



FUNdamentals (FUN)

MALES: 6 – 9 YEARS
FEMALES: 6 – 8 YEARS

PHYSICAL CAPACITY

	Development Priority (through play)		
	Low	Med.	High
Endurance		■	
Speed - Hand/Foot			■
Speed - Whole Body	■		
Speed - Endurance	■		
Relative Strength	■		
Strength - Endurance	■		
Explosive Power		■	
Flexibility		■	

NOTE

This is a good time to start working on hand and foot speed, and, especially for boys a good time to work on flexibility. Endurance and strength developed through vigorous play and games rather than specific training regimes.

MENTAL SKILLS

Ensure positive learning environment, that children understand everyone fails at times, and failing is important to learning as long as you keep trying.

Continue to develop Executive Function through games and activities that require rapid change in the player's focus (cognitive flexibility), holding multiple pieces of information in mind at the same time (working memory) and readiness to move without moving until a signal is given (inhibition control).

Games of imagination at this stage help prepare the child for later visualization and imagery activities.

Help children "listen to their bodies" so that they know how they feel when anxious, and how their body responds to physical activity.

Introduce simple challenges and goal setting, "can you jump over this rope", "can you hit the ball passed that line?"

LIFE SKILLS

Understands the relationship between effort and results.

Takes responsibility for being prepared for activity participation.

Is comfortable taking turns during activities, and cooperates with others who are playing.

Can be part of a team, and is sometimes a leader and sometimes a follower.

Helps prepare post-activity snacks and drinks, and understands that food and fluids are necessary for both life and sport participation.

Understands and can follow rules (particularly safety rules) for softball and other activities.

Understands that people come from different countries (cultures) and might do things differently.





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SOFTBALL TECHNICAL / TACTICAL SKILLS

While many children are introduced to softball during the FUNdamentals stage, it is not the right time to start intense softball-specific training. Activities that develop FMSs can have a softball flavour by using modified playground games. If children have been provided with a good base of FMSs early in this stage they may be ready to start to learn softball-specific skills late in this stage with minimal instruction on correct techniques. Introduce basic rules and the etiquette of the game using fun, modified games. The Timbits Softball Program is a great introduction to the sport of softball at this stage.

SKILLS

LEGEND FOR SKILL DEVELOPMENT: **I** - Introduce, **D** - Develop, **C** - Consolidate, **R** - Refine, **M** - Maintain
Bold text - skill/tactic is a priority at this stage

OFFENSIVE SKILLS	SUB-SKILL	I	D	C	R	M
HITTING						
Hitting Mechanics	Weight Transfer (From Back to Firm Front Side)	I				
	Stacked Position at Contact	I				
Eye/Hand Coordination	Bat Control	I	D			
Strike Zone Awareness		I				
Avoiding Pitch		I				
BASERUNNING						
Getting out of Batters Box		I	D			
Running to 1st Base		I	D			
Rounding Base		I	D			
SLIDING						
Bent Leg Slide		I				



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DEFENSIVE SKILLS		SUB-SKILL				
		I	D	C	R	M
THROWING		I	D	C	R	M
Overhand Throwing Mechanics	Elbows and Shoulders Level	■	■			
	Pull Front Elbow into Body on Shoulder Rotation	■	■			
	On Release Throwing Elbow Above Shoulder	■				
	Transition Footwork (Shuffle or Crossover)	■				
Flips and Tosses	■					
Throwing on The Run	■					
RECEIVING THROWS		I	D	C	R	M
Soft Hands (Absorbing Ball)		■	■			
	Transfer	■	■			
FIELDING GROUND BALLS		I	D	C	R	M
Ready Position		■	■			
Ground Ball Fielding Mechanics	Glove Foot Ahead of Throwing Foot	■				
	Glove Fingers Point Down/Out Front and Down	■				
	Bum Down, Weight on Balls of Feet, Eyes Up, Chin down	■	■			
	Throwing Hand Follows Ball into Glove	■				
Glove Work	Forehand	■				
FIELDING FLYBALLS		I	D	C	R	M
Flyball Fielding Mechanics	Wrist Back, Glove Above Forehead and Center of Body	■	■			
MULTIPLE PLAYER DEFENSIVE SKILLS		I	D	C	R	M
Tag Plays		■				
PITCHING		I	D	C	R	M
Pitching Mechanics	Leg Drive	■				
	Stacked or Power Position	■				
	Arm Action in Joint Sequence	■				
CATCHING		I	D	C	R	M
Receiving Position		■				
Blocking		■				
Framing		■				
Throwing	Around Batter	■				
MIDDLE INFIELDER		I	D	C	R	M
Relay Throws		■				
CORNER INFIELDER		I	D	C	R	M
1st Base Skills	Footwork at Bag	■				
	Stretching	■				



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TACTICS

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OFFENSIVE TACTICS		SUB TACTIC				
BASERUNNING		I	D	C	R	M
Reading and Reacting	Coach Signals	I				
	Hit Ball	I				
	Lead Runner	I				
DEFENSIVE TACTICS		SUB TACTIC				
		I	D	C	R	M
Communication With Teammates Pre Pitch	Indicating the Number of Outs	I				
	Calling for the Ball	I	D			
Communication With Teammates During Plays	Calling Which Base to Throw to	I				
	Flyballs	I	D			
Angles to the Ball	Groundballs	I	D			

