

# Fun, Friends, Action

## Learn to Play



### ACTIVITY BOOKLET

#### LEVEL 3



**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!

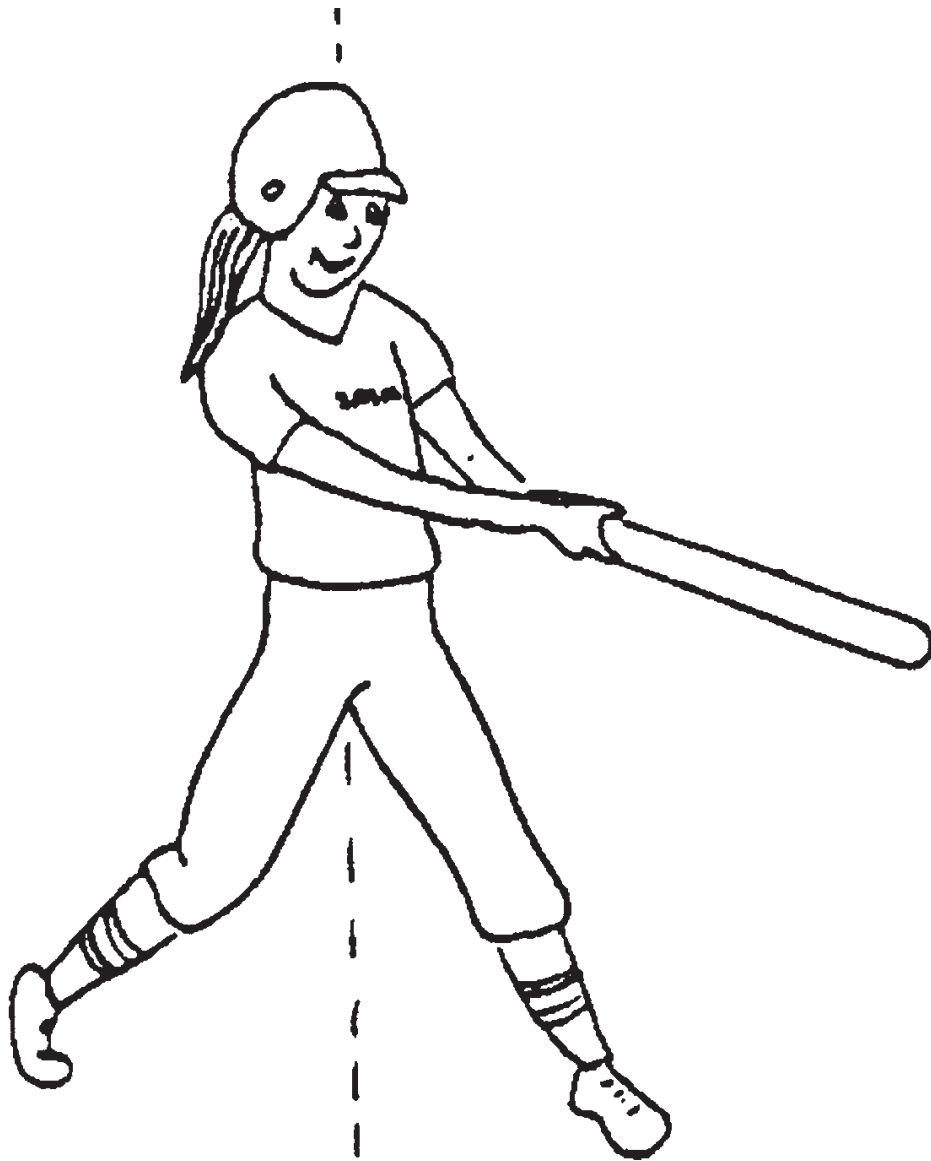
You are now special members of the Learn to Play Club. As part of this softball club, you will have the chance to play in many fun games and activities while developing experience in this sport

At this level, you will get the opportunity to refine your skills on the diamond. This is a chance to let all that practice and hard work you have done over the past few years shine on the field.



## The Dugout Pals

WOW. Chuck and Ellie never thought they could make it so far. Our coaches and teammates have really helped us grow into talented softball players. This last level in the program is going to be where we truly show the softball spirit we have. Won't you join us again?



