

INTRODUCTION

The Softball Community Coaching Program (SCCP) aims to develop a network of capable coaches who can deliver a variety of Softball experiences which enhance the health and social benefits of participants. The program is not designed to promote winning or technique but rather identify and support coaches through a well-constructed learning framework. In other words, the focus is not on skills and drills but on the teaching and learning method.

The SCCP is designed to train coaches, players and the community to deliver Game Sense programs. In particular, it aims to help the community coaches understand the basics of:

- What motivates and engages coaches to deliver activity-based programs, known as the Game Sense approach
- How to develop Game Sense sessions through:
 - Good planning
 - Efficient organisation
 - Effective communication and coaching techniques that can:
 - Maximise the involvement and enjoyment of all participants
 - Establish positive relationships/experiences
 - Provide optimal development opportunities for participants and their families

OBJECTIVES OF SCCP

The objective of the SCCP is to build a coaching workforce with the appropriate skills and training to deliver community based Softball events and programs, such as:

- Softball Batter Up (SBU)
- Indigenous Softball Program (ISP)
- Culturally and Linguistically Diverse (CALD)
- Disability Softball Program (DSP)

LEARNING OBJECTIVES

At the completion of the induction program, participants will be able to:

UNDERSTAND

- The objective of the SCCP
- Rationale behind the Game Sense approach

PLAN AND PREPARE

- Physical activity sessions that are relevant to the likes and needs of all participants with a focus on participation for all abilities
- Organise the human and physical resources necessary to conduct the physical activity sessions

CONDUCT

- Structured physical activity sessions relevant to the likes and needs of the participants
- Communicate effectively and establish positive relationships with adults and children who are involved in the session
- Effectively manage time during the physical activity sessions to maximise participation

MONITOR AND REVIEW

- Adjust activities to suit the needs of individual participants
- Ensure the safety of self and others and manage emergency situations

EVALUATE

- Evaluate sessions and their own coaching behaviour (self-reflection) and modify as appropriate



When planning activities make sure you have the equipment required to deliver the session

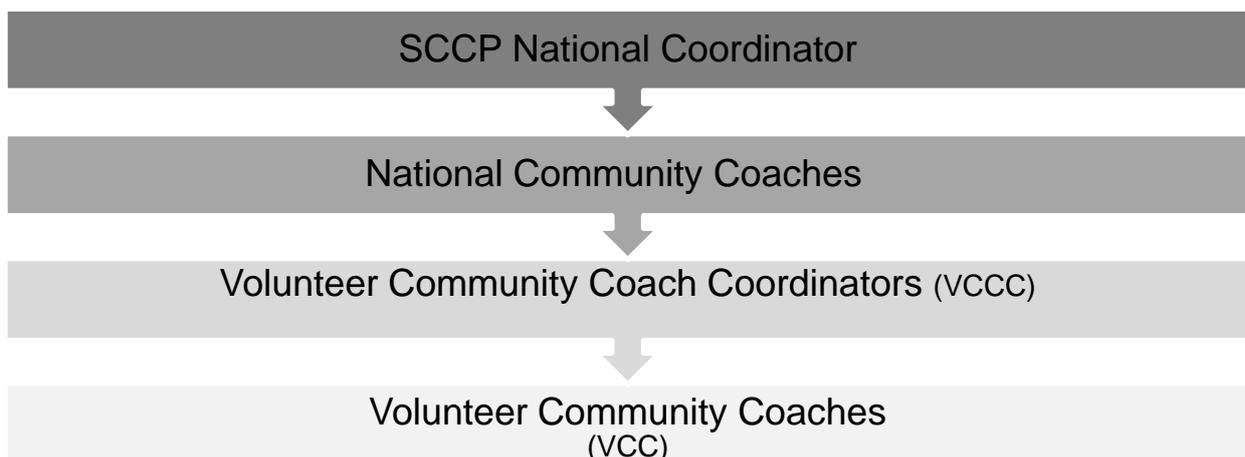
UNDERSTANDING THE SCCP

WHAT IS THE SCCP?

