



# National Player & Coach Development Pathway 2019



#KYLA BROMHEAD



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## NATIONAL PLAYER & COACH DEVELOPMENT MODEL

### OBJECTIVE

The National Player & Coach Development Pathway is aimed at providing coaches with the necessary tools to arm themselves and their players as they evolve through the game of softball. To support an inclusive coaching practice, an approach to teaching that recognises the diversity of coaches, enabling all coaches to access coach information.

A key aim of the pathway is to meet the needs of coaches at a time in their development. Allowing coaches to develop the necessary skills through a flexible programme will help them reach these objectives.

### OUTCOMES

The pathway will ensure an improvement in the quality and performance of New Zealand's top players, coaches and teams in the years to come to ensure:

1. New Zealand is one of the leading softball countries in the world and
2. We provide an excellent product to attract and retain coaches and players to softball.

The pathway allows coaches to 'pick' and 'choose' modules that appeal most to their needs. It will allow coaches to focus on a pathway that suits their direction whether it be a pitching coach, a hitting coach or a trainer etc. There is also potential for coaches to complete every module within the programme.

Softball NZ has created several modules for the coaching pathway in recent years. It is Softball NZ's intention to continue building and modifying modules as required to ensure New Zealand coaches are up to date with the latest coaching developments and education available.

The pathway includes an online coaching programme that complements the accreditation programme providing easy access to coach education and accreditation. Not all Softball NZ coach accreditation modules are available online, the more practical modules are only accessible through a workshop or field setting.

Please note, the online accreditation programme is not intended to replace group/class sessions but merely a tool to enhance and support coaches through the pathway.

The National Player & Coach Development Pathway sits under the National Coaching Strategy 2017-2020 available on the Softball NZ website.





## NPCDP KEY CONCEPTS

- A pathway that includes 4 coaching communities; Foundation, Development, Performance and High Performance
- Advanced content for the High Performance player and coach
- Modules providing a greater understanding of the role of the coach
- Brand alignment and promotion providing a colourful pathway to play the game
- Support and education to improve the quality of softball coaches across all levels of the game
- An online digital learning platform for new and existing coaches with the aim to:
  - Build an improved interactive coach accreditation system engaging coaches across the country
  - Ensure all coaches are provided with the same quality and consistency of information
  - An online management system that Softball NZ can add additional modules to overtime.



## FOUNDATION TO HIGH PERFORMANCE

New Zealand softball teams have produced some outstanding results on the world stage over several decades which we are proud of as a softball community. In order to consistently continue that momentum on the world stage we as a sport need to continually raise the bar. The National Player & Coach Development Pathway will help us do just that by providing a pathway or a bridge between our grassroots and High Performance objectives.

The Player & Coach Development Pathway is about developing all coaches and players to their full potential in order to increase their chance of success at whatever level they pursue.

What connects the various stages of the pathway from Foundation to High Performance is the core belief that underpins all coaching in New Zealand. That is that good coaching is all about the participant or athlete receiving the support they need to enjoy their sport and fulfil their potential at whatever level that may be. To be able to deliver on this belief, we need capable coaches at all stages on the participant and athlete pathway.

The Softball NZ coaching pathway aligns to player development; Foundation, Development, Performance and High Performance. These key areas encompass the learning and development needs of the player and coach as they progress through the pathway.



## INCLUSION OF THE HIGH PERFORMANCE COMMUNITY

The first edition of the National Player & Coach Development Pathway developed in 2015 included 3 coaching communities; Foundation, Development and Performance.

In 2016 Sport NZ released the New Zealand Community Sport 2016-2020 Coaching Plan including 4 stages; Foundation, Development, Performance and High Performance.

In 2018 Softball New Zealand aligned its national tournaments and national teams to the global body, the World Baseball Softball Confederation. Softball NZ tournaments and national teams moved to operate under an U15, U18 and U23 format.

That body of work allowed the opportunity for Softball NZ to review its National Player & Coach Development Pathway to align fully with Sport NZ.

Note: There is a one-year difference between WBSC and Sport NZ's Development phase. WBSC considers development between 12 and 17 years whereas Sport NZ 13-18. Softball NZ are firmly of the view that 13-18 years is a better representation of the development phase.

