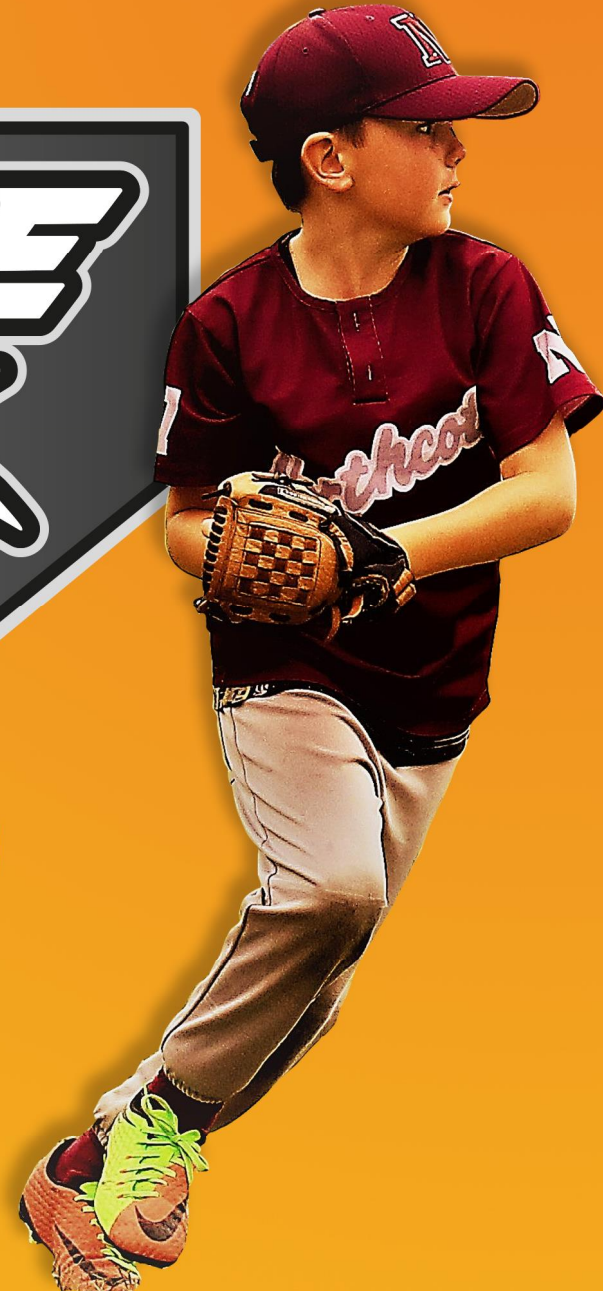




6x WEEK OFFENSIVE & DEFENSIVE PROGRAMME



WEEK 2

INTRODUCTION & HONOURING THE GAME

Objective:	<ul style="list-style-type: none"> • Welcome the players • Provide insights into the success of national teams on the international stage and awareness of the national teams brand.
Coaches Notes:	<ul style="list-style-type: none"> • Present the information below on New Zealand national teams and the pathways available to softballers.
Timeframe:	<ul style="list-style-type: none"> • 5 mins
	00:00 . 00:05

NEW ZEALAND NATIONAL TEAMS

New Zealand White Sox

The White Sox are the fourth most successful team in world softball having won 1x gold, 1x silver and 2x bronze.

- Competed in 16 World Series/Championships since 1965.
- Won the gold medal in 1982 in Taiwan beating USA 2-0 in the final.
- Finished 6th at the 2000 Olympics in Sydney Australia.
- Currently ranked number 5 in the world
- 2018 Schedule:
 - Oregon Ducks Series, Dec, 15-17, Albany
 - National U19 Boys Tournament, Jan 4-7, Christchurch
 - Asia Pacific Cup, Feb 1-4, Blacktown, Australia
 - Canada Cup, Jul 13-23, Vancouver, Canada
 - World Championships and Olympic Qualifier, Aug 2-12, Chiba, Japan.

New Zealand Junior White Sox

- Currently ranked 16th in the world
- Highest ever finish 4th.

New Zealand Black Sox

The Black Sox are arguably New Zealand's most successful sporting team with 7x world titles to their name. The Black Sox have made the last 10 world championship finals in a row and without doubt the best team in the history of men's softball.

