

# Fun, Friends, Action

## Learn to Play



### ACTIVITY BOOKLET LEVEL 1



**SOFTBALL CANADA**

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# Welcome!

Thanks for joining the Parmalat Learn to Play Club. This special club offers you a chance to keep track of all the things you have learned and gives you fun things to do while waiting for your practice to start. As part of this softball club, you will have the chance to play in many activities as well as building your softball skills, so that you will be able to enjoy playing softball for many more years to come.



## Meet the Dugout Pals

Hi! My name is Chuck and this is my friend Ellie.

We are really excited to have joined the Learn to Play Club. This is our first year playing softball. We know that we are going to learn a lot from our coaches and that you will too.

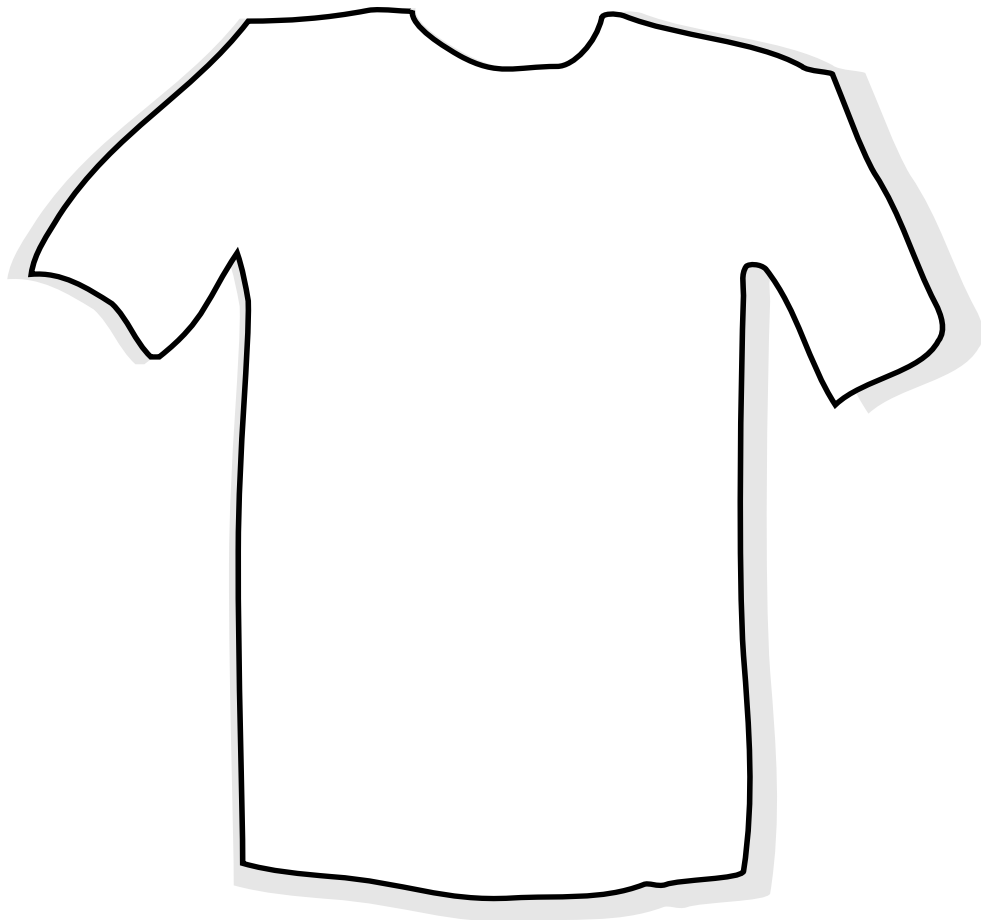
# Learn to Play Club Information Card

Hello. My name is \_\_\_\_\_

I play with the \_\_\_\_\_ team

My Coaches' name is \_\_\_\_\_

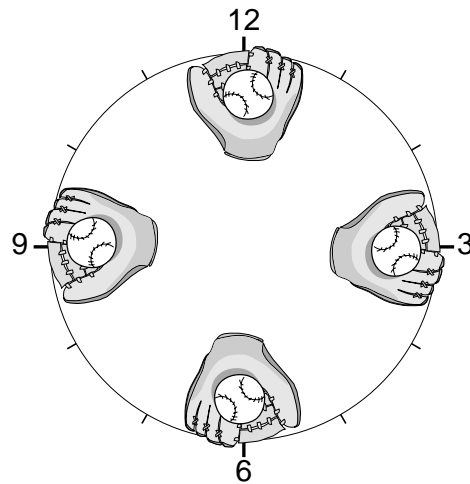
This is what my uniform looks like:



