

# Fun, Friends, Action

## Learn to Play



### ACTIVITY BOOKLET LEVEL 2



**SOFTBALL CANADA**

223 Colonnade Road Suite 212,  
Ottawa, Ontario, Canada K2E 7K3

[tel] 613.523.3386 [fax] 613.523.5761  
[email] LTP@softball.ca [web] www.softball.ca



## Welcome!

You are now special members of the Parmalat Learn to Play Club. As part of this softball club, you will have the chance to play in many fun games and activities. At this level, you will get the chance to try many different positions on the field. Be sure to know all the names of the players on your team, including coaches and volunteers. Remember all the safety signals. You can have more fun if you are being safe.

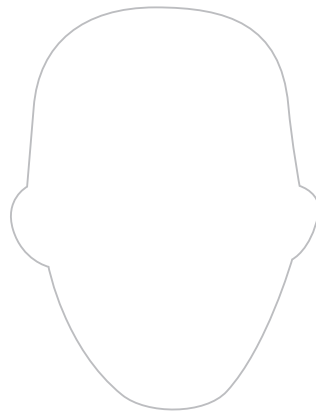


## Remember the Dugout Pals?

We are excited for another season at a new level of softball. My name is Chuck and I like to play in the outfield. This is my friend Ellie and she is our team's catcher. We have been playing softball for two years now and our coaches said that we have improved so much. This year should be more fun than the last one.

Chuck's favorite thing to do while playing softball is being up to bat.

**What does your batting face and stance look like?**

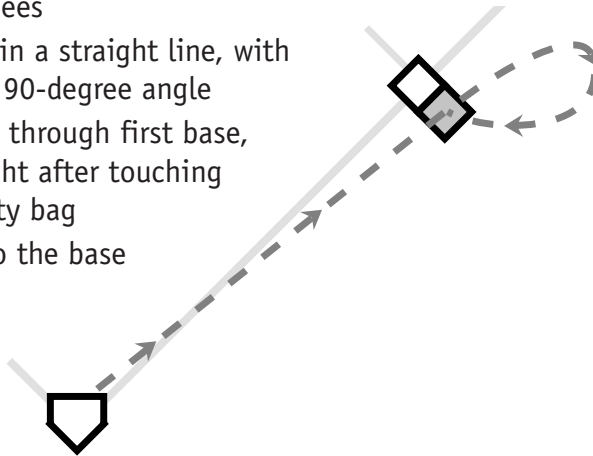


# Softball Skills 101

To be able to score more runs, you have to know how to run the bases.

## ***From the Batter's Box:***

- Lean forward when leaving the box to help move the body forward
- Run with high knees
- Swing your arms in a straight line, with elbows bent at a 90-degree angle
- Run at full speed through first base, and then turn right after touching the ORANGE safety bag
- Return directly to the base