- Competed in 14 World Series/Championships since 1966.
- Won gold medals in 1976, 1984, 1996, 2000, 2004, 2013 and 2017.
- Currently ranked number 1 in the world
- 2018 Schedule:
 - Czech Republic Cup, Aug, Prague, Czech Republic.

New Zealand Junior Black Sox

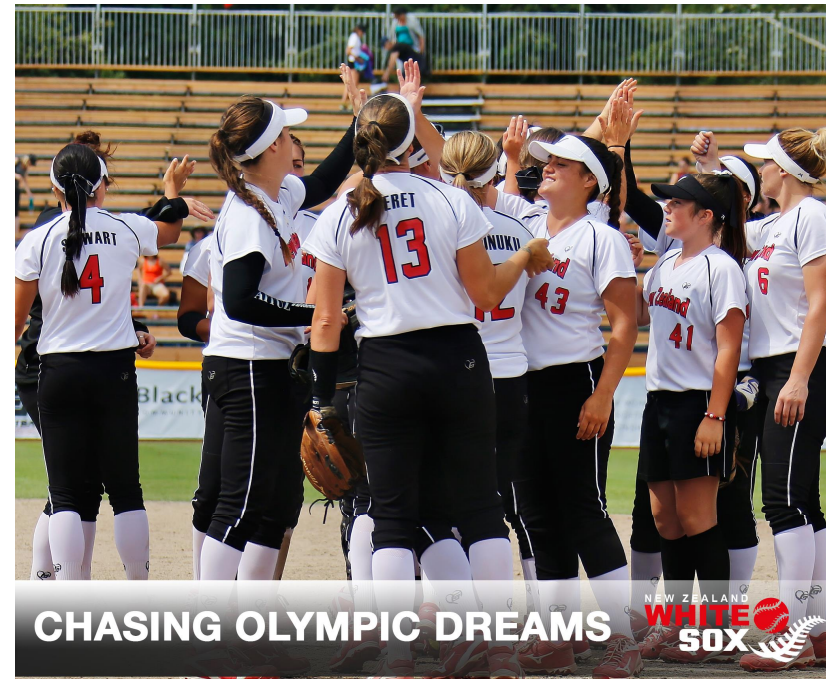
- Currently ranked number 2 in the world

Won gold medals in 1985 and 1989.


The following national teams align with the Junior and Senior male and female programmes:

- Major Sox (U23♣)
- Emerging Sox (U17♣)
- Developing Sox (U15♣)


All Sox teams include camps and tours both domestically and internationally.



WARM UP . DYNAMIC STRETCHING

Objective:	<ul style="list-style-type: none"> Dynamic stretching means you are moving as you stretch and is important as it activates muscles during your workout, improves range of motion, improves body awareness and enhances muscular performance and power. 		
Coaches Notes:	 <i>Example of dynamic warm up exercises Refer to the “Coach Support Notes” page 4</i>		
	<ul style="list-style-type: none"> Lateral Shuffle High Knees Butt Kicks Trunk Rotation 	<ul style="list-style-type: none"> Forward Lunges Arm Circles Leg Swings Shuttles 	<ul style="list-style-type: none"> Stretch Shoulders & Back Squats Add additional dynamic stretches if needed
Timeframe:	<ul style="list-style-type: none"> 10 mins 	00:05 . 00:15	

WARM UP . THROWING MECHANICS & LONG TOSS


Objective:	<ul style="list-style-type: none"> Reinforce the importance of using this time to develop and embed good throwing mechanics versus just throwing the ball around to warm up. As a coach utilising this time to check and address good throwing mechanics will save you time during the drills. 		
Coaches Notes:	 <i>Refer to the “Coach Support Notes” pages 7 – 10 for the detail relating to good throwing mechanics.</i>		
	<ul style="list-style-type: none"> The Grip Arm Action Underhand Toss 	<ul style="list-style-type: none"> Step/Stride Release / Wrist Action Overhand Toss 	<ul style="list-style-type: none"> Hip / Shoulder Rotation Follow Through / Glove Arm Movement Long Toss
Timeframe:	<ul style="list-style-type: none"> 10 mins 	00:15 . 00:25	



