



## ABOUT THE TRAIN TO COMPETE STAGE

This stage immediately follows the adolescent growth spurt. Train to Compete athletes are committed with recognized talent who have chosen the high performance pathway that few others pursue. They must strive to deliver consistent high performance results in both training and competition. Athletes should receive individualized tailored annual plans that address their shortcomings as well build on their strengths with an eye to future needs at the next stage. A one-sport focus towards softball and specializing in one position (but play 1-2 other positions) is recommended to achieve greatest results. Players are becoming more independent, responsible and accountable in making decisions that affect their training and playing performances including training on their own. Athletes are committed to high levels of year-round training and high level competitions and are striving to be valued members of Provincial and Junior National teams. All technical skills should be consolidated and moving to refined by the end of this stage. This is a critical time for strength and power development in both male and female players. Athletes begin to identify factors that contribute to their Ideal Performance State (IPS) and work towards achieving this state for every competition. Formal competition becomes more prominent in annual periodized training, competition and recovery plans, and includes major national and international events. Balancing sport participation/training with schooling, part-time work, family and relationships can be a challenge so time management skills are vital.

### Female Players

- Players should be educated about sound nutrition, the risk posed by female athlete triad and about resources available to them if there are concerns about disordered eating or potential eating disorders.
- A sense of belonging remains important to female softball players at this stage

## SEASON STRUCTURE

- Competition/Training Ratio: 50%/50%
- Pre-Season: 15-20 practices
- Competitive Season: 12-16 weeks
- Softball-specific activities per week: 4-8 times including fitness and mental skills training
- Players take part in complementary physical activities/sports in the off-season

### Long-Term Player Development in Softball

*Softball Canada has a plan to systematically develop players once they enter the sport up until they reach their full potential. We call this process Long-Term Player Development (LTPD). This means:*

- *Teaching the right skills at the right time;*
- *Developing appropriate speed, strength, endurance and flexibility, and;*
- *Holding competitions suited to the developmental age of the players.*

*It's all about doing the right things, at the right time and in the right way.*

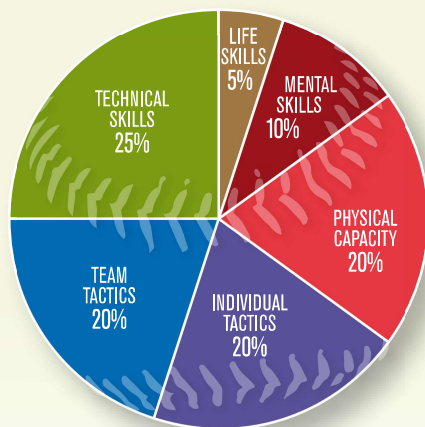
For more information about LTPD and more details about this stage, visit:

<https://softball.ca>

## THE FIVE-SEGMENT MODEL

At every stage of LTPD, players need to develop stage and age appropriate skills and capacities in each of the 5 following areas: technical skills, tactical skills, physical capacities, mental skills and life skills. Each capacity has different levels of importance at different points in a player's development. For the Train to Compete stage this means:

### Best Use of Softball Time



### Train to Compete Basics:

- ✓ Provide a year-round, high-intensity training program directed at individuals as well as the team as a whole which includes softball-specific training and testing.
- ✓ Design and implement training programs to raise the athletes' performance capacity emphasizing the 5 S's (Stamina, Strength, Speed, Skills and Suppleness) which is based on the individual needs of each player as well as the team as a whole.
  - Teach players, who are now proficient at performing fundamental and advanced softball-specific skills, to perform those skills under a variety of conditions during training and competitions.
  - Place special emphasis on optimum preparation by modelling high-level competitions in training in order to perform on a regular and consistent basis at identified major events domestically and internationally.
  - Individually tailor, to a greater degree, fitness programs, recovery programs, psychological preparation, and technical development to meet the player's individual needs, address each player's strengths and weaknesses and position-specific needs.
- ✓ Utilize periodization strategies to effectively manage the athlete's/team's annual and multi-year schedule including tapering and peaking for identified competitions, to accommodate the large increase in training volume in this stage.
- ✓ Change the training to competition ratio to 50% training to develop technical/tactical skills and improve fitness and to 50% competition and competition-specific training.
- ✓ Introduce players to working with an Integrated Support Team (IST) consisting of a sport psychologist, nutritionist, exercise physiologist, strength and conditioning coach and a medical team (physician, athletic therapist, physiotherapist, massage therapist, chiropractor) to enhance player and team performances.
- ✓ Debrief and reflect post-training and post-competition to find ways to enhance athlete's future performances by identifying factors that contribute to their Ideal Performance State (IPS) and work towards achieving this state for every competition.
- ✓ Conduct critical evaluation of the program at regular intervals throughout the season with coach and player(s) thoroughly examining competition results, achievement of team and individual goals and how the player and team prepared. Together, the coach and player(s) will make modifications for the next cycle.