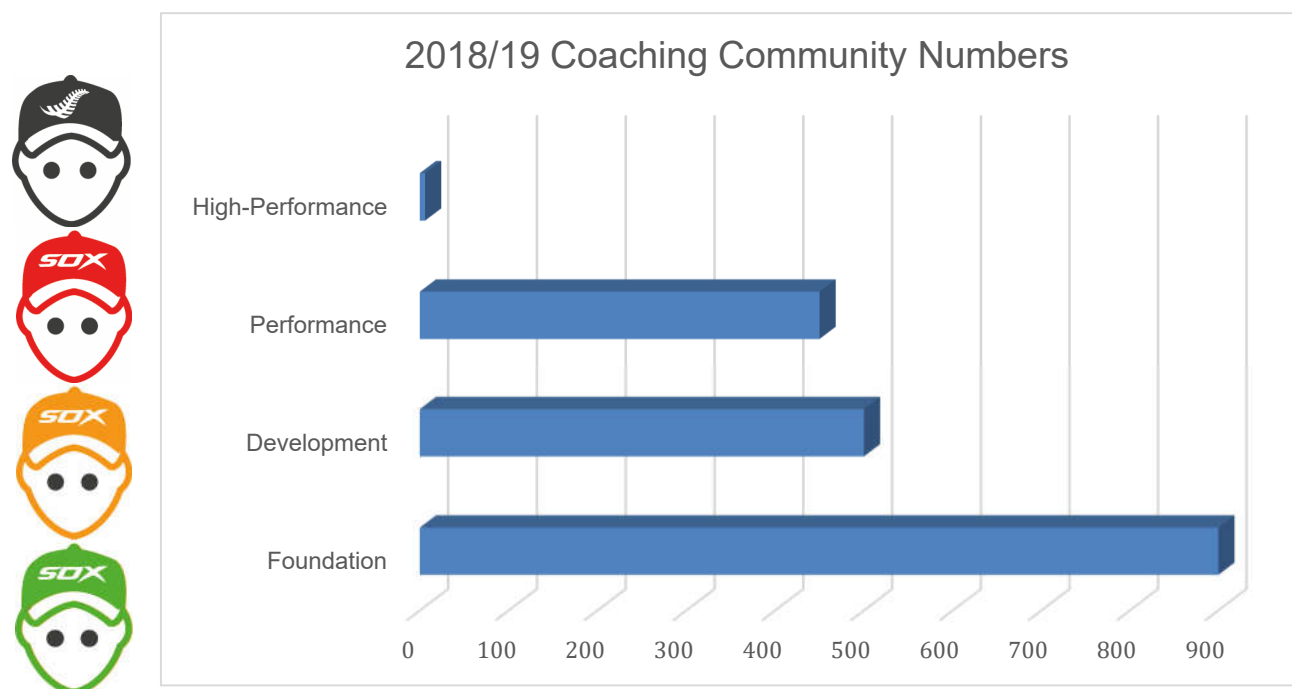


## OUR COACHING COMMUNITIES

Participants at different stages of their life will have different coaching needs. The National Player & Coach Development Pathway has established four broad coaching communities that provide guidelines regarding good coaching practice for participants at different stages of their development.

It is difficult to know exactly how many coaches there are operating in each of the four coaching communities. However, based on data available the split of coaches is approximately.

Foundation - 900, Development - 500, Performance - 450, High Performance - 6



## THE FOUNDATION COACHING COMMUNITY

### THE PARTICIPANTS THEY COACH

Foundation coaches support participants in the Learn Stage enjoying their first experiences in organised sport. The vast majority of the participants will be primary school aged children trying out a range of modified sports in either a club or primary school setting.

### WHO THE COACHES ARE:

Foundation coaches can come from anywhere – it's not about 'who' you are but rather whether you understand and care about the development of young Kiwis.

