



Calgary Adrenaline Fastpitch Association

Player Development Plan

Revised August 1, 2023

Player Development Plan:

As an elite fastpitch softball organization, our player development is aligned with Softball Canada's Athlete Development Matrix and is centered around developing the whole athlete.

Our program is limited to players with previous knowledge of Softball, as such, our Player Development plan begins after the Fundamentals Stage.

Developing the Whole Athlete:

Developing an athlete can be accomplished in many ways using a variety of techniques. Our coaches are encouraged and empowered to use the athlete development stage that is age appropriate; realistic and to create a training program to address 3 key areas; Mental & Life Skills; Technical & Tactical skills; and Movement & Physical Capacity.

Mental & Life Skills:

- Foster an environment of inclusion to instill a passion for fastpitch softball.
- Provide techniques to help reduce performance anxiety and encourage positive self-talk.
- Educating players on the benefits of sound nutrition

Technical & Tactical Skills:

- Provide players the opportunity to learn and develop in multiple positions.
- Teach high-level skills; techniques and strategies to improve each athletes' knowledge and understanding of the game.
- Provide overall player development by ensuring adequate playing time in game situations.

Movement & Physical Capacity:

- Create strength and conditioning opportunities to increase speed, power and reduce the potential for injury.

U11 Athletes [Ages 8-11]

Learn to Train [L2T]: Player development for this level is focused on skill learning. Players are developmentally ready to learn fundamental softball-specific skills which will lay the foundation for advanced softball skills in later stages. Players will receive instruction on correct technique and practice plans will have an emphasis on players getting maximum repetitions of technical skills. Basic rules and etiquette of Softball will be taught and reinforced. Players will play a variety of positions in Softball. Season training breakdown includes Technical and Tactical Skills [60%]. Mental & Life Skills [20%] and Movement & Physical Capacity [20%].

U13 – U15 [Ages 11-15]

Train to Train [T2T]: Player development for this level is heavily focused on Technical & Tactical skills plus Movement & Physical capacity. This is a critical stage for the development of high-performance softball players. Qualified coaches will be supported by specialty coaches to ensure the proper development of the athletes. Players will be encouraged to play 2-3 positions. Season training breakdown includes Technical & Tactical Skills [65%]; Mental & Life Skills [10%]; and Movement & Physical Capacity [25%].

U17 – U19 [Ages 15-21]

Train to Compete [T2C]: Player development at this level shifts from Technical to Tactical Skill development. Emphasis will be placed on individual development and high-intensity training. Increased exposure to game play and competition to develop skills in different circumstances and under different conditions. Specialty coaches will be used to support the CAFA coaching staff in areas such as Strength & Conditioning, Mental performance, and Nutrition.