# Train to Compete (T2C)

MALES: 16 – 23 +/- YEARS  
FEMALES: 15 – 21 +/- YEARS

## PHYSICAL CAPACITY

### Development Priority

	Low	Med.	High
Endurance	■		
Speed - Hand/Foot			■
Speed - Whole Body			■
Speed - Endurance	■		
Relative Strength		■	
Strength - Endurance	■		
Explosive Power			■
Flexibility		■	

### NOTE

Highest training priority is power development, and throwing/running speed.

At this stage objective is to maintain previously developed flexibility.



### Athletes with Disabilities

Athletes with a disability should take part in sports they like and feel they have success in, becoming more specialized at this level.

- Provide opportunities to continue to develop softball specific skills, while introducing athletes to an Integrated Support Team, specific to their individual needs.
- Listen to the athletes as they are the experts on their own disability and know what adaptations they may require.
- If necessary, inform officials and opposing coaches of any adaptations to the equipment, skills, and rules, ensuring athletes with disabilities are able to compete at their full athletic potential.

## MENTAL SKILLS

### Skill Competence

	I	D	C	R	M
Confidence and Presence				■	
• Robust sense of confidence and clear identity					
• Embraces pressure situations					
• Visualization					
Grit				■	
• Consistent passion and long-term commitment					
• Consistent mental practice and preparation					
• Clear goals and competition plans					
Resilience				■	
• Mental toughness					
• Adversity as opportunity to improve					
• Emotion regulation and composure					
Focus and Intensity Regulation				■	
• Clear understanding of and plan for getting to optimal performance level					
• Attention/focus regulation (development of mindfulness, cue recognition, anticipation)					
• Arousal regulation (breathing)					
Team Player				■	
• Embraces and prepares for role					
• Relationship, communication, and leadership skills					
• Alignment with team culture on and off field					

### NOTE

At this level skills and strategies are refined and athletes are demonstrating consistent mental practice and mental performance.

Anxiety reduction and emotional control in high pressure situations becomes more important. Error reduction and good decision making are now critical.

## LIFE SKILLS

Athlete committed to high performance and eventually making national teams.

Athletes have refined sound nutrition and hydration protocols for daily living, training, competition and recovery.

Player is comfortable traveling independently to and from regional/national training and competition

Athlete maintains balance between softball, school and social life.

Understands and appreciates cultural differences and is comfortable with international travel experiences.

Understands doping control, avoids untested supplements, and is committed to drug free sport.

## SLEEP

Duration: 8-10 hours +30 minute nap between 2-4pm

- Focus on reducing sleep debt. Get 56-70 hours of sleep/week
- Do not train if unrested and sleep deprived
- Avoid technology (screen time) before bed
- If you sleep is poor seek help



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## SOFTBALL TECHNICAL / TACTICAL SKILLS

All technical/tactical skills should be highly consolidated and moving to refined by the end of this stage. Athletes are working with a Competition - Development or Competition - High Performance Certified coach to provide quality feedback and a year round, customized high-intensity training program. They are beginning to use specialists in areas such as strength and conditioning, sport psychology, and sport nutrition to further individualize their training. To increase the likelihood of future success, players must test their technical, tactical, physical and mental competencies in different circumstances and conditions.

### SKILLS

**LEGEND FOR SKILL DEVELOPMENT:** I - Introduce, D - Develop, C - Consolidate, R - Refine, M - Maintain  
**Bold text** – skill/tactic is a priority at this stage

#### OFFENSIVE SKILLS

##### SUB-SKILL

#### HITTING

		I	D	C	R	M
<b>Hitting Mechanics</b>	<b>Loading (Front Foot to Hand Separation)</b>		<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	Weight Transfer (From Back to Firm Front Side)			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	Palm Up /Palm Down Through Contact			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	Stacked Position at Contact			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
Eye/Hand Coordination	Bat Control				<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
<b>Strike Zone Awareness</b>						
Avoiding Pitch						