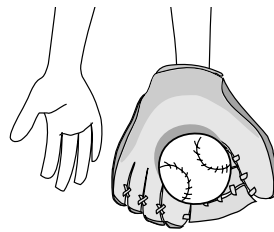
# Softball Skills 101

To practice using a glove to catch the softball use these handy tips:

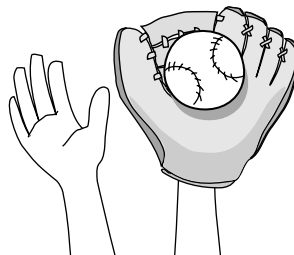
With no ball in the glove, move it around in a circle stopping at 3, 6, 9 and 12 o'clock

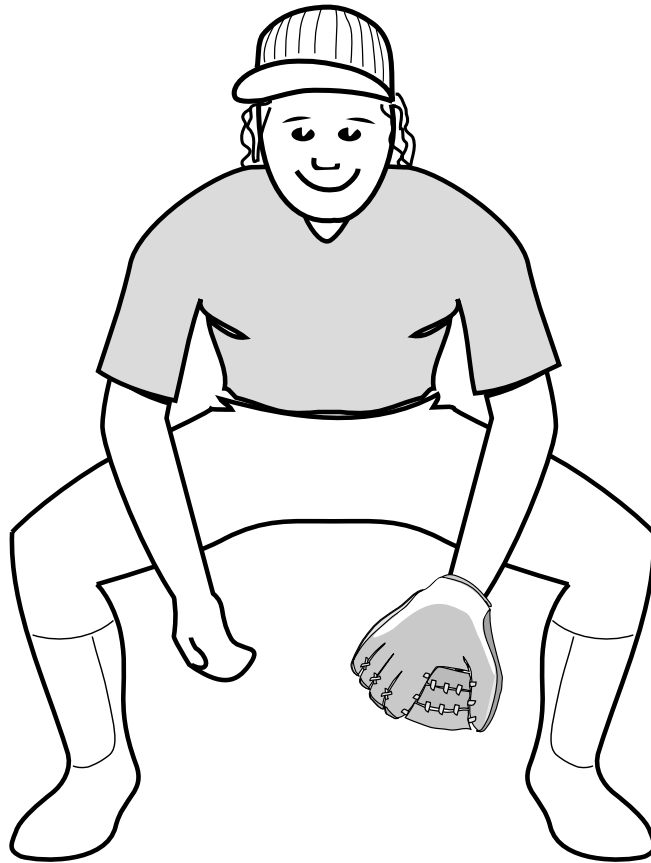


If the ball is below the waist, the glove and fingers down with thumbs apart.



If the ball is above the waist, the glove and fingers up with thumb together





## The Ready Position

How will the other players on your team know you are ready to have fun and play softball?

