position.

Most opposing coaches don't really care at house ball level but if you go to a tournament or provincials, you will be asked to enter it.

Refresher course:

Pitcher = 1
 Catcher = 2
 1st Base = 3
 2nd Base = 4
 3rd Base = 5
 Shortstop = 6
 Left Field = 7
 Centre Field = 8
 Right Field = 9

Sign the bottom of the card.

White copy to the Umpire

Yellow to the other guys at the plate when you meet

Pink you keep (give it to your scorekeeper)

That's all you need to do for a lineup where you have the exact amount of players you need to play, this is generally not what you will be experiencing with the rosters the sizes they are but you never know, it happens a fair amount.

CALGARY MINOR SOFTBALL ASSOCIATION LINE-UP CARD						
STARTING LINE-UP			Category <u>U12 Div 1</u>			
<u>Foothills FURY</u>			<u>April 27, 2018</u>		<u>SBR 1</u>	
Team Name		Date		Opposing Team		
<input type="checkbox"/> ABC Rotation	<input type="checkbox"/> Universal Rotation	<input type="checkbox"/> Regular Substitution				
Batting Order	PLAYER'S FULL NAME (BLOCK LETTERS)	Uniform #	Defensive Position	ABC Designation	Bench Inning Order	
1	Jennifer Smith	10	3			
2	Rebecca Johnston	12	4			
3	Samantha Davis	7	1			
4	Hanna Reed	14	9			
5	Melissa Black	9	5			
6	Gretta Henke	2	7			
7	Ella Simons	21	6			
8	Taylor Michaels	5	2			
9	Abby Grey	17	8			
10						
	PLAYER'S FULL NAME (SUBSTITUTES - If applicable)	Enters/Inn #	Uniform #	Defensive Position	ABC Designation	Bench Inning Order
A/11						
B/12						
C/13						
D/14						
E/15						
F/16						
G/17						
<div style="text-align: center;"> <u>Roger McKenzie</u> Coach Signature </div>						
<div style="display: flex; justify-content: space-between; font-size: small;"> White - umpire Yellow - opposition Pink - home team </div>						

PLAYER LINE UP CARDS

Line Up Card Universal Substitution

Universal Substitution is a fairly normal format that most coaches and tournaments will follow for players being substituted on the field. In this format, **EVERYONE bats**. You make your lineup with everyone listed in order, if you have 14 girls, you have a 14 person batting order then, choose wisely.

Check the Universal Rotation box at the top.

The difference now is that you need to ensure that no one sits out playing in the field a second time in a game if someone has not sat out yet. So, the lineup card you can see here, there are 12 players on the roster. The last column of the form is where you decree the Bench Inning Order, or simply, the inning when that player will sit out. Since there can only be 9 on the field at any one time, you will have 3 players on the bench each inning, it will take you 4 innings to have all 12 sit out at least once before you can sit someone again.

In community softball it is not something that you will probably see anyone checking but it is a good habit to keep yourself organized as far as substitutions, to plan and write them down to make your life easier during the game. Most coaches don't fill it out and in league play wins and losses are not overly important but when it comes to playoffs, if you have been doing this, you won't be flustered during the game and you can call out an opposing coach if you happen to notice they are not following the rules.

CALGARY MINOR SOFTBALL ASSOCIATION LINE-UP CARD						
STARTING LINE-UP			Category <u>U12 Div 1</u>			
Team Name <u>Foothills FURY</u>			Date <u>April 27, 2018</u>		Opposing Team <u>SBR 1</u>	
<input type="checkbox"/> ABC Rotation			<input checked="" type="checkbox"/> Universal Rotation		<input type="checkbox"/> Regular Substitution	
Batting Order	PLAYER'S FULL NAME (BLOCK LETTERS)	Uniform #	Defensive Position	ABC Designation	Bench Inning Order	
1	Jennifer Smith	10	3		2	
2	Rebecca Johnston	12	4		3	
3	Samantha Davis	7	1		4	
4	Hanna Reed	14			1	
5	Melissa Black	9	5		4	
6	Gretta Henke	2	7		2	
7	Ella Simons	21			1	
8	Taylor Michaels	5	2		3	
9	Abby Grey	17	8		3	
10	Sophia Underwood	33			1	
	PLAYER'S FULL NAME (SUBSTITUTES - If applicable)	Entrance #	Uniform #	Defensive Position	ABC Designation	Bench Inning Order
A/11	Beth Cooper		16	6		2
B/12	Ava Stevens		6	9		4
C/13						
D/14						
E/15						
F/16						
G/17						
<div style="text-align: center;"> <u>Roger McKenzie</u> Coach Signature </div>						
<div style="display: flex; justify-content: space-between; font-size: small;"> White - umpire Yellow - opposition Pink - home team </div>						

White copy to the Umpire

Yellow to the other guys at the plate when you meet

Pink you keep (give it to your scorekeeper)

Sign the bottom of the card.