#### **Pitch Recognition (After Release) Spin Recognition and Reaction**

		I	D	C	R	M
<b>BUNTING</b>						
<b>Sacrifice Mechanics</b>	Split Hands With Firm Grip			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	Barrell Above and in Front of Hands			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	Head/Eyes at Top of Strike Zone			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	Absorb the Ball (Contact End of Bat)			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
<b>Drag Bunt Mechanics</b>	Move Through the Box to Pitcher (Back Foot to Pitcher)		<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
<b>Push Bunt</b>				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	

#### SLAP HITTING

		I	D	C	R	M
<b>LH Running Slap</b>	Cross Over Step Towards Shortstop			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	Hands Above Strike zone			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	Controlled Bat Path in a Downward Movement			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	Barrell Lags Behind Hands to Hit Ball to Left side			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
<b>Stationary Slap</b>				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	

#### BASERUNNING

		I	D	C	R	M
Getting Out of Batters Box						<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
<b>Running to 1st Base</b>						<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
<b>Rounding Base</b>	Question Mark Turn			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
	J turn			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
<b>Lead Offs</b>				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
Tagging Up				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
<b>Stealing</b>						<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>

#### SLIDING

		I	D	C	R	M
Bent Leg Slide						<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
Dive Back				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>
<b>Head First Slide</b>				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
<b>Back Door Slide</b>				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
<b>Pop Up Slide</b>						<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">M</span>



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## SKILLS

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### DEFENSIVE SKILLS

#### SUB-SKILL

THROWING		I	D	C	R	M
Overhand Throwing Mechanics	Elbows and Shoulders Level					
	Pull Front Elbow into Body on Shoulder Rotation					
	On Release Throwing Elbow Above Shoulder					
	Ball Release Creates a 12-6 Rotation on Ball					
	Transition Footwork (Shuffle or Crossover)					
Side Arm Throwing						
Flips and Tosses						
Throwing on the Run						
RECEIVING THROWS		I	D	C	R	M
Soft Hands (Absorbing Ball)						
Transfer						
FIELDING		I	D	C	R	M
GROUND BALLS						
Ready Position						
Ground Ball Fielding Mechanics	Glove Foot Ahead of Throwing Foot					
	Glove Fingers Point Down/Out Front and Down					
	Bum Down, Weight on Balls of Feet, Eyes Up, Chin Down					
	Throwing Hand Follows Ball into Glove					
Glove Work	Forehand					
	Backhand					
	Short hops					
FLYBALLS						
Flyball Fielding Mechanics	Get Behind the Ball, Glove Foot Ahead of Throwing Foot					
	Wrist Back, Glove Above Forehead and Center of Body					
Flyball Footwork	Drop Step					
Flyball Catches	Basket Catch					
	Over Shoulder Catch					
Diving Catches	Feet First Sliding					
	Head First Dive					
Playing the Sun						
Fielding At / Off Fence						
MULTIPLE PLAYER DEFENSIVE SKILLS		I	D	C	R	M
Tag Plays						
Cut Offs						
Relays						
Rundowns						





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### DEFENSIVE SKILLS

#### SUB-SKILL

#### PITCHING

		I	D	C	R	M
<b>Pitching Mechanics</b>	Leg Drive					
	Stacked or Power Position					
	Arm Action in Joint Sequence					
	Hides Pitches					
Pitches (Mastering 2 Pitches and Working on 1)	Fastball					
	<b>Change</b>					
	<b>Drop</b>					
	<b>Rise</b>					
	<b>Curve</b>					
	<b>Screw</b>					
Control (In and Out of Strike Zone)	<b>Throw to Multiple Locations</b>					
	<b>Throw One Pitch to Multiple Locations</b>					
	<b>Throw Multiple Pitches to One Location</b>					
Pitch Out						

#### CATCHING

		I	D	C	R	M
Receiving Position						
<b>Blocking</b>						
<b>Framing</b>						
<b>Throwing to Bases</b>	Around Batter					
	<b>From Knees</b>					
Giving Signals						
Balls at the Backstop						

#### INFIELD

		I	D	C	R	M
<b>MIDDLE INFIELD</b>						
<b>Double Play Footwork</b>	<b>Receiving</b>					
	<b>Throwing</b>					
Relay Throws						
<b>CORNER INFIELD</b>						
Fielding Bunts						
1st Base Skills	Footwork at Bag					
	Stretching					
	Picks					