FIELDING DRILLS

FOCUS: SECOND BASEMAN & SHORT STOP

WATER BREAK & SET UP

Objective:	<ul style="list-style-type: none"> • Quick water break • Setup stations and ensure those leading those stations are clear on what is happening. 	
Coaches Notes:	<p> Split the team into 4 groups the ideal size is of groups is 4. For larger groups you may need to allocate more time for this drill.</p>	
Timeframe:	<ul style="list-style-type: none"> • 5 mins 	00:25 . 00:30

STATION 1: FIELD AWARENESS

Equipment:	<ul style="list-style-type: none"> • Whiteboard (ideal but not necessary) 	
Coaches Notes:		
Timeframe:	6 mins	00:30 . 01:00

STATION 2: BALLS; STRAIGHT, LEFT AND RIGHT

Equipment:	<ul style="list-style-type: none"> • Cones, balls and bases. Mini diamonds. 	
Coaches Notes:		
Timeframe:	6 mins	00:30 . 01:00

STATION 3: SLOW ROLLERS

Equipment:	<ul style="list-style-type: none"> • Cones, balls and bases. Mini diamonds. 	
Coaches Notes:		
Timeframe:	6 mins	00:30 . 01:00

STATION 4: UNDERHAND & OVERHAND TOSS

Equipment:	<ul style="list-style-type: none"> • Cones, balls and bases. Mini diamonds. 	
Coaches Notes:		
Timeframe:	6 mins	00:30 . 01:00

STATION 1: FIELD AWARENESS (6 mins)

<p>Role of the Second Baseman and Short Stop:</p>	<p>The Second Baseman is responsible for balls hit to the left and right side, slow rollers, pop ups making double plays, covering bases (1st and 2nd), and relays from the outfield.</p> <p>The Short Stop stands between second and third base, and is responsible for balls that end up in that area. In fact, most balls actually do end up there. The SS has many responsibilities, such as: field balls hit to the left and right side, slow rollers, pop ups, making double plays, covering bases (second base and third base), and relays from the outfield. SS is perhaps the most difficult position on the field.</p>
<p>Physical Qualities of a Second Baseman and Short Stop:</p>	<p>Physical Qualities of a Second Baseman - Quick feet, good lines to the ball, lateral movement and soft hands.</p> <p>Physical Qualities of a SS - Arm strength, quick feet, good lines to the ball, lateral movement and soft hands.</p>

DRILL:

Objective:

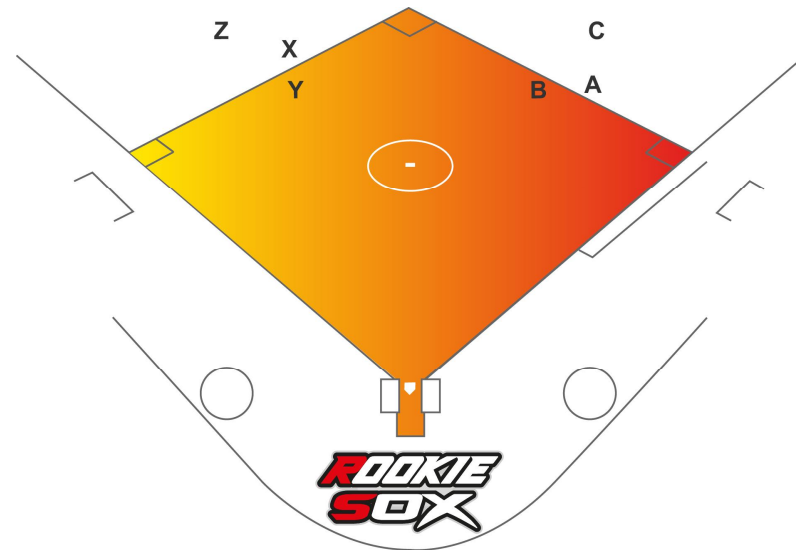
To develop greater awareness of setup for different game situations.

Task:

In groups of 3-4 ask the following questions allowing the groups to reply and demonstrate where they would position themselves and why.

Second Baseman (SB)

- A. Runners on 1st base
Answer: This location is to anticipate the bunt and be in a position to get to first base to receive the out.
- B. Runners on 3rd, 2nd and third or loaded (with less than 2 down)
Answer: Standing inside the line will allow SB to field the ball quicker and throw the ball to home plate to get the runner from third base out.
- C. Hit over right fielders head.
Answer: To narrow the distance the outfielder has to make when throwing the ball to the infield.