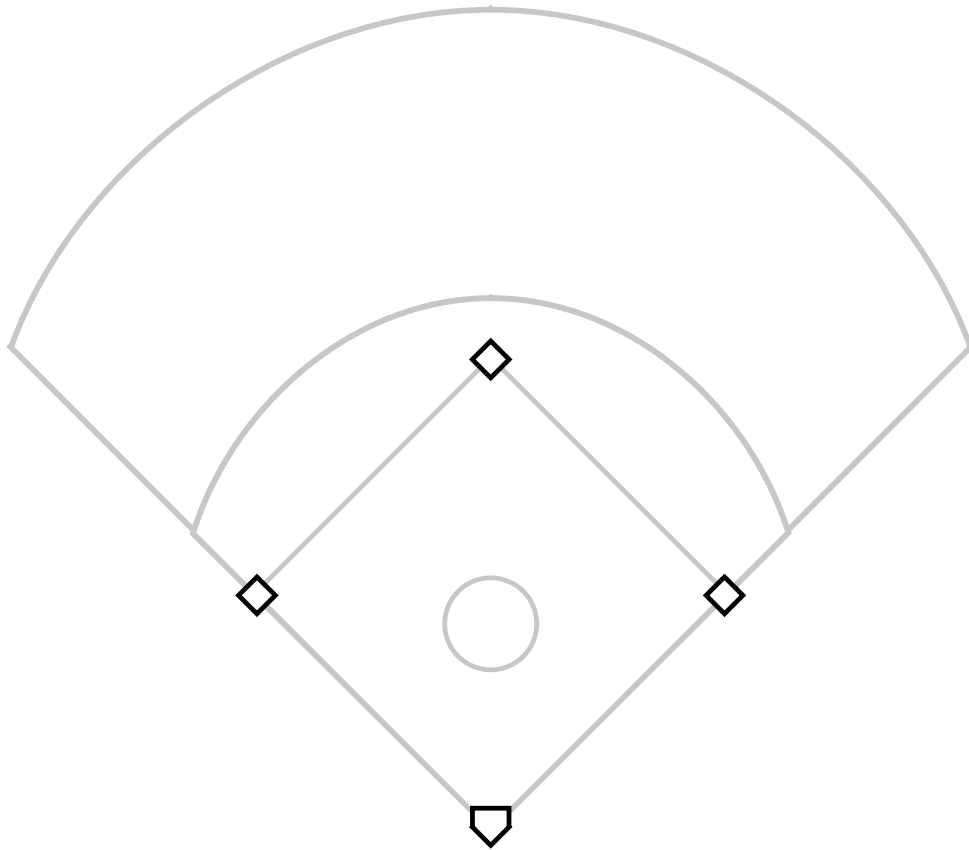
## ***Leaving the Bases:***

- Start in front of the base with one foot on the base and the other out in front
- Push against the base
- Keep your body low to start and gradually rise to your running position
- Explode from the base
- Swing your arms straight ahead, with elbows bent at a 90-degree angle



# Shade in the different areas that each player is responsible for.

- |                                       |                             |                                  |
|---------------------------------------|-----------------------------|----------------------------------|
| <input type="checkbox"/> Left Field   | <input type="checkbox"/> 3B | <input type="checkbox"/> SS      |
| <input type="checkbox"/> Center Field | <input type="checkbox"/> 2B | <input type="checkbox"/> Pitcher |
| <input type="checkbox"/> Right Field  | <input type="checkbox"/> 1B | <input type="checkbox"/> Catcher |

