



Coach Education
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Coaching Softball

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 base running , leads, and sliding
- Understand the traits and responsibilities of all positions
- 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
- Learn communication methods to use for defensive plays
- Understand how to execute defensive drill work for all positions
- Recognize drill work for offensive training
- Identify key skills to evaluate during tryouts

Unit 1: Basic Skills

- Introduction
- Throwing
- Catching

- Pickoffs and Steals
- Rundowns
- Pop-up Communication

Unit 2: Offensive Skills

- Hitting
- Bunting
- Base Running
- Sliding

Unit 5: Developing a Practice Plan

- Warm-up
- Throwing Warm-up
- Defense Drills
- Offense Drills

Unit 3: Position Play

- Infield Play
- Outfield Play
- Pitching
- Catching

Unit 6: Coaching Tips

- Signals and Signs
- Base Coaching
- Tryouts
- Conclusion

Unit 4: Team Defense

- Defense Overview
- Cutoffs
- Bunt Defense
- 1st and 3rd Defense

Resources: Offensive Checklist; Outfield Checklist; Playbook of Defensive Situations; Defensive Checklist; Defensive Checklist by Position; Interview with Coach Mike Candrea