PLAYER LINE UP CARDS

Line Up Card ABC Substitution

ABC Substitution is not as tricky as it seems, you need to know how to set this up at the older age groups. It is sometimes used in tournaments or at provincials at certain age groups, it's a good format as well because you can keep stronger players in the game in times when you might want them to play the whole game. BUT, it is advised in the rule book that you should rotate the players in this format from game to game to make it fair.

In this format, **EVERYONE bats**. You make your lineup with everyone listed in order, if you have 14 girls, you have a 14 person batting order then, choose wisely.

The A, B and C designations are not based on skill level but rather substitution only. "A" players will play defensively (in the field) every inning. "B" and "C" players will alternate each inning in the field.

The important thing to understand in this format is that depending on the amount of players that show up, the numbers of who can be A, B and C changes. So in the example, the lineup has 12 players, so 6 can be A and then 3 are B and 3 are C. There is a chart in your rulebook you can consult, I would dog ear the page or have a sticky note to mark the location.

Players designations can change after the game has started only in the event of things like injuries or late arrivals. The Umpire will help you out in these situations.

White copy to the Umpire
Yellow to the other guys at the plate when you meet
Pink you keep (give it to your scorekeeper)

Sign the bottom of the card.

CALGARY MINOR SOFTBALL ASSOCIATION LINE-UP CARD						
STARTING LINE-UP			Category <u>U12 Div 1</u>			
Team Name <u>Foothills FURY</u>			Date <u>April 27, 2018</u>		Opposing Team <u>SBR 1</u>	
<input checked="" type="checkbox"/> ABC Rotation			<input type="checkbox"/> Universal Rotation		<input type="checkbox"/> Regular Substitution	
Batting Order	PLAYER'S FULL NAME (BLOCK LETTERS)	Uniform #	Defensive Position	ABC Designation	Bench	Inning Order
1	Jennifer Smith	10	3	A		
2	Rebecca Johnston	12	4	A		
3	Samantha Davis	7	1	B		
4	Hanna Reed	14		C		
5	Melissa Black	9	5	A		
6	Gretta Henke	2	7	B		
7	Ella Simons	21		C		
8	Taylor Michaels	5	2	A		
9	Abby Grey	17	8	A		
10	Sophia Underwood	33		B		
	PLAYER'S FULL NAME (SUBSTITUTES - If applicable)	Enters/Inn #	Uniform #	Defensive Position	ABC Designation	Bench Inning Order
A/11	Beth Cooper		16	6	A	
B/12	Ava Stevens		6	9	C	
C/13						
D/14						
E/15						
F/16						
G/17						
<div style="text-align: center;"> <u>Roger McKenzie</u> Coach Signature </div>						
<div style="display: flex; justify-content: space-between; font-size: small;"> White - umpire Yellow - opposition Pink - home team </div>						

PLAYER LINE UP CARDS

Injuries, Late Arrivals, and other issues

If someone gets injured, you keep the batting order the same and just skip the player from that point on, mark the player with "IJ", it will NOT be an automatic out. The umpire at the plate will advise what you should do, don't worry about it.

A late arrival, just add the player to the bottom of the lineup card and you may be required to alter the player designations on your lineup card, most league games this won't be a big deal, provincials it may. The umpire will help you out.

Check your rulebook for other issues that could arise, it will be rare that you have major issues, but if you do, everyone should be pretty good about it, if you run into a sticky coach that gives you a hard time, let your organization know and they can follow up with the league.

NOTES:

[illegible]

After each game, enter the # of innings played at each position, using "ticks". This accumulates through the season.

SCOREKEEPING (CON'T)

Abbreviations

Scoring Abbreviations			
<u>How on Base</u>		<u>Positions</u>	
1B	Single	1	Pitcher
2B	Double	2	Catcher
3B	Triple	3	First Base
BB or W	Walk	4	Second Base
E	Error	5	Third Base
FC	Fielder's Choice	6	Short Stop
HBP or HP	Hit by Pitch	7	Left Field
HR	Home Run	8	Center Field
I	Interference	9	Right Field
IW	Intentional Walk	DH	Designated Hitter
<u>Outs</u>		<u>Other Symbols</u>	
CS	Caught Stealing	BK	Balk
DP	Double Play	PB	Passed Ball
F	Fly Out	WP	Wild Pitch
FO	Foul Out		
G	Ground Out		
K	Strikeout Swinging		
bkwd 'K' or Kc	Strikeout Looking		
L	Line Out		
SF	Sacrifice Fly		
SH	Sacrifice Hit (Bunt)		
TP	Triple Play		
U	Unassisted Put Out		

Pitcher Abbreviations	
BALK	Balks
BB	Walks
BF	Batters Faced
ER	Earned Runs
H	Hits
HBP	Hit by Pitch
IP	Innings Pitched
K	Strikeouts
R	Runs
W-L	Win/Lose
WP	Wild Pitch