#### Typically, Foundation Coaches are:

- Parents
- Primary school teacher
- Regional Sport Development Officers
- Older secondary school students
- Tertiary students
- Private providers

#### The ideal Foundation Coach will:

- Nurture a love of sport and active recreation
- Focus primarily on fun, participation and skill development
- Understand the needs of young participants in the Learn Stage – primarily primary school age children
- Encourage multiple sports, positions and skills
- Introduce the concept of fair play
- Understand that they are in the business of creating not only better young athletes, but better young people
- Have a sense of working in a wider coaching community with similar goals



*Sourced from the Sport NZ Community Coaching Plan 2016-2020*



## THE DEVELOPMENT COACHING COMMUNITY

### THE PARTICIPANTS THEY COACH

Development coaches support a wider range of participants including the children who continue in organised sport through the later years of primary school, the secondary school students in both the school and club setting and the adults who continue to play organised sport in a non-elite environment.

### WHO THE COACHES ARE:

Development coaches can come from anywhere – it's not about 'who' you are but rather whether you understand and care about the development of Kiwi youth and adult non-elite participants in sport.

#### Typically, Development Coaches are

- Parents
- Primary and secondary school teachers
- Club Coaches
- Regional Sports Development Officers
- Older secondary school students
- Tertiary students

#### The ideal Development Coach will

- Nurture a love of multiple sports
- Focus on skill development and decision making
- Understand the needs of participants in the Participate phase – primarily intermediate and secondary school children and adult non-elite participants
- Reinforce ethical approaches to sport and recreation
- Provide for participants need and aspirations
- Understand that they are in the business of creating not only better athletes, but better people
- Have a sense of working in a wider coaching community with similar goals



*Sourced from the Sport NZ Community Coaching Plan 2016-2020*

## THE PERFORMANCE COACHING COMMUNITY

### THE ATHLETES THEY COACH

Performance coaches support that narrower range of athletes who have shown extra ability and have moved on to some sort of district or regional representative sport at either a youth or adult level.

### WHO THE COACHES ARE:

Performance coaches require considerable coaching experience and a high degree of knowledge within their sport. They are often aligned to Regional or National Sports Organisations.

#### Typically, Performance Coaches are

- Experienced development coaches who have shown ability in coaching more talented athletes
- Former elite players who have shown a desire to become involved in coaching
- Former High Performance coaches who no longer have the time to be involved at a High Performance level
- Professionals who coach for a living



#### The ideal Performance Coach will

- Nurture a love of competing and being the best, you can be
- Focus on skill development and decision making in a competitive environment
- Understand the needs of athletes in the Perform phase – primarily youth and senior athletes competing at representative level
- Help athletes develop a wider sense of sporting ethics
- Provide appropriate sequenced development opportunities and guidance
- Understand that they are in the business of creating not only better athletes, but better people and role models for younger participants
- Have a sense of working in a wider coaching community with similar goal

*Sourced from the Sport NZ Community Coaching Plan 2016-2020*

## THE HIGH PERFORMANCE COACHING COMMUNITY

### THE HIGH PERFORMANCE ATHLETES THEY COACH

High Performance coaches are introduced to High Performance athletes at the highest forms of the game.

### WHO THE COACHES ARE:

High Performance coaches are at the highest echelon of their sport and operate in the modern era of professional sport. High Performance coaching involves challenging coaches as well as supporting them, so that they can build their skills and improve their performance in a balanced way.

#### **Typically, Performance Coaches are**

- Are relentless learners
- Are driven by athlete need
- Collaborate to accelerate learning

#### **The ideal High Performance Coach will**

- Leave a legacy of people and structures
- Help people to achieve their very best
- Engage with the development of identified elite athletes within the High Performance Pathway