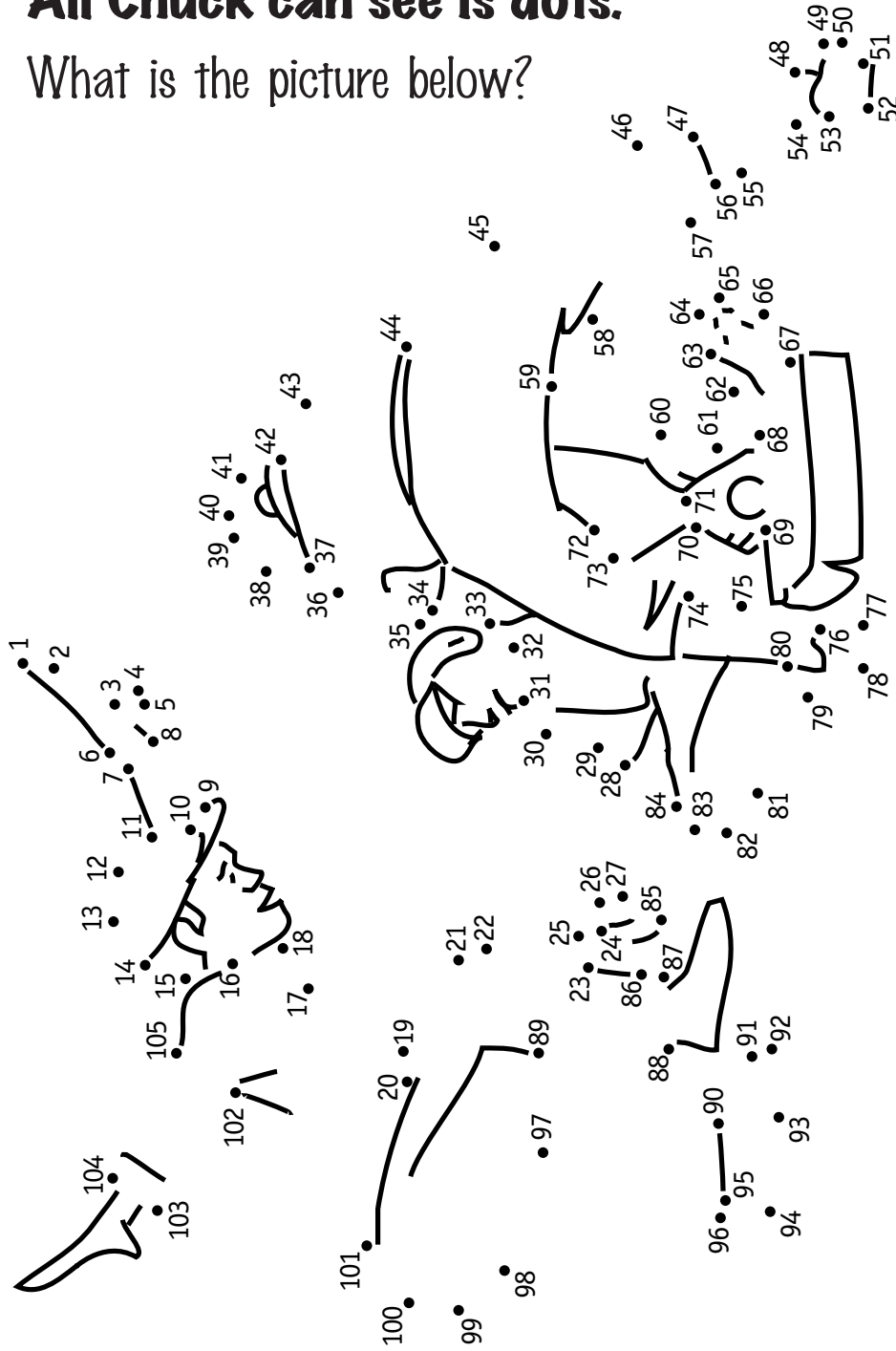


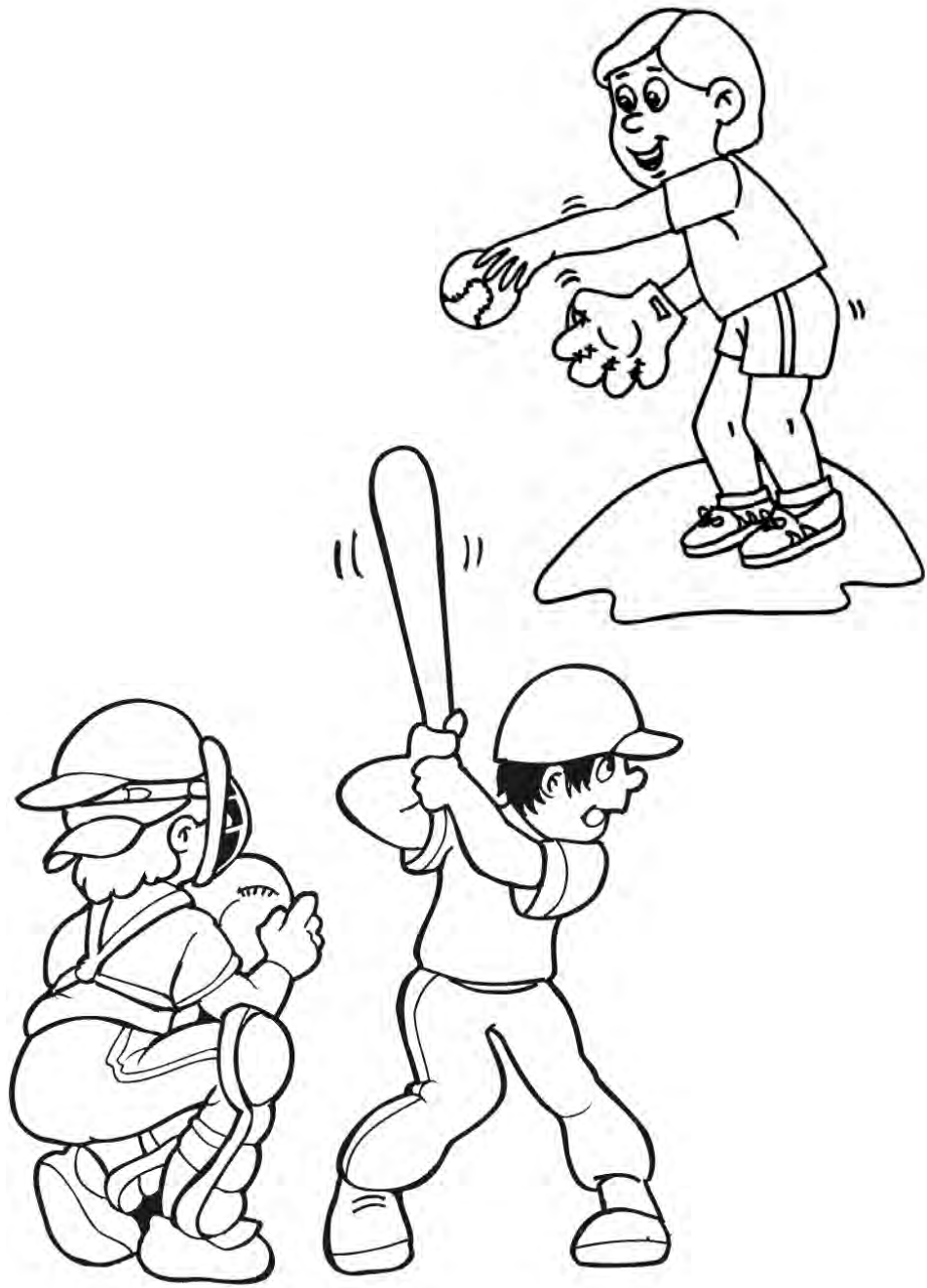
**Ellie can find 6 differences between the pictures below. Can you see them?**



