



Coach Pitch 1st and 2nd Grade League Guidelines

At this age the program should be directed towards skills development and an effort to expose the young ladies to the basic rules of the game in a fun yet challenging environment. Prior to starting any games drills should be used to encourage and reinforce proper technique during pre-game warm-up. During the game coaches should stress proper technique and an overall awareness of the game around them while reiterating and enforcing the basic rules outlined below.

1. **It is expected that all coaches, parents, fans and players treat each other with the utmost respect. Non-compliance with this request will not be tolerated.**
2. **Use of tobacco products by any coaches or league representatives in and around the bench areas is expressly prohibited.**
3. Teams should field only ten players at the basic softball positions (catcher, pitcher, four infield and four outfield). This will encourage and develop an understanding of the actual positions on the softball diamond. When coaches are pitching a defensive player should be placed in a pitcher position preferably at the coaches glove hand.
4. A game should be played if a coach can field at least five players. If you can't play a game please partake in some softball activities to make the night worthwhile for players and parents.
5. Coaches should attempt to get in at least three innings, giving consideration to drills prior to the game, however at this age, daylight may prevent this. **Do not rush to start a game without first conducting drills.** Scoring at this level is not encouraged.
6. When coaches are pitching (in lieu of the tee) the batter will have five cuts at the ball with a limit of eight pitches per batter. Every effort should be made for the child to have a batted ball.
7. **A continuous batting order will be used disregarding three outs in an inning.**
8. In order to be safe the only player who should have a bat in her hand should be the batter. Players working hitting drills during the game should move to a location down the foul lines and away from the play.
9. All players must wear helmets while batting and running the bases. Catchers must wear batting helmets when playing defense.
10. Coaches may coach first and third bases while their team is at bat, however, we discourage defensive coaches from being in the field.
11. After a batted ball the base runners may advance more than one base at their discretion with a coaches help and encouragement. Players should be encouraged to advance on batted balls into the outfield.
12. No player should play in the same position for more than one inning. Players should be alternated between infield and outfield positions to ensure all players have equal opportunities.
13. If a runner is thrown or tagged out, then they are out. While it can be difficult to call a young lady out it is important that we teach them the correct rules of the game. Close plays should be called safe. If a batted ball hits a baserunner the runner is out.
14. **Players and coaches should leave the fields as clean, if not cleaner, than the way you found them.**

Abington Girls Softball
1st & 2nd Grade Coach Pitch
Drills Guideline
Focus on Drills Every Night before Games

- **Pick-ups – Two feet and hands fielding the ball should form a triangle**
 - Girls should be paired up facing each other approximately six feet from each other to encourage fielding skills and not bowling skills.
 - Start doing twenty barehanded. Glove hand down, throwing hand on top, watch the ball all the way in.
 - After doing barehanded pick-ups have the girls use their gloves. Glove hand down, throwing hand on top, watch the ball all the way in.
- **Grounders**
 - With the coaches leading two lines have the girls field pick-ups/grounders from the coaches moving through the line. Focus on good two-handed pick up and throwing form.
 - After a few times through the line work on moving the girls feet. Do not role all of the grounders right at the girls causing them to move when they field. Stay low in your pick-up position when moving your feet.
 - Work towards hitting soft grounders with the bat to lines of players. This will teach the girls to field a batted ball.
- **Pop-ups**
 - Teach the girls with very shallow pop-ups.
 - Glover fingers should be up. Let the sun see the inside of your glove.
 - The girls should catch the ball over their glove hand shoulder with catching arm bent at the elbow.
 - Be careful the girls don't turn their glove over in front of their face so the heel of the glove is under their nose. This is an injury waiting to happen as the ball glances off the heel into the face.
 - As the year progresses increase the height of pop-ups to challenge the girls.
- **Throwing – Throw often, stretch out the distance.**
 - Glove hand shoulder should be at the teammate.
 - 'C' grip. Find a seam.
 - Cradle, scarecrow, a big 'L' and throw.
 - Loose wrist and snap the ball.
 - Have a target. Always throw to your teammates chest.
- **Swinging – Use tees. Hit sticks.**
 - Loose grip. Line up knocking knuckles. Comfortable stance. Relax!!!!
 - Hands should move directly to the ball. Be certain hips are pivoted.
 - Rear foot should 'squish the bug' during swing so pointed to pitcher.
 - Bat should be off the shoulder but not wrapped around the head.
 - The girls should have a still head focused on the ball.
 - Stay square to the pitchers mound. No bailing out.