The image above outlines typical setup locations for the second baseman and SS.

SS

X. Runners on 1st base

Answer: To be in a position to get to second base and receive the throw from the catcher when the runner from first base is stealing to second.

Y. Runners on 3rd, 2nd and third or loaded (with less than 2 down)

Answer: Standing inside the line will allow SB to field the ball quicker and throw the ball to home plate to get the runner from third base out.

Z. Hit over left and centre fielders head.

Answer: To narrow the distance the outfielder has to make when throwing the ball to the infield.

STATION 2: BALLS; STRAIGHT, LEFT & RIGHT (6 mins)

DRILL:

Objective:

For SS and the Second Baseman to gain a greater understanding of fundamental fielding mechanics.

Task:

Place low flat cones on letters; A, B, C, E, F and D. These cones represent groundballs for:

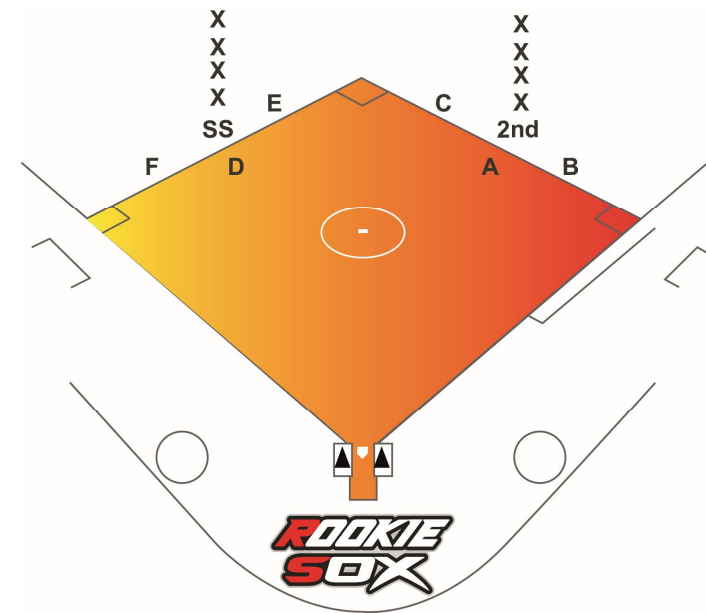
Second Base

- A. Hits directly to Second Baseman
- B. Hits to the left side
- C. Hits to the right side.

SS

- D. Hits directly to SS
- E. Hits to the left side
- F. Hits to the right side.

Players must be in a ready position before a ball is fielded. Good feet and glove work should be applied and monitored by coaches.



Fielders setup in rows behind SS and 2nd (XXXX). Triangles represent coaches rolling and hitting groundballs.

Fielders will field a ball by:

- Static ball, walk through (walk to the identified area and field without a ball)
- Rolled ball from a short distance
- Hit ball from home plate

Work through the exercise while observing fielders mechanics.

STATION 3: SLOW ROLLERS (6 mins)

DRILL:

A slow roller is a ball that hasn't been struck cleanly by the hitter at rolls slowly in the infield.

Objective:

To gain a greater understanding of mechanics and fielding slow rollers for SS and the Second Baseman.

Task:

Players must be in a ready position before they field a ball. Good feet and glove work should be applied and monitored by the coaches.

Use the mini diamonds set up in the previous drill or a standard sized diamond.

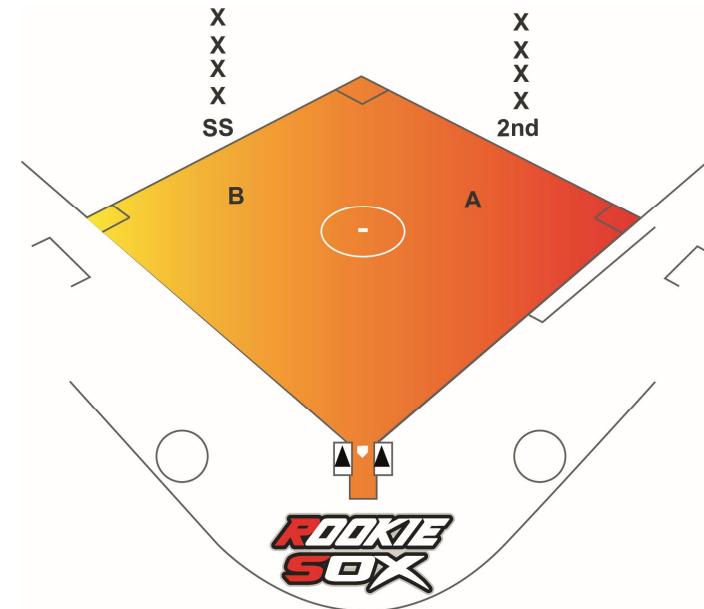
Place low flat cones on letters A and B. These cones will represent the location the ball will be rolled to (slow roller).

