



Fundamentals of Coaching Softball

Available at www.nfhslearn.com

The Fundamentals of Coaching Softball course was developed in partnership with the Amateur Softball Association (ASA) and USA Softball. It provides a unique student-centered curriculum on essential softball coaching techniques and methods for interscholastic teacher/coaches. 8-time National Champion and Olympic Gold Medal winning softball coach, Mike Candrea hosts the 6 unit course. Skills videos and printable materials are readily available to the coach through the Resources section of the course.



This course fulfills the sport-specific requirement of the NFHS National Coach Certification Program

Welcome Dan Schuster | HELP

Fundamentals of Coaching Softball

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- Unit 1: Basic Skills
- Unit 2: Offensive Skills
 - Hitting
 - Bunting
 - Base Running
 - Sliding
- Unit 2 Test
- Unit 3: Position Play
- Unit 4: Team Defense
- Unit 5: Developing a Practice Plan
- Unit 6: Coaching Tips
- Course Evaluation

Key positions of the swing

1. Stance
2. Negative move
3. Toe touch
4. Heel plant
5. Connection
6. Bat lag
7. Contact
8. Extension
9. Finish

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TRANSCRIPT RESOURCES GLOSSARY

ASA THE NATIONAL GOVERNING BODY OF SOFTBALL

Developed by:



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