

PHILOSOPHY

The emphasis of this league will be to “re-introduce” the 1st grade girls to softball and to have “FUN”. All coaches should focus on the following key fundamentals:

1. Teaching players to catch the ball properly (e.g., using 2 hands),
2. Teaching proper throwing form (making a “T” figure before throwing, stepping directly toward the target),
3. Holding the bat properly (e.g., hands together, front-side hand on the bottom, hands and forearms in inverted “V” formation),
4. Running the bases, and
5. Introducing force-plays and coach pitch into the mix

We are asking ALL COACHES, whether they are running a private practice or sharing the field with another team, to create at least 3 different SKILLS STATIONS during each session. The objective is to coach ~25 minutes of skills and drills at these stations, and then end the session with a 2-3 inning game. A good template for these stations would be the following:

- **Station #1.** 5-6 players working on grounders and force plays (in the infield),
- **Station #2.** 5-6 players working on catching regular tosses and pop-ups (in left field), and
- **Station #3.** 5-6 players hitting off the tee or from coach pitch (in right field.....one batter, 1 on deck batter, 4 fielders chasing the balls)

You will have to find “creative” ways to keep them interested: How many can we catch in a row? Who can hit this bucket on a throw after a fielded ground ball? Who can chase down the most balls hit from the tee? Use the internet for good ideas. You should always end your skills sessions with the girls “running the bases”. Provided that players can arrive on time, your sessions (whether there is a game or not) should be no longer than 60 minutes. Good luck and keep it fun.

BASIC GAME RULES

1. All players will be included in the batting order. If a player appears late for a game, she will be inserted last in the batting order. The batting order should be changed from game to game to give all players the opportunity to lead off, bat third, bat cleanup, etc.
2. Hitting is to be done off of the tee at season’s start, and transition into coach pitch around mid-season (provided that the girls are ready). There will be no strikeouts.
3. Distance between bases is fifty (50) feet.
4. All games will be 2-3 innings long. The team in the field should try to make the plays in the field, but regardless of the number of outs a team makes (any girls called out on the bases are in fact out, and should go back to the team bench), an inning will end when all batters have had a chance to hit.
5. Fielding positions will be 1st base, 2nd base, 3rd base, shortstop, and pitcher (please make sure the pitcher is a safe distance from the batter). All other players should be spread out in the outfield. No one will field the catcher’s position. All players should be rotated to give them the chance to play all positions.

6. There is no advancement on an overthrow whatsoever. Runner can only go to the base that they were headed.
7. Coaches should teach runners the proper way to run the bases (i.e. run through 1st base, round the corner of the base if running to the next base, etc).
8. Running “out of control” from one base to the next to make a “home run” is not allowed and coaches must control this. Adult coaches should coach 1st and 3rd base to give direction to the runner to eliminate this. If a player hits a long drive or a ball into the gap, she may try for an extra base hit. The 1st base coach will give her direction to proceed. The play is dead once the ball hits the infield. We should not have players running wild as it just breaks down the game.
9. No leading, stealing, or infield fly rule.