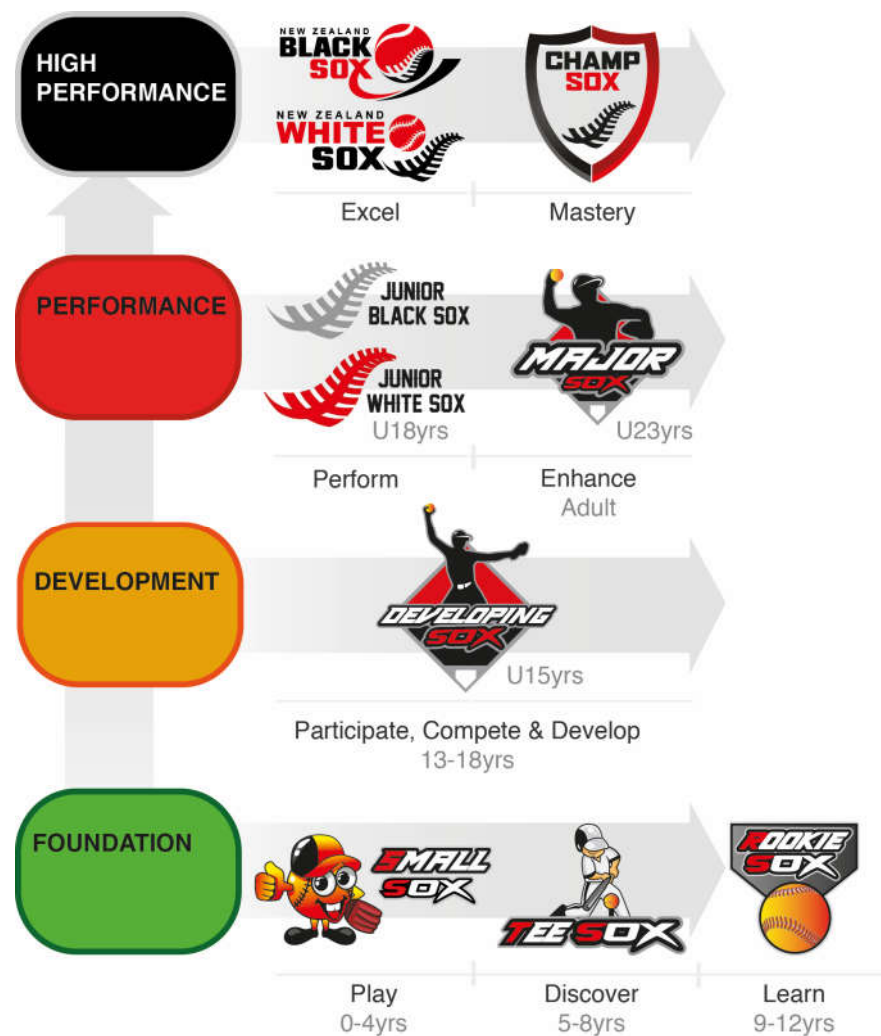


## NATIONAL PLAYER & COACH DEVELOPMENT PATHWAY

To gain a more detailed understanding of how coaching modules and the pathway evolved please refer to the learning curriculums on the following pages.

**Please note** that these are guidelines only and that some players may not fit exactly into the stages of development.

### National Player & Coach Development Pathway – Version 2



## SOFTBALL NZ COACH ACCREDITATION PROGRAMME

Please note the nature of the accreditation modules may vary slightly until the programme is complete. The programme will be considered a living document until all considerations and refinements are finalised.

### FOUNDATION



	Small Sox (stage 1)	Tee Sox (stage 2)	Rookie Sox (stage 3)
There are no pre-requisites to any modules in Foundation Coach.	<ul style="list-style-type: none"> <li>- Safe As</li> </ul>	<ul style="list-style-type: none"> <li>- Coach T-Ball</li> </ul>	<ul style="list-style-type: none"> <li>- Induction</li> <li>- Induction (for Schools)</li> <li>- Pitching &amp; Catching</li> </ul>
<b>Athlete Development</b>	Play 0-4 years	Discover 5-8 years	Learn 9-12 years
<b>Competition Structure</b>	<b>Fundamental movement "games"</b>	<b>T-ball</b>	<b>Softball</b>