Name: \_\_\_\_\_

Team: \_\_\_\_\_

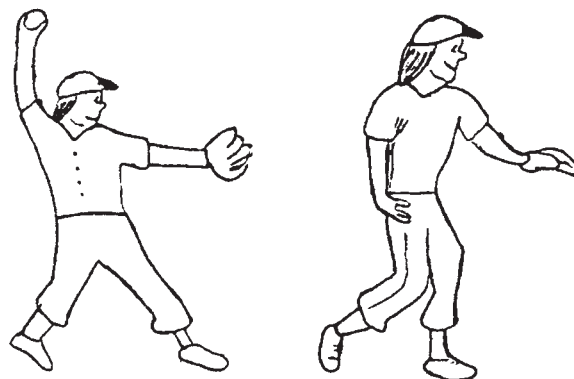
Position: \_\_\_\_\_

Years in Softball: \_\_\_\_\_

# From the Pitching Mound

The play starts with the pitcher. Here are a few things to remember when pitching.

- Keep your arm relaxed and have a slight bend in the elbow
- Release the ball once it brushes past leg
- Make sure the hip movement follows along with the dropping of the arm.
- Shoulders should stay back overtop of hips

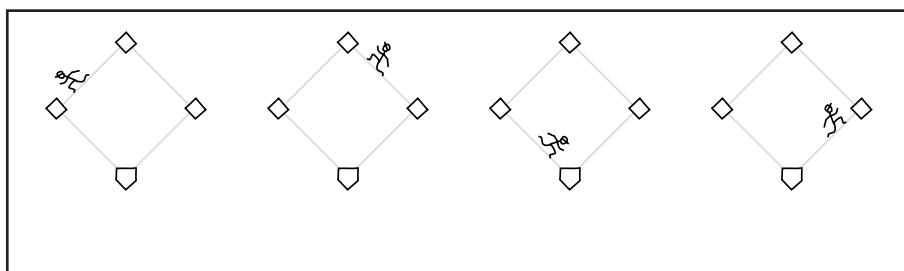
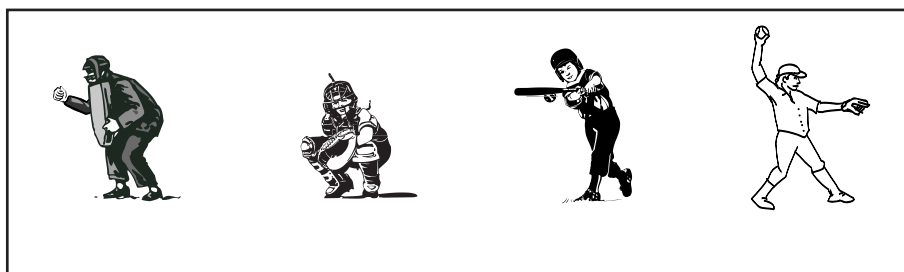
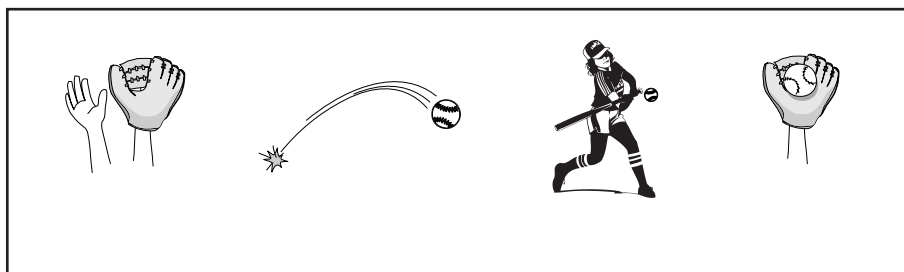
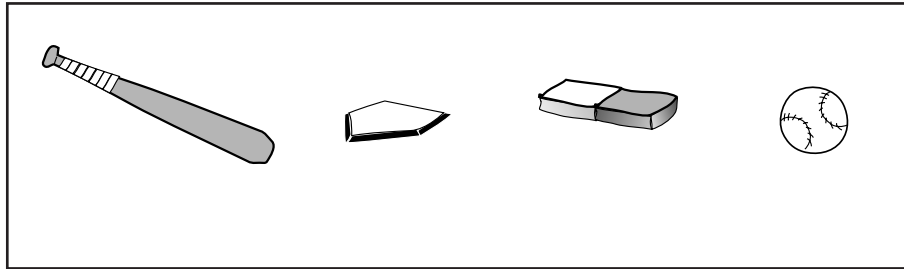