Fielders setup in rows behind SS and 2nd (XXXX).

Fielders will field a ball by:

- Static ball, walk through
- Rolled ball from short distance
- Hit ball from home plate

Work through the exercise while observing fielders mechanics.



STATION 4: UNDERHAND & OVERHAND TOSS (6 mins)

DRILL:

Objective:

To practice the Underhand and Overhand Toss and how to receive it.

Task 1: Underhand toss

(SS to 2nd base)

SS stands in a ready position.

Second baseman plays at the bag for this drill. They stand behind the bag in line with the SS, with the bag between them, in a ready position. The reason for positioning behind the bag is because of the short distance of the throw. Standing behind the bag gives the player covering a little more time to react to the throw.

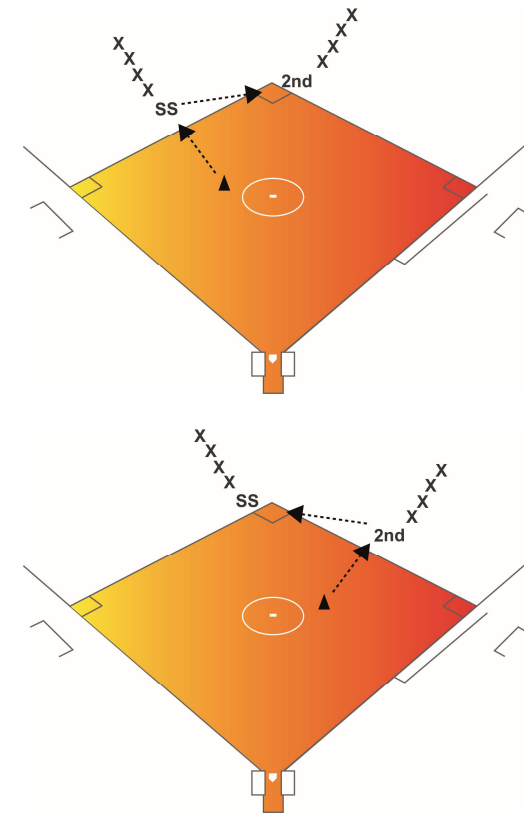
Coach rolls the ball a couple of steps to the SS's left. SS fields, throws and follows their throw (so they are moving in the same direction of their throw). Following the play, players then switch positions.

Second Baseman to 2nd base.

Same as above with Second baseman fielding and tossing with the SS covering the base.

Task 2: Overhand toss

As above but with SS playing more to the right and Second Base playing more to the left so they are further from 2nd base. As the distance from the base is further a stronger throw is required hence the overhand toss.






HITTING DRILLS

FOCUS: INSIDE PITCH

WATER BREAK & SET UP

Objective:	<ul style="list-style-type: none"> • Quick water break • Setup stations and ensure those leading those stations are clear on what is happening. 	
Coaches Notes:	 Prepare the required equipment for each station in advance	
Timeframe:	<ul style="list-style-type: none"> • 5 mins 	01:00 . 01:04

STATION 1: INSIDE PITCH FUNDAMENTALS (ALL)

Equipment:	<ul style="list-style-type: none"> • All players should have a bat and share a plate between 2-3. 	
Coaches Notes:		
Timeframe:	7 mins	01:05 . 01:40

STATION 2: TOP HAND/BOTTOM HAND TEE WORK

Equipment:	<ul style="list-style-type: none"> • Tees, light bats (t-ball) 	
Coaches Notes:		
Timeframe:	7 mins	01:05 . 01:40

STATION 3: TEE WORK

Equipment:	<ul style="list-style-type: none"> • Bucket of balls, bats, cones, tees 	
Coaches Notes:		
Timeframe:	7 mins	01:05 . 01:40

STATION 4: TARGET HITTING

Equipment:	<ul style="list-style-type: none"> • Backstop or screen, bats, tennis balls, plates 	
Coaches Notes:		
Timeframe:	7 mins	01:05 . 01:40

STATION 1: INSIDE PITCH FUNDAMENTALS (ALL) (7 mins)

DRILL:

Objective:

To cover the fundamentals of hitting an inside pitch.

