DOMINATE THE DIAMOND

SOFTBALL FUNDAMENTALS

A GUIDE TO BUILDING CONFIDENT, CAPABLE, AND COMMITTED PLAYERS

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WHY COACHING MATTERS

THE CULTURE CODE

PLAYER DEVELOPMENT BLUEPRINT

YEARLY SNAPSHOT



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WHY COACHING MATTERS

COACHES, YOU SET THE TEMPO.
YOU BUILD THE CULTURE.

YOU ARE NOT JUST TEACHING HOW TO FIELD A GROUND BALL.
YOU ARE MENTORING.
YOU ARE INSPIRING.
YOU ARE PLANTING SEEDS THAT WILL GROW FOR YEARS.

YOU CAN BE THE REASON A KID FALLS IN LOVE WITH THE GAME —
OR THE REASON THEY WALK AWAY FROM IT.

SO HOW DO YOU MAKE SURE PLAYERS KEEP COMING BACK?

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THE CULTURE CODE

5 PRINCIPLES TO LIVE BY

1. BE THE MOST POSITIVE VOICE ON THE FIELD
2. PRACTICE SHOULD BE THE BEST PART OF THEIR DAY
3. EVERY PLAYER DESERVES TO IMPROVE — NOT JUST THE STARTERS
4. KNOW YOUR WHY — YOU'RE SHAPING HUMANS, NOT JUST SOFTBALL PLAYERS
5. TEACH WITH ENERGY, DISCIPLINE, LOVE, AND FUN

THE BEST SOFTBALL COACHES TEACH LIFE THROUGH THE LENS OF THE GAME.

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PLAYER DEVELOPMENT BLUEPRINT (8U-12U)

AGE 8U – THE FOUNDATION STAGE

PRIMARY FOCUS

- Introduce fundamentals the *right* way
- Build confidence, coordination, and comfort
- Make the game FUN and exciting

COACHING KEYS

- Be energetic and simple – don’t over-coach
- Celebrate small wins: effort, good throws, great attitudes
- Keep players moving – NO LONG LINES
- Teach field layout, positions, and basic rules

PLAYER DEVELOPMENT BLUEPRINT (8U-12U)

AGE 8U – SKILLS CHECKLIST

THROWING

- Proper grip – fingers across the seams (introduce early, don't overcorrect)
- Point → step → throw → follow-through

FIELDING

- Ready position
- Glove out front
- Triangle technique

HITTING

- Athletic stance
- Balance
- Short, simple swing

BASERUNNING

- Run through first base
- Proper turns

SOFTBALL IQ

- Listening to coaches and responding to cues
- Building confidence through encouragement

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PLAYER DEVELOPMENT BLUEPRINT (8U-12U)

AGE 10U – REPS WITH PURPOSE

PRIMARY FOCUS

- Consistency and body control
- Competitive, intentional reps
- Introduction to the mental game

COACHING KEYS

- Introduce routines (in the box, on defense)
- Allow failure – then coach the response
- Raise expectations for focus and tempo

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PLAYER DEVELOPMENT BLUEPRINT (8U-12U)

AGE 10U – SKILLS CHECKLIST

THROWING

- Proper throwing sequence
- Catch-and-throw fundamentals with improved accuracy

FIELDING

- Ground balls with movement (left, right, forward)
- Intro to fly balls and footwork angle

HITTING

- Swing mechanics
- Plate awareness and attacking hittable pitches

BASERUNNING

- Aggressive but controlled baserunning
- Understanding force plays vs. tag situations

MENTAL GAME

- Knowing basic positions and responsibilities
- Learning to bounce back from mistakes

PLAYER DEVELOPMENT BLUEPRINT (8U-12U)

AGE 12U – PREPARE FOR THE NEXT LEVEL

PRIMARY FOCUS

- Master the game within the game
- Lead, communicate, and compete with confidence
- Preparation for middle/high school softball

COACHING KEYS

- Build independence – let players make decisions
- Teach responsibility: know your job every play
- Keep the love for the game alive under pressure

PLAYER DEVELOPMENT BLUEPRINT (8U-12U)

AGE 12U – SKILLS CHECKLIST

THROWING

- Arm strength development with proper mechanics
- Position-specific throws (infield vs. outfield)

FIELDING

- Advanced positioning
- Situational reads

HITTING

- Plate plan
- Two-strike approach

BASERUNNING

- Reading the ball off the bat and defensive cues
- Aggressive decision-making with awareness of game situations

SOFTBALL IQ

- Vocal communication
- Picking up teammates

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YEARLY SNAPSHOT

Age	Physical Focus	Mental Focus	Game IQ	Coaching Role
8U	Balance, coordination	Build belief	Basic rules & positioning	Be their favorite coach
10U	Game speed & pressure	Routines & recovery	Think ahead	Coach confidence
12U	Full athletic movement	Focus under pressure	Execute & lead	Prepare for continued competition

DEVELOPMENT IS A MARATHON, NOT A SPRINT

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READY FOR MORE SUPPORT?

THIS GUIDE PROVIDES THE FOUNDATION.

THE DOMINATE THE DIAMOND® SOFTBALL COURSE GIVES YOU THE FULL SYSTEM.

INSIDE THE COURSE, YOU'LL GET:

- 113 VIDEOS
- POSITION-SPECIFIC TRAINING MODULES
- DRILL STATIONS
- SITUATIONAL PLAY, INCLUDING PITCHING TECHNIQUES, OUTFIELD PLAY, LINE DRIVES, HITTING CIRCUITS, INFIELD PROGRESSIONS.
- 8 PRACTICE PLANS
- PRACTICE PLAN TEMPLATE
- FIELD UTILIZATION CHART
- LINE-UP CARD AND FIELD POSITIONING CHART

EXPLORE THE SOFTBALL COURSE TODAY

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