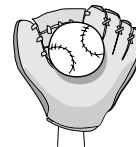
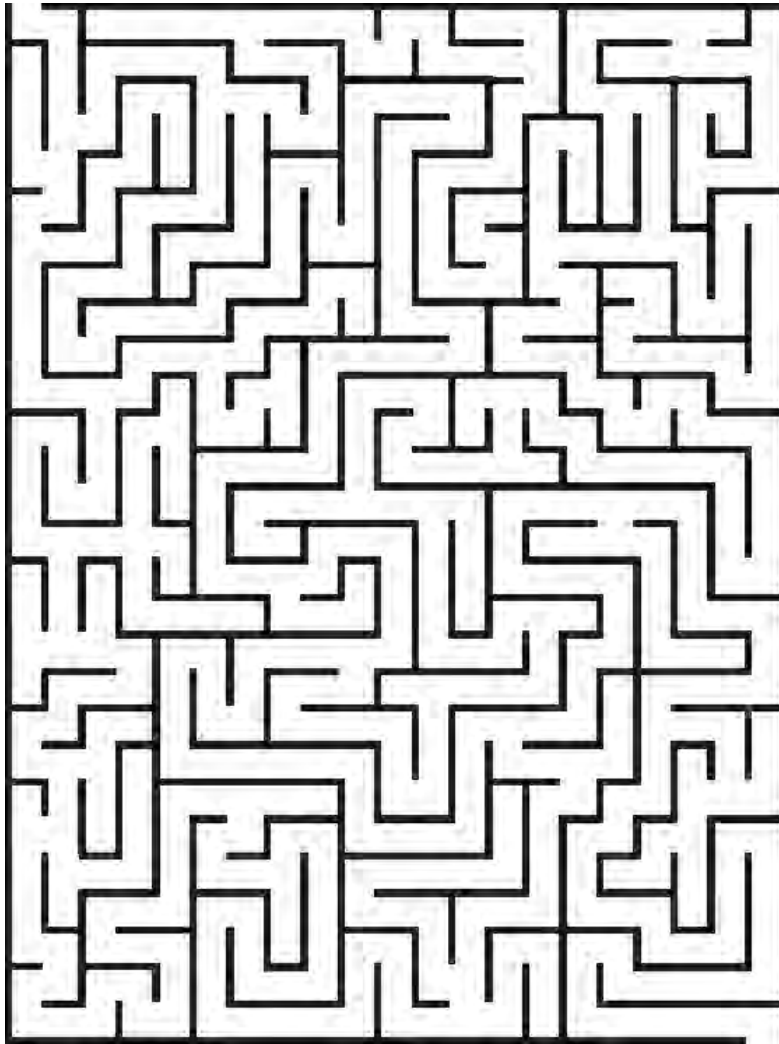
BY DOING THE READY POSITION

**REMEMBER:**

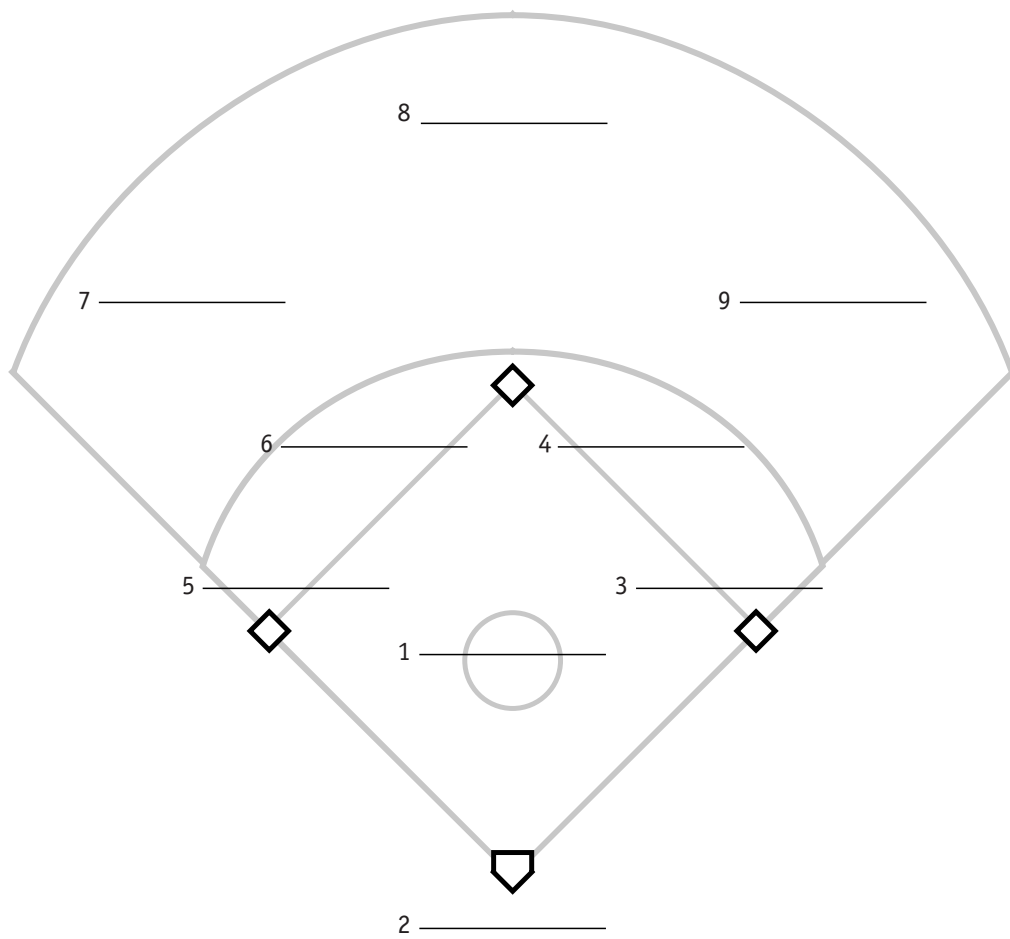
- Butt low, weight on balls of feet
- Hands low and open
- Knees and elbows bent
- Monkey position