#### OUTFIELDERS

		I	D	C	R	M
Long Throw Mechanics	Approach to Ball					
	Crow hop					
Safety Catch						



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## TACTICS

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### OFFENSIVE TACTICS

#### SUB TACTIC

#### HITTING TACTICS

		I	D	C	R	M
🍁 Situational Hitting	<b>Hitting Behind Runner</b>	<span style="background-color: #f8d7da; border: 1px solid #f5c6cb; padding: 2px;">I</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	<b>Hitting With Runner on 3rd Less Than 2 Out</b>	<span style="background-color: #f8d7da; border: 1px solid #f5c6cb; padding: 2px;">I</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>		
	<b>Hitting Strategy (Bunt, Slap, Hit Based on Defensive Positions)</b>		<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
🍁 Making Adjustments	From at Bat to at Bat or Within at Bat			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	<b>From Pitcher to Pitcher</b>			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
🍁 Pitch Recognition (Pre Release)	Picking Pitchers (Recognizing Pitches Before Release)	<span style="background-color: #f8d7da; border: 1px solid #f5c6cb; padding: 2px;">I</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>		
	<b>Recognizing Defensive/Catcher Positioning</b>	<span style="background-color: #f8d7da; border: 1px solid #f5c6cb; padding: 2px;">I</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>		

#### BASERUNNING TACTICS

		I	D	C	R	M
Delayed Steal			<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
Reading and Reacting	Coach Signals			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	Passed Ball/Wild Pitch			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	<b>Hit Ball</b>			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	<b>Lead Runner</b>			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
<b>Blocking Throws Between Bases</b>			<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
1st and 3rd Steals			<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
Rundowns	Escaping			<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
	<b>Staying in Rundown to Advance Runner</b>		<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	

#### HITTING/BUNTING TACTICS ON STEAL PLAYS

		I	D	C	R	M
Protecting the Runner					<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
Run and Bunt / Hit / Slap				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
Fake Bunt				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
<b>Contact Play (Runner on 3rd)</b>			<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>		
<b>Squeeze Play</b>				<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	

#### COMMUNICATION

		I	D	C	R	M
🍁 Relaying Information About at Bats to Teammates			<span style="background-color: #f8d7da; border: 1px solid #f5c6cb; padding: 2px;">I</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	
🍁 Relaying Information to Hitter About Catcher Positioning (In/Out)			<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">D</span>	<span style="background-color: #d4edda; border: 1px solid #c3e6cb; padding: 2px;">C</span>	<span style="background-color: #d1ecf1; border: 1px solid #bee5eb; padding: 2px;">R</span>	





# Train to Compete (T2C)

MALES: 16 – 23 +/- YEARS  
FEMALES: 15 – 21 +/- YEARS

## TACTICS

LEGEND FOR SKILL DEVELOPMENT: I - Introduce, D - Develop, C - Consolidate, R - Refine, M - Maintain  
**Bold text** – skill/tactic is a priority at this stage

### DEFENSIVE TACTICS

#### SUB TACTIC

		I	D	C	R	M
Communication With Teammates Pre Pitch	Indicating the Number of Outs					
	<b>Defensive Positioning Communication</b>					
Communication With Teammates During Plays	Calling for the Ball					
	Calling Which Base to Throw to					
	Calling Bunt/Slap/Steal					
Backup Plays	On a Hit Ball					
	On a Throw to a Base					
Coverage Plays (Defensive Movement)	Balls Hit to Infield and Outfield					
	🇨🇦 Bunt Plays					
	Slap Plays					
	Steals					
	<b>Secondary Plays</b>					
	🇨🇦 Passed Balls/Wild Pitches					
<b>Fake Throw</b>						
Angles to the Ball	Flyballs					
	Groundballs					
Pitcher/Catcher	🇨🇦 <b>Pitcher Game Management</b>					
	🇨🇦 <b>Catcher Game Management (Pitcher and Team)</b>					
	🇨🇦 <b>Calling Pitches</b>					
TEAM DEFENSIVE STRATEGY		I	D	C	R	M
Defensive Positioning	<b>Game Situation (# Outs, Score, Inning, Runners on Base)</b>					
	<b>Based on Current Hitting Tendencies or Pitches Being Thrown</b>					
	Scouting Reports					
	<b>Field or Environmental Conditions</b>					
Set Plays	Pickoffs					
	1st and 3rd Plays					
Situational Plays	Steal Defense					
	Slap Defense					
	Winning Run and Bottom of Inning Defense					
	Bunt Defense					