Task:

Work through the fundamentals of the inside pitch. Hitters to take dry swings as the coach covers off these key mechanics.

Refer to page 20 of the Coach Support Notes for an overview of fundamental hitting mechanics.

STATION 2: TOP HAND/BOTTOM HAND TEE WORK (7 mins)

DRILL:

Objective:

Works on keeping the hands inside the ball.

Task:

Focus on hitting through the ball (left arm first, then right arm)

1. The top hand is the power hand in the swing. It starts on the top, trails the bat and will become the lower hand on contact with the ball.

Take a light bat (can be a shorter bat) and hold it with the top hand only in the proper hitting position. Place your other hand across your chest. Take your bat directly down to the ball on the Tee without rolling over your wrist.

2. The bottom hand is sometimes referred to as the guide hand. It leads the way and provides the action in the swing.

Take a light bat and hold it with the bottom hand only in the proper hitting position. Take the knob of the bat directly to the ball on the Tee; the batter should be looking at the thumb knuckle. To complete the motions simply roll the wrist and forearm and continue to follow through.



STATION 3: TEE WORK (7 mins)

DRILL:

Objective:

Keeping the hands inside the ball to allow good contact.

Task:

Place two cones 5m directly out in front of the hitter. The cones are used as a guide for the hitter to drive the ball through. Both hands should remain on the bat.

NB: When swinging, drive the back elbow into the hip, 'the slot'. This forces the hands inside the ball and brings the bat into the hitting zone.



STATION 4: TARGET HITTING (7 mins)

DRILL:

Objective:

To allow the hitter to be able to work on hitting balls through the middle and on the inside part of the plate.

Task:

The coach stands behind a screen (optional) and soft toss pitches using real softballs (If you don't have a screen, use soft training balls, wiffels).

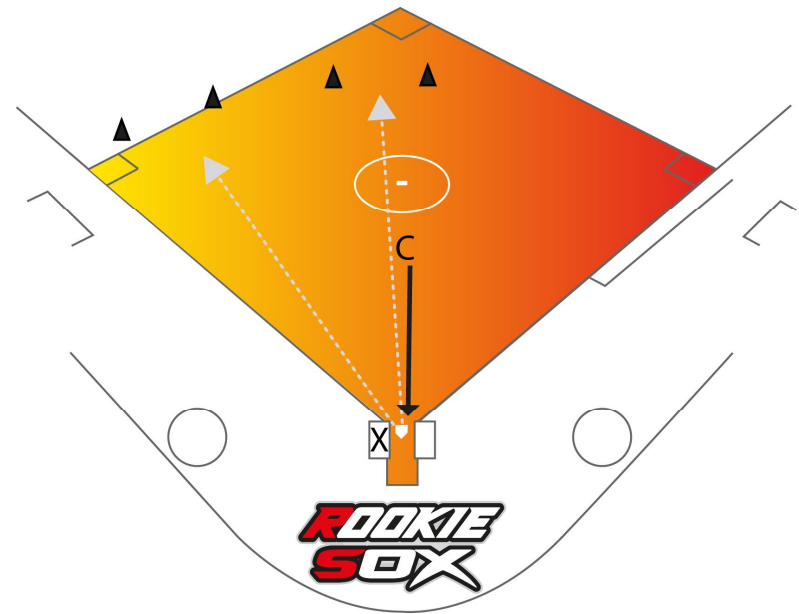
Set up four cones in a semi-circle approximately as outlined in the diagram, NB: this is set up for a right hand hitter.

The coach will start by soft tossing pitches down the middle of the plate. The hitter will try to hit them through the middle gap in the cones (or centre field).

Finally, the coach will throw to the inside of the plate. The hitter will make contact out in front and try to pull the ball through the gap in the cones on the left (for a right handed hitter).

Allow each player 20-30 total pitches and count the number of successful hits to the intended target.