**Can you help Chuck find  
his glove and ball so  
he can go out to play?**

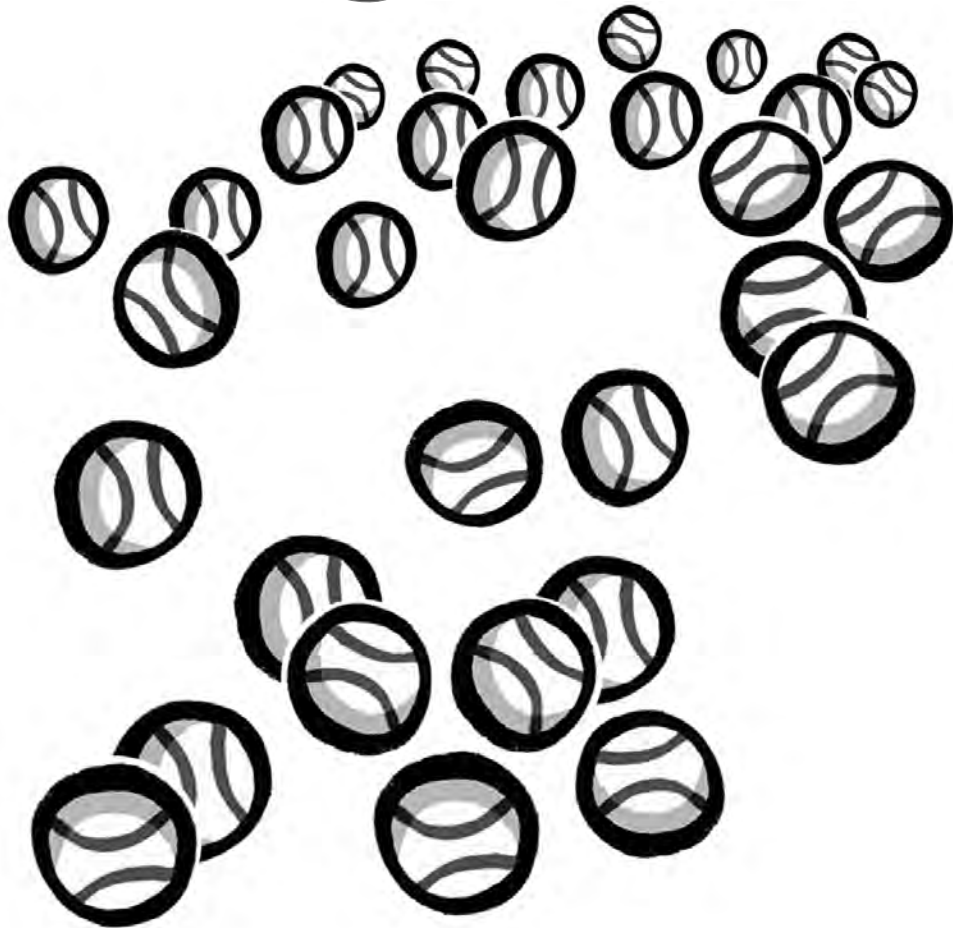
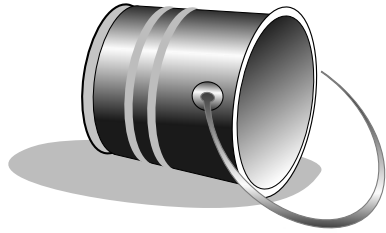


**Can you name all the positions on the softball field?**



# Oh no.

All the balls fell out of the pail!  
How many do Chuck and Ellie have to pick up?