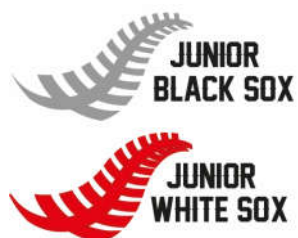


## DEVELOPMENT



<p>SNZ strongly recommends the Creating Athletes (How to coach) module as a prerequisite to all modules in Development Coach.</p>	<p><b>Emerging Sox (stage 4)</b></p> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>- Creating Athletes</li> </ul> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>- Catching</li> <li>- Fielding &amp; Throwing</li> <li>- Hitting &amp; the Short Game</li> <li>- Base running &amp; Sliding</li> <li>- Pitching Mechanics &amp; Rules</li> <li>- Pitching Training &amp; Drills</li> </ul> <p><b>Tactical</b></p> <ul style="list-style-type: none"> <li>- Positional Play</li> <li>- Game Strategy</li> </ul>	<p><b>(stage 5)</b></p> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>- Battery</li> <li>- Catching “Calling the Game”</li> <li>- Movement Pitches</li> <li>- Defensive Roles</li> </ul> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>- Mental Skills for Softball</li> <li>- Learning styles</li> </ul> <p><b>Extra modules</b></p> <ul style="list-style-type: none"> <li>- Running Trials &amp; Selecting Teams</li> <li>- Coach Educator</li> </ul>
<p><b>Athlete Development</b></p>	<p>Participate, Compete &amp; Develop 13 – 18 years</p>	
<p><b>Competition Structure</b></p>	<p><b>Regional &amp; SNZ National Tournaments, Dev &amp; Junior White Sox Programmes</b></p>	<p><b>SNZ National Tournaments, NFC</b></p>

## PERFORMANCE



<p>SNZ strongly recommends the Creating Athletes (How to coach) module as a prerequisite to all modules.</p>	<p><b>Major Sox (stage 6)</b></p> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>- On &amp; Off Field Strength &amp; Conditioning</li> <li>- Sports Injuries</li> </ul> <p><b>Extra Modules</b></p> <ul style="list-style-type: none"> <li>- Talent Identification (TID)</li> <li>- Role of a Manager</li> <li>- Club Coaching Coordinator</li> </ul>	<p><b>Junior Sox (stage 7)</b></p> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>- Mental Processes</li> </ul> <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>- Hitting Universals &amp; Pitch Recognition</li> <li>- Defensive Styles</li> </ul> <p><b>Tactical</b></p> <ul style="list-style-type: none"> <li>- Defensive Strategy</li> <li>- Offensive Strategy</li> </ul> <p><b>Extra modules</b></p> <ul style="list-style-type: none"> <li>- Individualised Programme Planning</li> <li>- Coach Educator</li> </ul>
<p><b>Athlete Development</b></p>	<p>Enhance Adult</p>	<p>Optimise</p>
<p><b>Competition Structure</b></p>	<p><b>SNZ National Tournaments, NFC, Junior and Major Sox Programmes</b></p>	

## HIGH PERFORMANCE



<p>SNZ strongly recommends the Creating Athletes (How to coach) module as a prerequisite to all modules.</p>	<p><b>Black &amp; White Sox (stage 8)</b></p> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>- Mentoring</li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>- On &amp; Off Field Strength &amp; Conditioning</li> </ul> <p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>- Mental Processes</li> </ul> <p><b>Extra modules</b></p> <ul style="list-style-type: none"> <li>- Role of National Team Manager</li> <li>- Building a Campaign</li> </ul>	<p><b>Champ Sox (stage 9)</b></p> <p><b>Extra modules</b></p> <ul style="list-style-type: none"> <li>- Produce a document, programme or other resource which contributes to NZ softball</li> </ul>
<p><b>Athlete Development</b></p>	<p>Excel</p>	<p>Mastery</p>
<p><b>Competition Structure</b></p>	<p><b>SNZ National Tournaments, NFC, Senior Sox Programmes</b></p>	

## TARGETED AUDIENCE, OUTLINE & LEARNING CURRICULUM

### FOUNDATION

Foundation Coach is about sharing your knowledge and experience, making softball fun and giving everyone a go.

The Foundation Coach will play an important role in making sure players learn to enjoy softball and other physical activities.

Foundation Coach is designed to help you as the coach get started in coaching. It covers basic yet important information to help the coach understand individuals and the team through the following fundamentals:

- Your role as a coach in meeting the needs of your players
- Being inclusive and fair
- Communication
- Running a coaching session
- Planning
- Basic coaching principles
- Equipment
- Fundamental softball skills
- Playing positions & batting order
- Basic game strategy
- Softball jargon
- Correcting common errors
- Basic rules

Accreditation		Target Audience	Outline
Stage 1	Safe As	T-Ball Coaches, Parents or Teachers	1-hour online course on fundamentals of coaching
Stage 2	Coach T-Ball Unit	T-Ball Coaches, Parents or Teachers	1-hour theory & practical on how to teach T-Ball to children
Stage 3	U13 Rookie Sox Pitching & Catching Module	Beginning Coaches, Parents or Teachers	1-hour practical on pitching & catching for coaches who are in transition from T-Ball to Softball
Stage 3	Induction Unit	Beginning Coaches or Parents	2 ½ hour theory & practical of all Softball Fundamentals
Stage 3	Induction Unit for Schools	Primary, Intermediate or Secondary School Teachers	1 ½ hour practical of all Softball Fundamentals

