

The logo for Baseball Softball UK is displayed in white text on a green grass background. The word "Baseball" is on the top line, followed by a small dot and a stylized graphic of a baseball bat and ball. The word "Softball" is on the bottom line, with "UK" in a larger, bold font to its right.

Baseball •  Softball UK



School Softball 2022

**GIRLS FASTPITCH
SOFTBALL CUP**

**COACHING
RESOURCES**

COACHING PROGRAMME

This *Coaching Programme* is designed to provide teachers and coaches with easily accessible tools to introduce Fastpitch Softball.

Resources are based on videos, with direct linked provided. Sessions are recommendations only, and we encourage you to create sessions based on your specific students, space, and resources.

Every session is broken down into:

- **Core skill** - in developmental progression
- **Suggested activities** - these can be split across multiple session
- **Full Activity** - advice on putting the activities together
- **Session Goal** - overall aim for the session

Coaching Programme

For the full program playlist, [Follow this Link.](#)

Timeline	Skill	Skill Activity	Full Activity	Goal
Week 1	Throwing & Catching	Clap-Up Eggs Toss Cross-Toss Relay Throws	Races, distance, and timing can be a fun and creative way to play on the field. Give a go at combining some of our favourite Skill Activities to create your own game!	Our goal is to establish a familiarity with the ball, gloves, and format, as well as ensure players are safely and confidently able to play catch and throw by the end of the session.
Week 2	Defense	Grounders-Flies Gate Guard Shape Toss Tennis	In the game of softball, the ball doesn't often come right to us off of the bat; play with ways to help students feel confident chasing down and moving to get the ball.	Our goal is to continue to establish a familiarity with the ball, gloves, and format, as well as ensure players are safely and confidently able to react to the ball.
Week 3	Hitting & Baserunning	Homerun Contest Two-Up Relay Race	As hitting is often a player-favourite, combining games from the first 2 weeks lets players field while hitters hit. This is especially important when you have a large class size.	Our goal is to encourage players to hit the ball with bats both powerfully and safely. By the end of Week 3, we want players to have a good understanding of how to properly hit the ball.
Week 4	Pitching	Is, Ts, Ks Rockstars Full - Targets	If the class is confident enough, encourage them to create a game in which pitchers can throw against hitters.	Establish the uniqueness of fastpitch pitching in easy to digest means.
Week 5 Week 6	Game-Days	Baseball 5s Quick Pitch Two-Up King of the Cones Mod-Ins	Depending on the level of your group will determine the modifications of the game; rewarding the previous weeks by putting it all together.	Putting together all the skills learned is a reward for the hard work they put in. As will all the lessons previously, teachers can make modifications as you see fit.