



softball

Season Planning

Planning for the season involves selecting the season content (objectives that involve skills, rules, strategies, conditioning, and attitudes), and organizing it into a plan from which practices, games, and other events can be efficiently managed. This section will provide reasons why planning will be useful to you. It covers steps you can use to develop a season plan, gives helpful examples of season objectives and examples for completing a season plan.

I. ORGANIZED PRACTICES ARE VITAL TO MAXIMIZING THE BENEFITS OF YOUTH SPORTS AND MINIMIZING POTENTIAL NEGATIVE EFFECTS. A WELL PLANNED PRACTICE CAN RESULT IN THE FOLLOWING BENEFITS:

- A. Maximize practice time.
- B. Assure that the season objectives judged most essential will be included at the appropriate time during the season.
- C. Match practice activities with your coaching role and season goals.
- D. Reduce the total time used for planning practices.
- E. Effectively prepare the team for competition.
- F. Facilitate making day to day adjustments in planning objectives.
- G. Provides an important deterrent to liability lawsuits.

II. DEVELOP A SEASON PLAN

Several steps related to your role as a coach can be used to develop a season plan. They involve:

- A. Identifying the goals and objectives of the season.
- B. Sequencing them into those that you wish to accomplish in the pre, early, mid, and late season.
- C. Identify practice objective

III. ATTITUDES

A primary objective in the season plan should be to have all players feel increasingly better about their ability as the season progresses. Along with the skill areas, this should also occur in the qualities of their character. Such as, persistence, self-control, respect, concentration, and commitment to excellence.