The SCCP is a Softball Australia initiative funded through the Australian Sports Commission to provide coaches with the appropriate information, and coaching support to deliver Game Sense programs with a focus on participation and engagement.



SCCP ORGANISATIONAL CHART



HOW DO I GET INVOLVED?

- **SEARCH** SAL and /or association websites for SCCP training session dates
- **CONTACT** SAL or your local association to find out who offers SCCP training session
- **SPEAK** to a VCCC
- **COMPLETE** and return the Registration Form form to a VCCC who will confirm your registration by email or phone

On completion of the induction program, coaches will receive:

- Ongoing support from VCCC and NCC
- Community coach visits to selected session from your VCCC
- Feedback on the session
- Ongoing mentoring
- Coach development and training opportunities
- Access to online resources



Discussing next activity for the group at Epping Views Primary School

**Graceville State Primary School,
Grades 1 and 2 participating in SCCP
activities**



ROLES AND RESPONSIBILITIES

VOLUNTEER COMMUNITY COACH

- Deliver the SCCP as fun, inclusive, engaging and safe
- Understand that the activities must meet the abilities of the participants
- Capacity to plan, prepare and deliver appropriate sessions, with knowledge of the CHANGE IT philosophy
- Get involved at a grassroots level in your Softball Community
- Have access to online resources and updates

VOLUNTEER COMMUNITY COACH COORDINATOR

- Build and maintain a network of trained community coaches within a specified region of Softball, at a grassroots level
- Promote the SCCP as fun, inclusive, engaging and safe
- Presenters/ Assessor Certificate or willing to complete
- Deliver SCCP induction training and provide quality assurance and ongoing feedback to VCC
- Deliver the resources, tools, products and services to meet the identified requirements of the SCCP
- Work cooperatively with staff, coaches and volunteers to contribute to the development and delivery of the SCCP
- Where possible, utilise SAL programs and resources, such as SBU, ISP and Softball in Schools and relevant ASC Programs, including AASC and Coach Accreditation
- When required, provide verbal and written progress reports
- Provide constructive feedback to NCCC to continually improve the SCCP
- Ensure compliance with relevant SAL policies and processes, eg Member Protection Policy, Codes of Conduct, relevant Working with Children Checks, police checks etc

NATIONAL COMMUNITY COACH

- Build a network of trained community coaches within a specified region through the delivery of a high quality coach education program.
- Ensure that the new network of community coaches are delivering Game Sense approach which is fun, engaging and safe
- Work with coaches and community from all levels
- Current Presenters/ Assessor Certificate
- Deliver on the ground training 'Game Sense' approach which are fun, engaging and safe to VCCC and VCC to engage participation in Softball
- Deliver the SCCP throughout the specified region under the direction of the SCCP Project Team and work closely with VCCC in those regions
- As a member of the SCCP Project Team, build and maintain SAL relationships with key stakeholder groups including (but not limited to) Member States, associations and clubs, the ASC, program sponsors, and State Sport Recreation Departments
- Build a visible community coaching workforce who can assist with the development and involvement of new coaches and Softball at a grassroots level

- Work cooperatively with coaches, staff and volunteers, alongside SAL staff, contributing to the development and delivery of the SCCP
- Ensure appropriate links are developed with other SAL programs and resources such as ISP, SBU and Softball in School and with relevant ASC Programs, including AASC and Coach Accreditation
- Provide verbal and written reports as required by NCCC, SAL, the ASC and other stakeholders
- Provide timely, quality and relevant information to the SAL SCCP plan and actively support the delivery of that plan
- Actively contribute to the work of the SAL Participation and Coaching Committees, and other relevant committees and working groups
- Ensure compliance with relevant SAL policies and processes, eg Member Protection Policy, Codes of Conduct, relevant Working with Children Checks, police checks etc



**Brisbane Softball Association
U15 Development Squad participating
in SCCP activities**



GAME SENSE

WHAT IS GAME SENSE APPROACH?

