

Plainville Little League

Frequently Asked Questions

Division: AA League Softball (Minor Coach Pitch)

Equipment:

- *Provided by League:* Team Bats, Team Helmets, Catchers gear, Softball Shirt & Visor
- *Required:* Softball glove, Softball pants, sneakers or Softball cleats (recommended)
- *Optional:* Softball socks, Individual Helmet with face guard, Individual Bat & Bat bag

Team Selection:

Manager can choose one coach remaining team is selected by blind draft

Practices:

- How many per week- 2
- Approx. Length- 1.5 hrs.
- What to expect-
 - Throwing – begin throwing progression (wrist snaps, turning body, follow through)
 - Catching – building catching confidence, glove positioning, beginning to have partner catch
 - Hitting – starting to get their hands to the ball quickly, eliminate extending of the arms too early
 - Base Running – Explanation of outs, running through first base, stopping on the appropriate bases
 - Movement – beginnings of coverage of bases, backing up, etc.
 - Pitching – introduce the concept of pitching if talent warrants (especially in 8 yr olds moving up next season)

Games:

- How many per week- 1-2 per week
- Locations- Home (Gnazzo), Away (require travel to towns including but not limited to Bristol/Terryville)
- Approx. Length- 90 minutes

Division Specific Information:

- No jewelry
- Continuous Batting Order
- 5 strikes (maximum), a tee will be put up for the batter
- All games have a time limit of 90 minutes
- Bat the whole line-up once to end a half inning
- No leading or leaving early
- Overthrow allowed one base
- No keeping score!!!