

Softball (11-12) Coaching Guidelines

Hitting	Discuss safety – not swinging when others are around Must use helmet and other proper equipment Proper stance Even swing Keep eyes on the ball Step to hit Hitting a “pitched” ball Run to first base and other bases allowed Develop hitting repetition
Fielding	Proper stance “ready position” Pay attention (ready on every pitch) Glove down Head up Place your body behind the ball Throwing to proper base Teach all positions (where to throw the ball from that position in different situations) Relays
Throwing	Step towards target when throwing Throw on a line Throwing on target Where to throw Develop distance throwing
Catching	Proper stance Show them the ball is soft and if they catch it, it won’t hurt Start close and work away Start with the basics and work up to hitting “pop flies” Progress to harder hit balls
Game / Practice	Run bases correctly What is and “out” Switching sides Safety Playing everyone equally Players should learn all positions Make practices fun Learn rules Teach how to win and lose Proper behavior on bench Strategy (bunts, hit and run, stealing, signals, etc) Sportsmanship (other team cheer and hand shake)

HAVE FUN!