

# **COPPELL GIRLS SOFTBALL ASSOCIATION**

## **PRIORITIES AS AN ORGANIZATION**

We want to create a fun and safe environment for girls in Coppell to play softball. We want to emphasize good sportsmanship, character and fun over winning.

## **PRIORITIES AS COACHES**

***Sportsmanship*** - Coaches behavior should always be exemplary. Teaching good sportsmanship is expected. (Please review the Coaches Code of Conduct).

***Knowledge of the Game*** - Know and follow the rules. Learn all you can about coaching softball.

***Full Participation*** - Each girl should have equal participation.

***Safety*** - Do take into account safety when positioning players. Practice should be used to teach proper technique so that every girl can fully participate.

***Have Fun*** – Do everything you can to make softball fun for all of the girls.

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**Spring Season starts in April and will end in late May.**

To Do List for Beginning of Season:

1. Contact team. If you are new call and introduce yourself. Provide a copy of the roster to everyone on the team.
2. Request practice times. See attached info. on practice fields/batting cages.
3. Find other parents to be assistant coaches.
4. Get a team mom or dad lined up to handle snacks/concession tickets.
5. Check equipment provided by league. You will receive catchers' gear (facemask, chest protector and shin guards), practice balls, throw down base set and a bat or two. Game balls will be provided prior to the start of every game by the umpires.
6. Review and learn the rules for your age group.
7. Make sure all the girls have proper equipment – batting helmets with chinstraps and facemasks for 6U and higher and a glove. The league does not provide batting helmets or gloves. **NO METAL CLEATS OR JEWELRY ALLOWED.**
8. Start practicing for opening day.

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## Skill Sets and Practice Field Organization Recommendations

### **Skill Set A**

- Batting Stance
- Hitting
- Bunting (10u and up)

### **Skill Set B**

- Base Running
- Stealing (9u and up)
- Sliding (9u and up)

### **Skill Set C**

- Fielding
- Throwing

### **9U & HIGHER**

### **Skill Set D**

- Pitching
- Catching

Start talking to the girls about pitching in 8U because you will need several girls that can pitch when you move up to 9U.

As you get to the older age groups (9U and up) the pitcher and catcher become very important so you will want to think about these positions and possibly incorporate into practice. Most coaches do not separately work on pitching at practices but may have the pitchers and catchers work together in game situations.

## ORGANIZE THE PRACTICE FIELD AND TEACH/EMPHASIZE THESE COACHING POINTS

SKILL SET A	SKILL SET B	SKILL SET C	SKILL SET D
<b>Home Plate or Batting Cage</b>	<b>Infield (close in)</b>	<b>Infield (deep)</b>	<b>Outfield/Sideline</b>
Feet and Knees	Base Coach	Hands Drill	Position
Bat Grip	Run Through 1 <sup>st</sup>	Grounders	Motion
Bat Position	Round 1 <sup>st</sup>	Pop Ups	Release
Eyes on Ball	Leave on Steal	Throw to 1 <sup>st</sup>	Position
Swing / Step	Slide	Cut-Offs	Return Throws
Drop the Bat	Hold on Fly Ball	Throw to Plate	Plays at the Plate