

SSHLL Softball Coach Pitch Division

Revised and Approved 04.01.25

The Coach Pitch Divisions for Girls Softball is meant to teach players the basic fundamentals of the sport. The major emphasis of this division is to teach the kids, make the sport fun and engaging, promote team building and team work, positive reinforcement and sportsmanship. Coach pitch is a combination of clinic and recreational game play intended to help prepare girls for farms...and to have Fun!

The following is a guideline of the rules of play at Snug Harbor Little League, to be followed by all managers and coaches.

Coach pitch is 90 minutes long, the first 30 minutes are an instructional clinic/drills and the following 60 minutes are game play.

Clinic 30 Minutes

- a. The first 30 minutes is a clinic format led by the coaches. The focus is:
 1. coaches: teach and instruct in an organized way
 2. players to learn and have fun
 3. minimize idle time through stations, limited "standing around doing nothing"
- b. All stations require instruction and supervision from atleast one manager/coach
- c. There are approximately 20 kids in a coach pitch game, 10 on each team. The suggestion is to have 4 stations, approx. 5 kids at each station, and rotate them every 7-8 minutes so that each kid drills at each clinic station.
- d. Coaches should setup drill stations and work on the following activities time permitting:
 1. Base running: home **through** first & home to home (rounding the bases)
 2. Fielding – emphasize ready position, charging ball, moving side to side, "alligator"
 3. Throwing – emphasize proper grip & throwing mechanics
 4. Catching – emphasize proper glove positioning
 5. Hitting – hit off tee into net, instruct on batting stance & swing mechanics
- e. If possible suggest the clinic activities to have a fun "contest" element to it. This helps improve engagement for the players and makes it fun.

After Clinic is a 60 minute game session

- f. There are no umpires, there is no score kept, there are no strike outs
- g. There are outs on the bases: if a kid grounds out, pops out, is forced out/tagged out then they return to the dugout. We want the kids to learn the concept of being safe or out on the bases and the fielder's to learn it is good and important to try to get outs in the field.
- h. On a batted ball, the runner who hit the ball may only advance to first base with the exception of the last batter in the lineup who will run around the bases
- i. On a batted ball, the runners on base may only advance to the next base with the exception of a batted ball hit by the last batter in which case the base runners will advance all the way around to home

- j. All players will be in the lineup, and all players in the lineup will bat once each inning
- k. Only coaches pitch, no players
 - 1. For softball it is suggested that coaches stand and throw a pitch underhand (no windmill and no overhand). Softball uses 11" "squishy" training softball
 - 2. To keep the game moving coaches should bring several balls with them to the mound and a coach should play catcher
 - 3. Batter is allowed up to 5 swings maximum against coach pitch until ball is hit in play, if unsuccessful the tee is brought out on the 6th swing and the batter hits off tee
- l. Maximum 5 players will play the field at a time in the following positions (P helper, 1B, 2B, 3B, SS), coaches supervise and instruct, the other 5 players can either take a break in dugout or work on drills with coaches in the outfield. If you have more than 10 players then OK to do a "center fielder" right behind second base
- m. When the team up to bat gets half-way through their lineup, can do a line change switch with the kids on the infield and the kids in the dugout/drilling in the outfield. This keeps them moving and engaged in the game.

Team Duties and responsibilities (all softball divisions)

*Both teams must work together to make sure rules are being followed.
We are here for the girls, not ourselves.*

Home team

- I. Occupies first base dugout

Visiting Team

- I. Occupies third base dugout

Both teams

- I. Before game, marks field batter boxes and foul lines (work together)
- II. After game, rakes field including infield, home plate area, pitching area, bases (work together)

Ejections/Misconduct

Any player, coach, parent ejected from a game must meet with Executive Board for review of the incident. Judgement and penalty for misconduct or ejections up to and including game suspensions and or complex/league bans (either temporary or permanent) will be at the discretion of the Executive Board.