hips open

hips close

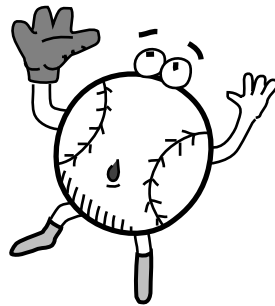
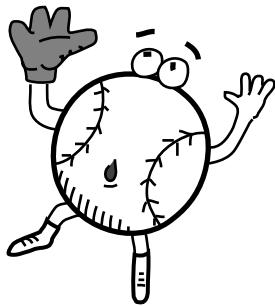
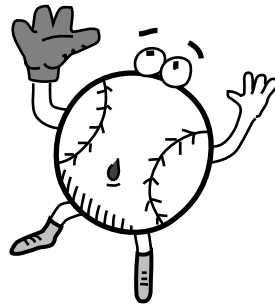
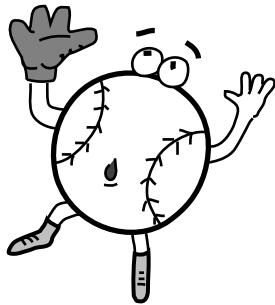
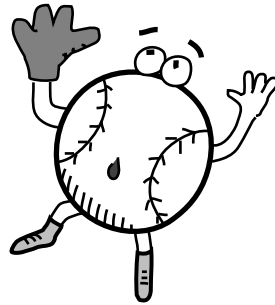
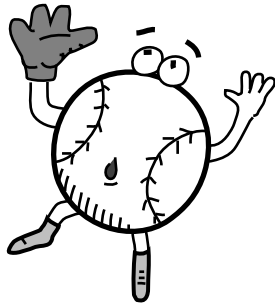
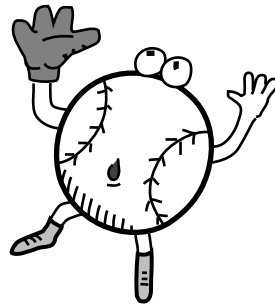
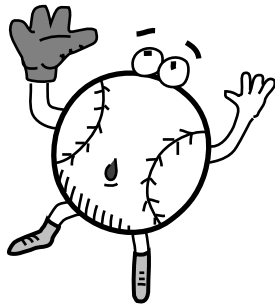
**Can you put each set of pictures in  
the right order?**