## LEARNING CURRICULUM

STAGE	Play 0-4yrs	Discover 5-8yrs	Learn 9-12yrs
Focus	Fun and active	Fun and participation	Fun and mastery of basic softball skills
Technical skills	Focus on learning fundamental movement skills <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Striking</li> </ul>	Fundamental softball skills <ul style="list-style-type: none"> <li>• Base-running</li> <li>• Throwing</li> <li>• Catching with glove</li> <li>• Striking</li> <li>• Ground fielding</li> </ul>	Pitching Batting (including bunting) Fielding fly balls and ground balls Base running (intro sliding) Catching
Tactical	Nil	Simple rules	Simple rules Basic tactics
Physical (fitness)	Nil	ABC's <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Coordination</li> <li>• Speed</li> </ul>	Introduce general physical conditioning Importance of warm-up/cool down
Social	Playing with others Developing confidence and positive self-esteem	Playing with others Introduce fair play concepts Encourage positive attitudes and the importance of making a good effort	Teamwork Fair play Work ethic Respect for others Dealing with winning and losing
Cognitive	Using imagination	Using imagination Simple rules and ethics	Introduce elements of decision-making Rules and ethics
Game modifications	Minor games – softball related that emphasise basic skills	Introduction to T-Ball Rotate positions Equal playing time Use 11inch flexi ball	Teach all players to pitch Rotate positions Equal playing time Use 11/12 inch flexi ball Large home plate and strike zone Limit the number of innings pitched



<b>Session planning</b>	20-30 minutes Well-structured Modified activities Skill progressions High levels of activity Positive environment Learning through play	Up to 45 minutes Modified equipment and activities Appropriate skill progressions High levels of activity Positive environment Emphasis on learning through play	Up to 60 minutes Appropriate modifications to suit level of players Appropriate skill progressions High levels of activity Positive environment Emphasis on learning through play Players learn 2+ positions
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## DEVELOPMENT

Development will help determine the coaches' level of interest in the game and future coaching aspirations. It is an important period covering a wide range of tactical, technical and planning skills.

Development Skills will cover the following information:

- Mental skills for softball
- Leadership
- Position specific skills and awareness
- Battery development
- Understanding pitch counts and hitter tendencies
- Pitching movement
- Hitting fundamentals and the short game
- Fielding mechanics and defensive strategies
- NZ Coach Approach
- Effective communication
- Understanding the athlete
- Giving feedback
- Evaluating your coaching.

	Accreditation	Target Audience	Outline
Stage 4	Pitching Mechanics & Rules	Developing Coach	2-hour practical on pitching mechanics and pitching rules
Stage 4	Catching	Developing Coach	2-hour practical on all catching skills
Stage 4	Hitting & the Short Game	Developing Coach	2 ½ hour practical on all hitting & short game skills
Stage 4	Fielding & Throwing	Developing Coach	2-hour practical on all throwing & fielding skills
Stage 4	Creating Athletes	Developing Coach	2 ½ hour theory on the "how to coach"
Stage 4	Game Strategy	Developing Coach	2-hour theory on game strategy
Stage 4	Positional Play	Developing Coach	To be developed
Stage 4	Base running and Sliding	Developing Coach	2-hour practical on Base running and Sliding
Stage 4	Pitching & Training Drills	Developing Coach	To be developed
Stage 5	Pitching Movement	Developing Coach	2-hour practical on how to pitch drop, rise & change pitches
Stage 5	Battery	Developing Coach	2-hour theory on battery fundamentals & calling the game
Stage 5	Catching "Calling the Game"	Developing Coach	2-hour theory & practical on "calling the game" patterns & tendencies
Stage 5	Mental Skills for softball	Developing Coach	2-hour theory on the "Mental Skills for softball"
Stage 5	Running Trials & Selecting Teams	Developing Coach	To be developed
Stage 5	Coach Educator	Developing Coach	To be developed
Stage 5	Defensive Roles	Developing Coach	To be developed
Stage 5	Coaching Genders	Developing Coach	To be developed