The Game Sense approach uses games rather than drills to introduce the skills and tactics of a particular sport or physical activity.

WHY USE THE GAME SENSE APPROACH?

The SCCP utilises the Game Sense approach to provide all participants with a positive Softball experience. It creates a fun and inclusive environment allowing participants of all abilities to have an engaging, positive and successful experience.

RATIONALE

Competitive Softball is a complex, highly skilled sport which can be difficult for learners to comprehend. It can be quite intimidating for beginners, particularly if there are varying levels of experience within a group.

By using a Game Sense approach combined with fun activities, the coach can introduce some of the fundamental skills of Softball (eg throwing, catching, hitting and running) in a non-threatening yet engaging environment.

The Game Sense approach is underpinned by the following concepts:

| | |
|---------------------------------|--|
| The game is the focus | The coach enables players to develop sporting skills and tactics by playing fun games |
| Coach is the facilitator | Rather than direct players how to perform skills, the coach acts as a facilitator and sets challenges for the players to find solutions through games |
| Discrete coaching | Players are coached discretely, allowing games to continue where possible Creating an encouraging and supportive environment will build player confidence and self-esteem |
| Ask the players | Engaging players and increasing participation, coaches can ask the players questions on how they think the games can be modified to make them easier or harder |
| Making changes | Game variation to create fun, safe, inclusive environments and modifications to challenge participants |

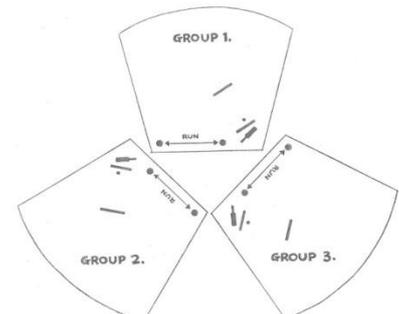
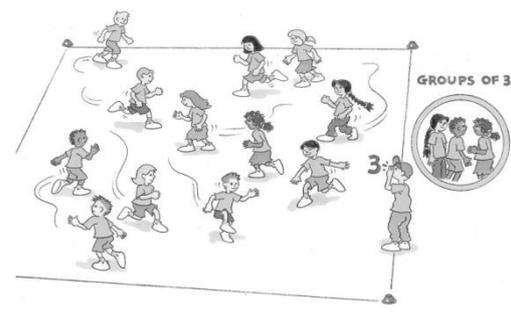
CONSTRUCT A SESSION

There are three key areas that a coaches needs to be prepared for when delivering a Game Sense session. As you will see when you work through planning, building and conducting a session, it will give tangible ideas and ways to implement these key areas into your session.

PLANNING A SESSION

Coaches will learn how to plan a session to suit the ability of the group through the Game Sense approach.

When planning, you should consider the following:

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|---|--|
| <p>PLANNING</p> <ul style="list-style-type: none"> ➤ Walk through the session in your mind before you conduct it ➤ Anticipate what you might do if things aren't working ➤ The better prepared you are with a plan, the more confident you will feel <p>Plan for:</p> <ul style="list-style-type: none"> ➤ Repetition over weeks to allow for learning and consolidation ➤ Variety in activities to cater for short attention spans ➤ Variety within a game (making changes) or a different game |  |
| <p>SETTING UP</p> <ul style="list-style-type: none"> ➤ Know what you will need to run the session ➤ Equipment and necessary area ➤ Set up for activities ahead of time |  |
| <p>FORMING GROUPS</p> <ul style="list-style-type: none"> ➤ Forming a group should be quick and easy and will avoid players being 'left behind' ➤ Group sizes may change with the activities you plan for your session ➤ Matching players of different abilities may be appropriate in some situations |  |