

PATRIOTS SOFTBALL

TEAM FUNDAMENTALS

OFFENSE

-No One Seated in Dugout

-Next 5 Batters have Helmets

- 1) Get On Base**
- 2) Warm Up (Get Bat after Play)**
- 3) Fence, Ready**
- 4) Gloves On**
- 5) Helmet On**

-Run to Fence, then Run off of Pitcher's Release to Come Back!

-Always Talking about the Game, or Chanting

-Watch Umpire, Realize current Strike Zone

-Always be Ready to Play... No Exceptions!

-Know YOUR Role

- | | | |
|----------------|---------------|---------------|
| 1) Bunt | 2) Run | 3) Hit |
|----------------|---------------|---------------|

-Understand the Situation

- | | | | | |
|-------------------|----------------|-----------------|------------------|----------------|
| 1) Innings | 2) Outs | 3) Score | 4)Runners | 5)Count |
|-------------------|----------------|-----------------|------------------|----------------|

-Pitch Selection

- | | |
|-------------------------------------|-------------------------------------|
| 1) Low or Outside – Hit Late | 2)High or Inside – Hit Early |
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“DO NOT PROTECT THE PLATE... YOU HAVE THE WEAPON, USE IT!”

DEFENSE

-Hustle to Position

“Never Walk between the Chalk”

-Warm-Up

- 1) Infield led by First Baseman**
- 2) Pitcher & Catcher (Sub for Catcher if needed... Asst. Coach)**
- 3) Outfield throws with Substitutes.. Extras pair up!**

-Talk, Communicate, & Stay Positive

- 1) Shortstop & Catcher control Infield**
- 2) Centerfielder controls Outfield**
 - 2 Outfielders attack every ball hit**
- 3) Everyone moves on Every Pitch**

-Cover All Bases until Dead Ball is Called

- 1) Backup Every Throw**
- 2) 2nd Baseman covers Pitcher on throw back from Catcher**
- 3) Catcher cover throws to 1st Base with no one on base!**

-Post 3 Outs, Everyone comes Running!

“Every Game We Score Five Runs...

WE WILL WIN... DEFENSIVE DOMINATION!”