Stage 5	On & Off Field Strength & Conditioning	Developing Coach (online only)	45-minute online module providing an overview of the strength & conditioning required for softball
Stage 5	Sports Injuries	Developing Coach	To be developed
Stage 5	Talent Identification (TID)	Developing Coach	To be developed

## LEARNING CURRICULUM

STAGE	Participate, Compete & Develop 13-18yrs
Focus	Fun, participation, learning, competing
Technical skills	Promote more technical types of: <ul style="list-style-type: none"> <li>• Hitting</li> <li>• The short game (bunting)</li> <li>• Sliding</li> <li>• Pitching/catching</li> </ul>
Tactical	Defence/team defence Emphasis on team work Develop tasks per position
Physical (fitness)	Develop softball-specific physical conditioning Develop general speed, agility, and quickness and flexibility Introduce injury prevention
Social	Pride in teamwork Humility Expressing gratitude Fulfilling team role
Cognitive	Develop goal setting, team cohesion, visualisation skills, emotional control, decision making during skills Introduce game plans, pre-game and game routines, coping strategies

**Game modifications**

Use 12-inch standard softball  
Standard home plate and strike zone  
Rotate positions  
Equal playing time

**Session planning**

Up to 2 hours  
Appropriate modifications to suit level of players  
Appropriate skill progressions  
High levels of activity  
Positive environment  
Emphasis on learning through play  
Players learn 2+ positions

## PERFORMANCE

Performance is where coaches work with pre-elite athletes, they represent both the pinnacle of the community sport experience, while also the gateway to the world of high performance. Performance coaches support that narrower range of athletes who have shown extra ability and have moved onto representative sport at either a youth or adult level.

Performance will cover the following information:

- Hitting, Pitching & Catching technical & tactical
- Offensive & defensive strategy
- Hitting & defensive styles
- Mentoring
- Mental processes
- Strength and Conditioning
- Tools and techniques for behaviour management
- Club Coaching Coordinator

Accreditation		Target Audience	Outline
Stage 6	Role of a Manager	Performance Coach	To be developed
Stage 6	Club Coaching Coordinator	Performance Coach	To be developed
Stage 7	Advanced Defensive Strategy	Performance Coach	To be developed
Stage 7	Advanced Offensive Strategy	Performance Coach	To be developed
Stage 7	Mental Processes	Performance Coach	To be developed
Stage 7	Individualised Programme Planning	Performance Coach	To be developed
Stage 7	Coach Educator	Performance Coach	To be developed
Stage 7	Hitting Universals & Pitch Recognition	Performance Coach	1.5-hour online module focusing on hitting mechanics, pitch recognition, tracking and discipline.
Stage 7	Advanced Offensive Strategy	Performance Coach	To be developed
Stage 7	Individualised Programme Planning	Performance Coach	To be developed



## LEARNING CURRICULUM

Stage	Enhance Adult	Perform
<b>Focus</b>	Fun, learning, competing	Fun, socially motivated, develop player autonomy
<b>Technical skills</b>	Develop all aspects of individual skill sets	Develop all appropriate team and individual skills sets
<b>Tactical</b>	Develop tasks per position Offence and defence Strategy	Offence and defence strategy
<b>Physical (fitness)</b>	Introduce position-specific physical conditioning. Introduce softball-specific speed, agility, and quickness. Maintain speed, agility, quickness and flexibility Practice injury prevention	Develop general physical conditioning, general strength and power Develop position-specific physical conditioning Develop softball-specific speed, agility, and quickness Maintain speed, agility, quickness and flexibility Practice injury prevention
<b>Social</b>	Dedication and commitment Humility, gratitude Tolerance Inclusiveness Accepting and embracing discipline for the team	Moral decision making Healthy living Accountability Mental toughness
<b>Cognitive</b>	Refine goal setting, team cohesion, visualisation skills, emotional control, decision making during skills Develop game plans, pre-game and game routines, coping strategies Introduce the psychology of the inner game of softball Promote self-understanding and demonstration of leadership skills Promote innovation and creation Promote decision making, advanced problem solving, social comparison, moral decision making & self-evaluation	Psychology of the inner game of softball Refine game plans, pre-game and game routines, coping strategies and visualisation skills Develop self-understanding and demonstration of leadership skills Promote innovation and creation Develop decision making, advanced problem solving, complex analysis, social comparison, moral decision making & self-evaluation
<b>Game Modifications Session planning</b>	Adhere to the SNZ official rule book Up to 3 hours 60 minutes plus of dedicate physical conditioning Appropriate skill progressions High levels of activity Positive environment Emphasis on learning through play Players specialise in one position and learn 1-2 other	Adhere to the SNZ official rule book Up to 3 hours specific softball training per week 60 minutes plus of dedicate physical conditioning Include mental conditioning Instruction and preparation are individualised Emphasis on speed of execution of plays Include statistical and video analysis to support individual and team development

