

National Federation of State  
High School Associations



**USA**  
Softball  
THE NATIONAL GOVERNING BODY  
OF SOFTBALL

# Coaching Softball

In this course, Mike Candrea, head coach of the women's USA National Softball Team who has more than 30 years of experience coaching softball, explains the basic skills of throwing and catching, offensive skills, overview of each position's role, team defensive tactics, practice plan development, and additional coaching tips that coaches can use to teach and help improve their softball teams.



## Course Objectives

- Understand the proper mechanics of throwing
- Identify stages of the throwing motion
- Recognize the proper body position to receive a throw
- Understand the mechanics of hitting and bunting
- Identify key elements of the swing including measures, phases and positions
- Understand the fundamentals of baserunning, leads and sliding
- Recognize the starting positions and footwork for all players
- Identify key skills of pitchers and catchers
- Identify defensive responsibilities for all positions
- Understand how to properly execute defense tactics

## Units

- Basic Skills
- Offensive Skills
- Position Play
- Team Defense
- Developing a Practice Plan
- Coaching Tips

## More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at [nfhslearn.com!](https://nfhslearn.com)