Number them 1 - 4



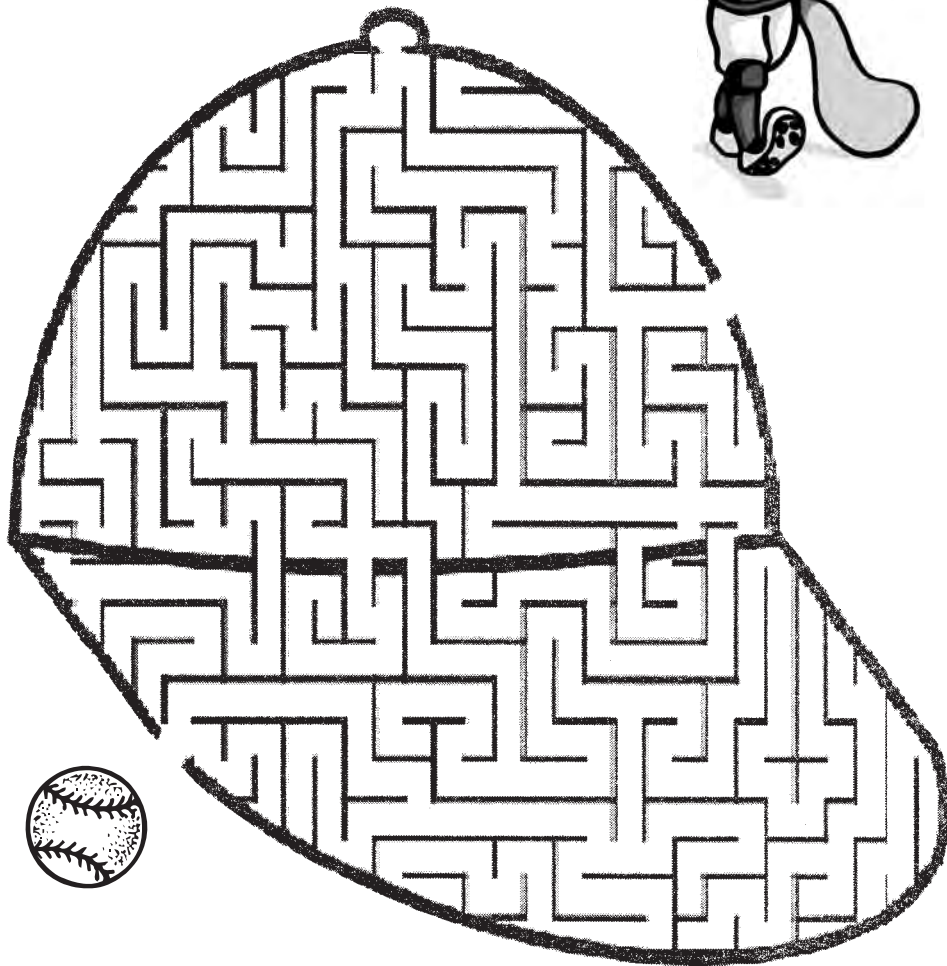
# Chuck is seeing doubles

Which two are actually the same?

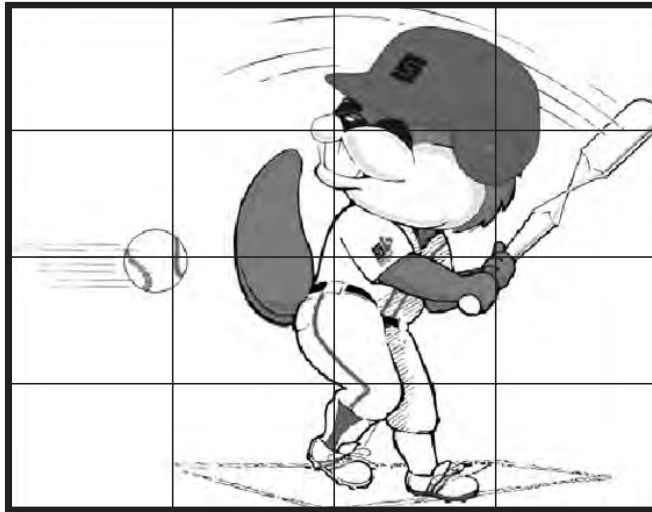


## Help Ellie catch the ball.

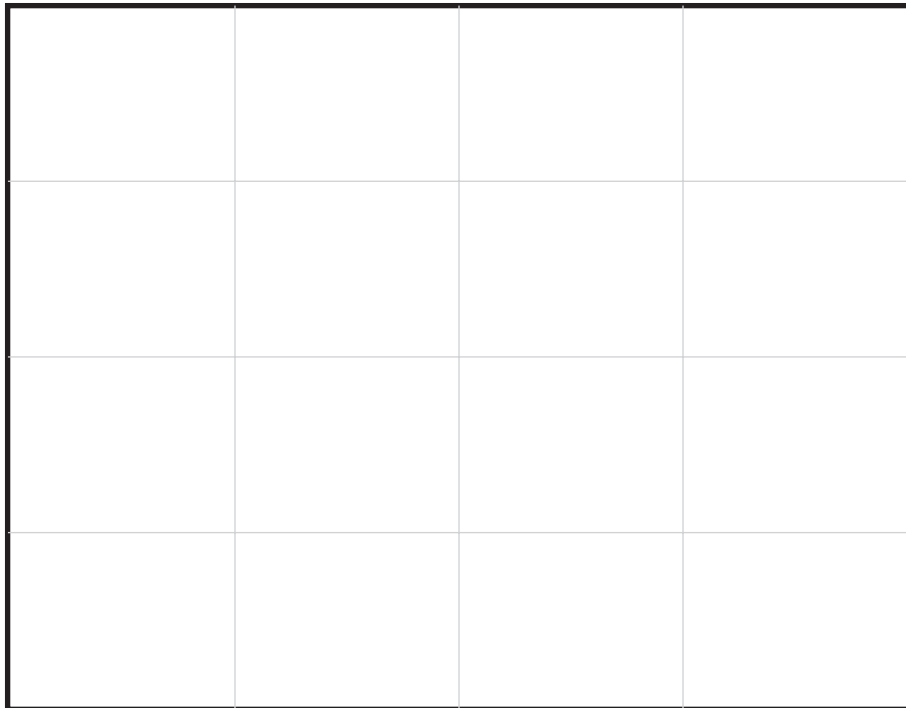
She wants to make the right play by throwing it to second base.