Once the hitter understands the concept, mix up the pitch locations and force them to react with the appropriate swing. On middle pitches, batters should aim to hit the back half of the ball. On inside pitches, batters should aim to hit the outside of the ball.





DEFFENSIVE

FOCUS: COMMUNICATION

STATION 1: COMMUNICATION (10 mins)

DRILL:

Objective:

To work on communication between players on fly balls and infield pop-ups.

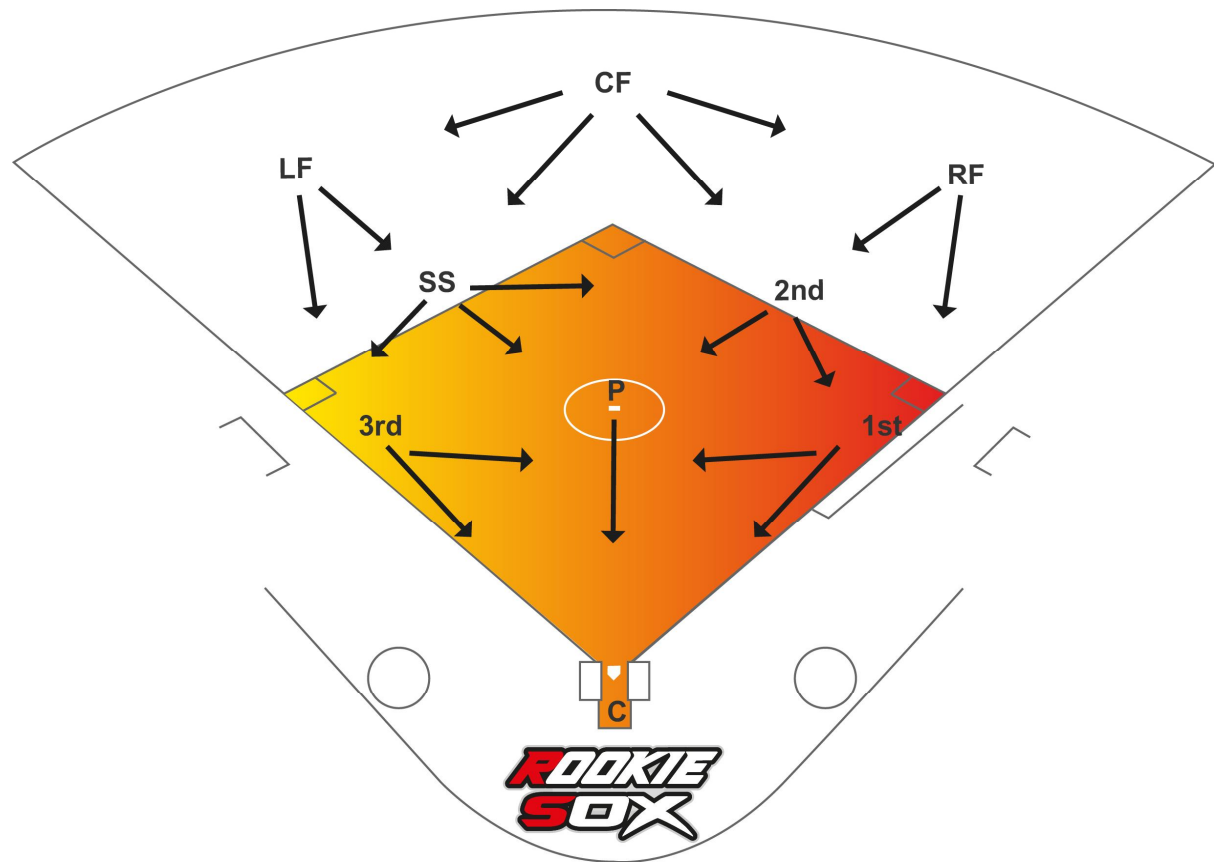
Task:

