



# **Coach Steve's Softball Training Modules for Primary & Middle School Players**

Module 1	The Game
Module 2	Batting
Module 3	Base Running
Module 4	Fielding & Throwing
Module 5	Pitching & Catching
Module 6	Physical Conditioning
Module 7	Situational Play
	7.1 Base Running
	7.2 Ground Balls
	7.3 Fly Balls & Line Drives
	7.4 Special Situations
Module 8	Softball Strategy
<b>Module 9</b>	<b>Video Links</b>

**February 2018**

## Softball Training Modules for Primary & Middle School Players

### Video Links - Modules 1 to 3

Module 1 - The Game (Middle and Senior School level links)	
<a href="#">1 Intro to Baseball - The Field</a>	<a href="#">4 Intro to Baseball - Outs</a>
<a href="#">2 Intro to Baseball - Positions</a>	<a href="#">5 Intro to Baseball - Innings</a>
<a href="#">3 Balls, Strikes &amp; The Count</a>	<a href="#">6 Reaching Base - Hits &amp; Walks</a>
<a href="#">7 Intro to Baseball - Force Outs</a>	

Module 1 - The Game (Advanced Softball links for Senior School 1 <sup>st</sup> & 2 <sup>nd</sup> Teams)	
<a href="#">Tagging-Up and Sacrifice Flies</a>	<a href="#">Intro to Baseball - Stolen Bases</a>
<a href="#">Intro to Baseball - Errors</a>	<a href="#">Wild Pitches and Passed Balls</a>
<a href="#">Infield Fly Rule</a>	

Module 2 Batting	
<a href="#">Cal Ripken - "Long Stride" Batter</a>	<a href="#">Alex Rodriguez - "Compact Swing" Batter</a>

Module 3 Base Running	
<a href="#">Running through 1st Base</a>	<a href="#">Running to 1st Base</a>
<a href="#">How to Take a Lead</a>	<a href="#">Stealing Bases</a>
<a href="#">Straight Leg Slide</a>	<a href="#">Hook Slide</a>
<a href="#">Head First Slide</a>	<a href="#">Tagging-Up and Sacrifice Flies</a>

## Softball Training Modules for Primary & Middle School Players

### Video Links - Module 4

<b>Module 4 – Fielding &amp; Throwing (Throwing/Tossing &amp; Catching Throws)</b>		
<a href="#"><u>Throwing a Softball</u></a>	<a href="#"><u>Outfield Throws</u></a>	<a href="#"><u>Underhand Toss</u></a>
<a href="#"><u>Catching a Softball Throw</u></a>		<a href="#"><u>How to Play First Base</u></a>
<a href="#"><u>Catching &amp; Throwing "Quick Feet" Drill</u></a>		

<b>Module 4 Fielding Ground and Fly Balls</b>	
<a href="#"><u>Fielding Infield Ground Balls</u></a>	<a href="#"><u>Fielding Outfield Ground Balls</u></a>
<a href="#"><u>Catching Fly Balls</u></a>	<a href="#"><u>Tracking Outfield Fly Balls</u></a>
<a href="#"><u>Force-Outs Explained</u></a>	

<b>Module 4 Advanced Fielding Play – Senior School Players</b>	
<a href="#"><u>Fielding on the Backhand</u></a>	<a href="#"><u>Backhand Catch &amp; Double Play</u></a>
<a href="#"><u>The Run Down Out</u></a>	<a href="#"><u>Throwing to the Cut-Off Man</u></a>

[Fielding on the Backhand](#)

<b>Module 7.1 Situational Play - Base Running</b>	
<a href="#"><u>Runner Passing another Runner</u></a>	<a href="#"><u>Two Runners on the Same Base</u></a>

# Softball Training Modules for Primary & Middle School Players

## Video Links

*Video Links for Module 5 and other Modules pending*