**Ellie is an excellent drawer as well as catcher.**

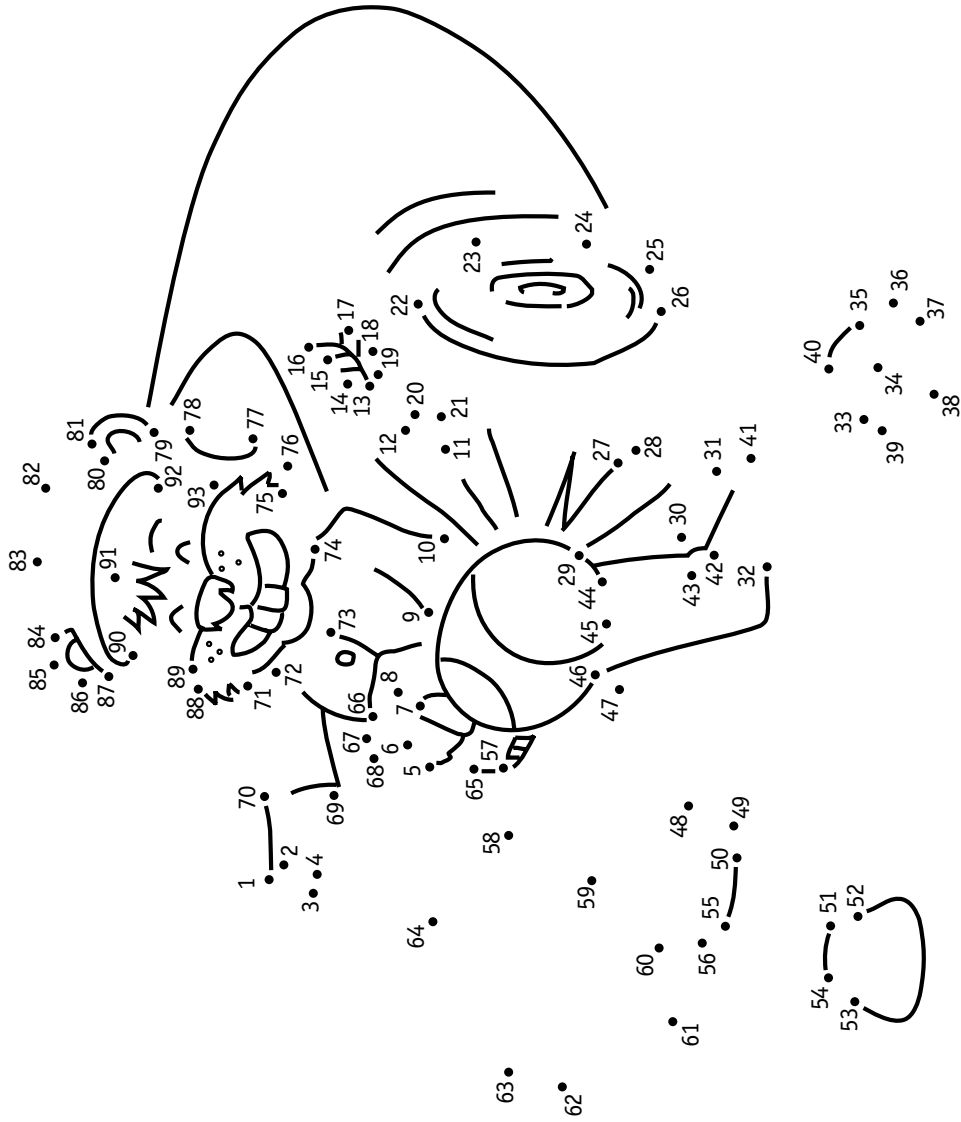


Use the grid to help enlarge the picture.





# Can you figure out what Chuck is doing?



# Softball Skills 101

Softball is a team sport. Your teammates depend on you to do your best, just as much as you depend on them to try their hardest.

**Here are a couple tips to follow to improve your sportsmanship:**

- Listen to what your coaches and other teammates are saying always
- Cheer on the players at bat and on the field
- Shake hands after the game
- Say only positive comments
- Do only helping behaviours
- Think safety for yourself and those playing with you
- Be willing to learn and be willing to teach others

## HAVE FUN

It doesn't matter if you win or lose, but only that you played the game



# Player's Checklist

I can:

- Accurately throw to my cutoff person
  - Demonstrate the pitching movement
  - Throw at a target while moving
  - Name two safety rules
- 
- 

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

- Led warm up stretches
- Helped to put the equipment away
- Started a team cheer
- Learned something new from a teammate
- 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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