

COMMUNITY SPORT - INITIATION PATHWAY

[Fundamentals/Learn to Train Stages]

FOUNDATIONS OF COACHING SOFTBALL - PART 1

TOTAL: 60-90 MINS



MULTI-SPORT MODULE

Make Ethical Decisions

TOTAL: 3 HRS

LEARN TO COACH CLINIC (TIMBITS SOFTBALL)

1. Introduction
2. Participants & Their Sport Needs
3. Timbits Softball Program
4. Safety
5. Fundamental Softball Skills
 - a Dynamic Warm-Up
 - b Throwing & Catching
 - c Baserunning
 - d Pitching
 - e Hitting
 - f Fielding Ground Balls & Fly Balls
6. Practice Planning
 - a Modify a Pre-Designed Activity

TOTAL: 4 HRS

TRAINED

COMMUNITY SPORT Online Evaluation

1. Make Ethical Decisions