# Colour by Numbers

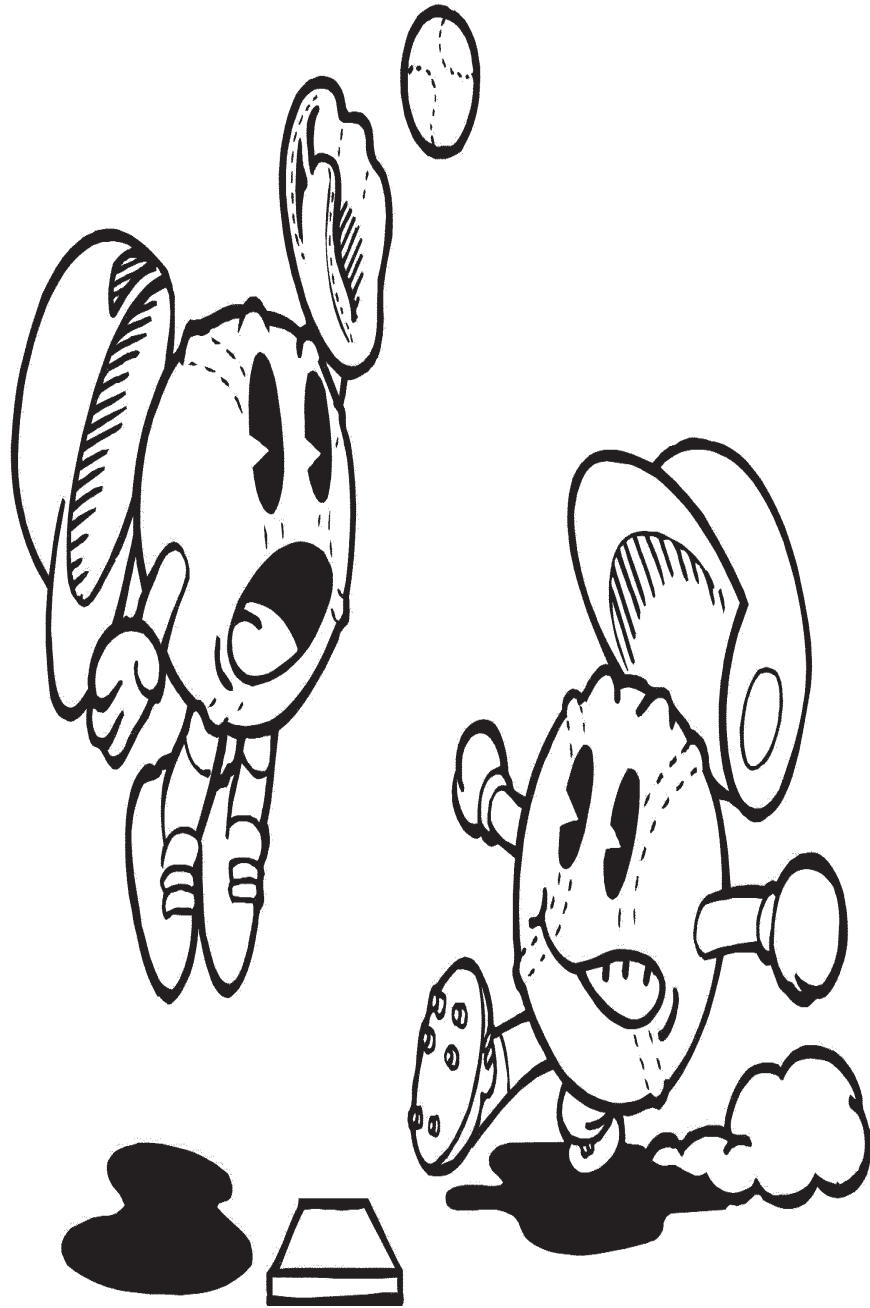


1 Red

2 Green

3 Black

4 Yellow



# Player's Checklist

I, \_\_\_\_\_ can:

- Name all the positions on the field
  - Put my glove on correctly
  - Run through first base
  - Name my coach(es)
  - Throw with a partner
  - Run the bases in the right order
  - Name one safety rule
- 

- I had fun with my softball team



# Learn to Play

The logo for Softball Canada, featuring a stylized 'S' with a baseball bat and ball, and the text 'SOFTBALL CANADA' below it.

**Thanks to all our  
minor softball associations,  
coaches, parents and  
volunteers who helped to  
make this season a success.**

**SEE YOU  
NEXT YEAR!**

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