## HIGH PERFORMANCE

High Performance is where coaches are introduced to the highest forms of the game. Coaches at this level will arm themselves with the necessary information required for SNZ elite tournaments and the international arena.

The Mastery stage is unique in that it sets itself apart from the rest, as there is no defined team for those that aspire to this level. This stage represents the morals and ethics of the ultimate Softballer, a person who is an ambassador for the game both on and off the field. The Mastery player has played at the highest level of the game; they are respected and recognised through their commitment to the game and themselves.

High Performance will cover the following information:

- Hitting & defensive styles
- Mentoring
- Injury recovery
- Develop a project for the benefit of New Zealand softball
- Mental processes

Accreditation		Target Audience	Outline
Stage 8	On & Off Feld Strength, Conditioning & Rehab	High Performance Coach (online only)	1-hour online module providing an overview of the strength & conditioning required for softball
Stage 8	Role of National Team Manager	High Performance Coach	To be developed
Stage 8	Offensive & Defensive Roles	High Performance Coach	To be developed
Stage 8	Mentoring	High Performance Coach	To be developed
Stage 8	Building a Campaign	High Performance Coach	To be developed
Stage 9	Develop a project for the betterment of the game	High Performance Coach	To be developed

## LEARNING CURRICULUM

Stage	Excel	Mastery
<b>Focus</b>	Player autonomy is refined	Morals and ethics are of the highest stand
<b>Technical skills</b>	Refine appropriate team and individual skills sets	Innovative and development of individual and team skills sets
<b>Tactical</b>	Advanced offence and defence strategy	Innovative and development of new offence and defence strategy
<b>Physical (fitness)</b>	Refine softball and position specific physical conditioning	Detailed and biomechanical testing
	Refine softball and position specific strength and power	Optimise physical performance
	Refine softball and position specific speed, agility, and quickness	Promote innovative ways to further develop position specific strength and power, softball specific speed, agility, and quickness
	Refine speed, agility, quickness and flexibility	Practice injury prevention
	Practice injury prevention	Detailed and biomechanical testing
<b>Social</b>	Moral decision making in heat of battle	Moral decision making in heat of battle
	Healthy living	Healthy living
	Committing to continuous improvement	Exploration of new and innovative ways to grow as a person/player
	Accepting and fulfilling role of team	Accepting and fulfilling individual role of team. Supporting the development of individuals within the team
	Accountability	Accountability
	Mental toughness/determination	Mental toughness/determination
<b>Cognitive</b>	Develop innovation and creation skills	Refine self-understanding and demonstration of leadership skills
	Promote the making of appropriate life decisions	High moral life decisions
	Refine decision making, advanced problem solving, complex analysis, social comparison, moral decision making & self-evaluation	Detailed physiological testing
<b>Game Modifications</b>	Adhere to the SNZ official rule book	Adhere to the SNZ official rule book
<b>Session planning</b>	Position specific training	Physical training programmes employ the most advanced techniques and sport science technology
	Players specialise in one position and the ability to play another position well	Critical evaluation/consultation between coach and players
	Daily skill development, fitness training and mental training	Players to make decisions about their training regimen
	Synchronisation between combinations, and increase speed of execution of play	Players to lead the direction of the team as a whole
	Include statistical and video analysis to support individual and team development	
	Players are trained to peak for key events	

For further information on the National Player & Coach Development Pathway please contact Glen Roff Softball Manager, <mailto:glen@softball.org.nz>