**All Chuck can see is dots.**

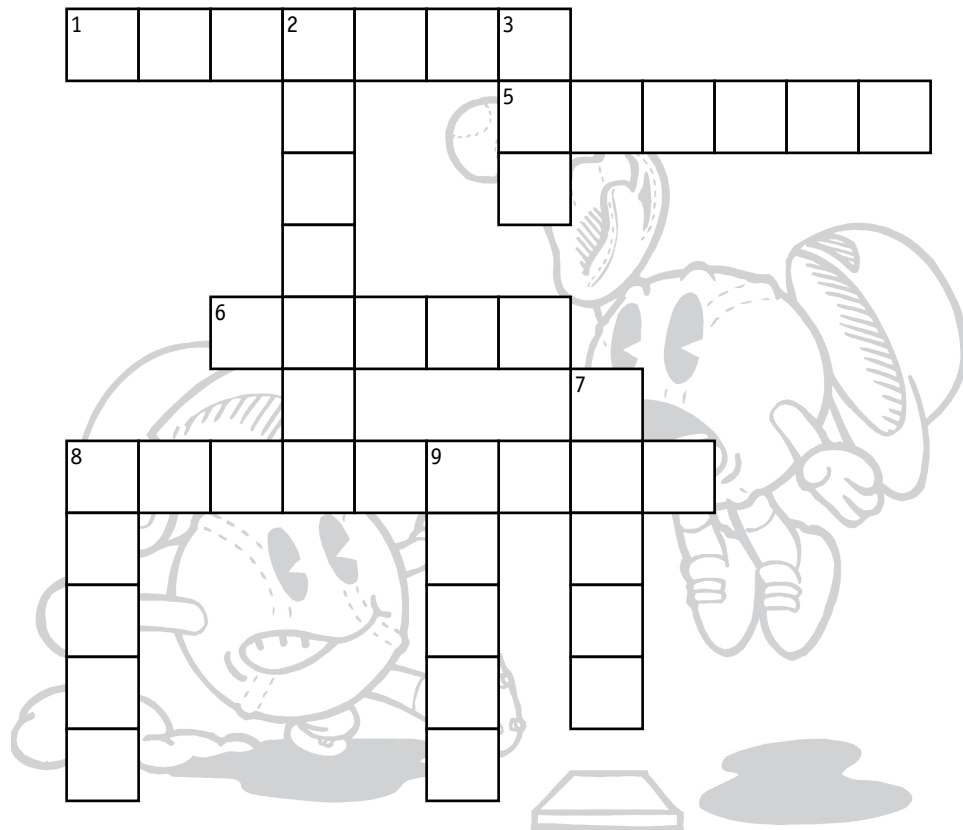
What is the picture below?







## Help Chuck and Ellie fill in the words they do not know



### ACROSS

1. This player tries to throw the ball by the batter.
5. This person stands behind home plate.
6. You \_\_\_\_\_ the ball to get it from one player to another.
8. This player stands between second and third base.

### DOWN

2. This player stands behind the batter.
3. When a batter reaches all four bases safely a \_\_\_\_\_ is scored.
7. This person is like a teacher on the softball field.
8. When there is a close play a player should \_\_\_\_\_.
9. A player needs to do this to hit the ball when batting.



# Player's Checklist

I can:

- Hit a soft toss pitched to me
- Safely run the bases
- Throw the ball to first base from the infield
- Name two safety rules

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I, \_\_\_\_\_ have:

- Learned two playing rules for softball
- Helped clean up after a practice or game
- Participated in a team cheer
- Had FUN with my team at the games



# 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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