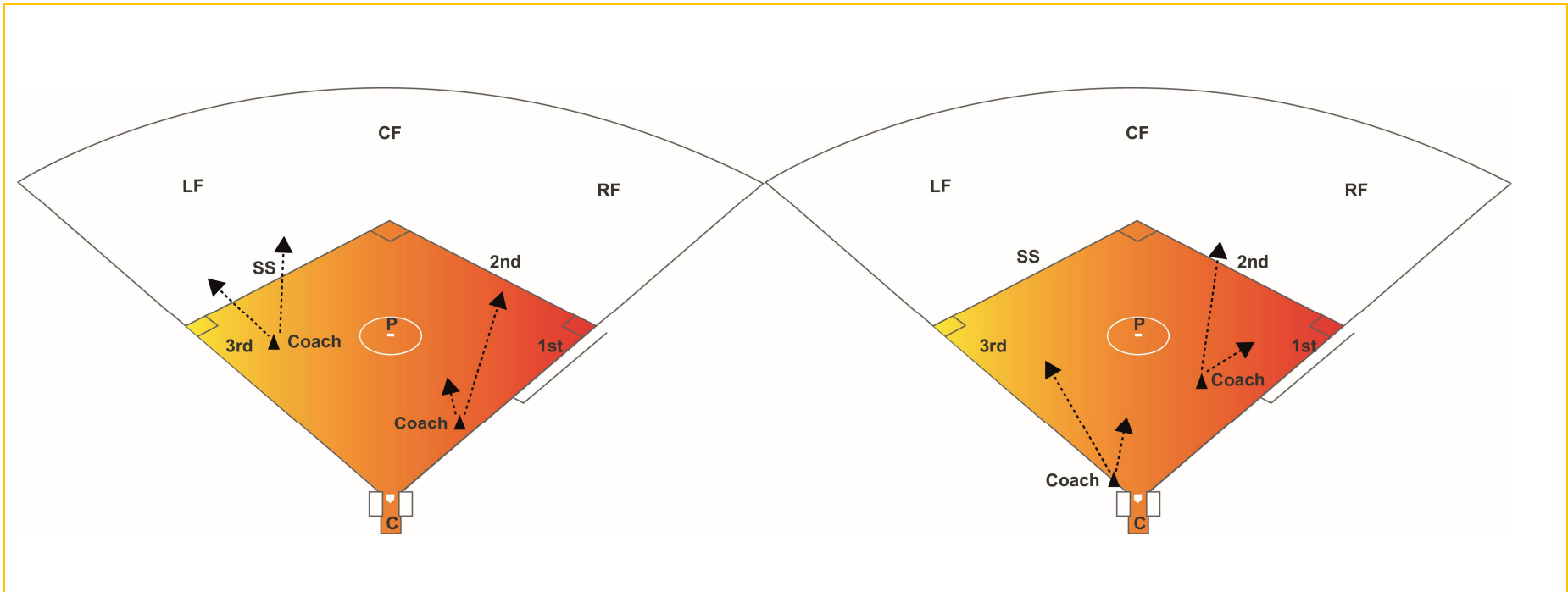
Have two coaches run this drill. One coach will be on the third base side and the other will be on the first base side. Have players in all positions. Outfielders shouldn't be as deep as normal.

Coaches will alternate throwing shallow fly balls to the outfield and then to the infield on their side of the field. Fielders will communicate using appropriate calls and make the catch.


The player with priority will call **%MINE+**, loud and clear. The player not receiving the ball will circle and backup the player receiving the ball if possible.

The diagram on the right outlines which positions have priority over others.





WARM DOWN

Cool Down	<ul style="list-style-type: none"> • Cooling down after a workout is as important as warming up. After physical activity, your heart is still beating faster than normal, your body temperature is higher and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick. A cool-down after physical activity allows a gradual decrease at the end of the episode. It's good to stretch when you're cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the build-up of lactic acid, which can lead to muscles cramping and stiffness. 	
Coaches Notes:	<p> Refer to the “Coach Support Notes” page 22 for the detail relating to warm down</p>	
	<p>Stretching: ·</p> <ul style="list-style-type: none"> • Hold each stretch 10 to 30 seconds. If you feel you need more, stretch the other side and return for another set of stretching • The stretch should be strong, but not painful. 	<ul style="list-style-type: none"> • Do not bounce. • Breathe while you're stretching. Exhale as you stretch, inhale while holding the stretch
Timeframe:	<ul style="list-style-type: none"> • 10 mins 	1:50 . 2:00

REVIEW OF WEEK 2:

How successful was Week 2? Areas to consider; your delivery, preparation, feedback from players and coaches.

What areas would you change to ensure future sessions are a greater success?
