



LEARNING BANDS 3-4

SIX SESSIONS



Australian Government
Australian Sports Commission

FUN COMMUNITY DIVERSITY
EXCELLENCE TEAMWORK

SESSION ONE 3-4

2 SQUARE BOUNCE

Learning intention

2 square bounce aims to develop the concepts of finding space, anticipation, teamwork and deception.

How to

1. Players form pairs and take sides opposite each other on the court. The player with the ball serves. The ball must cross the line above waist height.
2. Play continues until 1 player cannot return the ball after 1 bounce, or the ball is thrown out of court, or the receiver drops the ball. The serve alternates between players.
3. Play to a specified number of points, or set a time limit. 1 point is scored for winning the rally.

Category Starter

Time 10 minutes

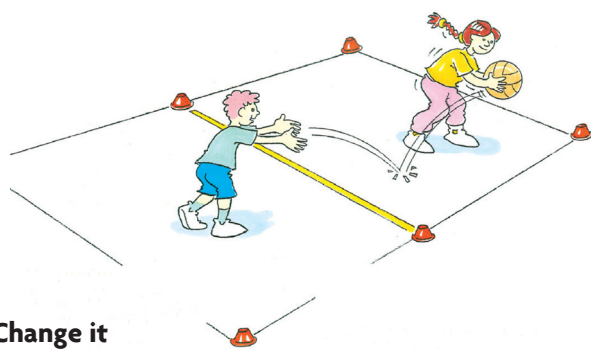
Equipment 1 volleyball or similar per pair
6 marker cones per court
A court surface that allows the ball to bounce

Skill focus

Catching, throwing, bouncing and teamwork

Content descriptions

ACPMPO43, ACPMP061



Change it

- > Play 3 v 3 and alternate serves
- > Restrict the time in possession depending on the ability of the players, eg 3 seconds or more
- > Provide a no-go or bounce-free zone
- > Change the type of passes players can use, eg chest pass, one handed pass, overhead pass or underarm pass
- > Change the type of ball used

Questions

- > Where is the best place to bounce the ball when you serve?
- > Where should you stand ready to catch the ball on the bounce?

FIELD HIT

Learning intention

Field hit is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball.

How to

1. 1 batter and 4 dispersed fielders
2. The batter hits the ball off the batting tee into the playing area
3. Fielders field the ball and throw it to the player on 2nd base
4. Rotate positions in the field regularly
5. The batter scores 1 run for each base reached

Category Game application

Time 10 minutes

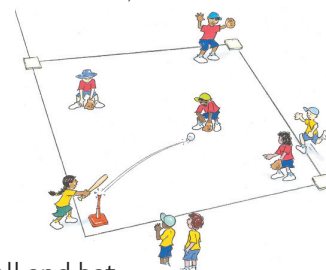
Equipment 1 batting tee per group
1 bat per group
4 foam balls or similar

Skill focus

Fielding, throwing, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Use a larger, softer ball and bat
- > Players kick the ball into play

Harder

- > Batters attempt to run to 1st base before the player on 2nd base receives the ball
- > The ball has to be passed by all fielders before the ball is thrown to 2nd base

Safety

- > Ensure a safe distance is kept around the batter at all times
- > The player at 2nd base rolls the ball back to the coach standing at the batting tee
- > Ensure all players in the field are ready prior to the ball being hit

Questions

- > What can you do as a team to stop the ball getting passed us?
- > What type of throw will be the most accurate?

BEAT THE BALL

Learning intention

Beat the ball is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball.

How to

1. Form a batting team and a fielding team
2. The batting team takes turns to hit the ball off the batting tee
3. After the hit, the batter attempts to run around the bases before the ball is thrown to home plate
4. Fielders must field the ball and throw it in turn to 1st, 2nd, 3rd bases and home plate

Category Game application

Time 30 minutes

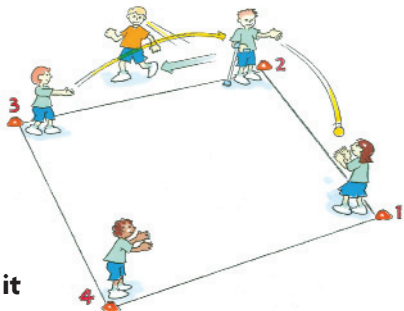
Equipment 1 batting tee, 1 foam bat
1 foam ball
1 marker cone

Skill focus

Fielding, throwing, catching shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Reduce the distance of the bases
- > Players run around a single marker cone set 10 metres away

Harder

- > Players score 1 point for every time they beat the ball
- > If the fielding team successfully catch all 3 throws they earn a point

Safety

Ensure a safe distance is kept around the batter at all times.

Question

- > How can you work as a team to field the ball quickly?

Page 2

CIRCLE SIT

How to

1. Players stand in a circle facing the back of the person in front of them
2. Players are close to each other with the toes of each player touching the heels of the player in front
3. After the count of 3, all players sit down slowly on the knees of the player behind
4. Players stand up on the count of 3

Format

Cooperative play

Questions

- > What did you learn today?
- > What was one thing you did well today?



CHANGE IT

When observing the activity, ask yourself the following questions:

- > Is the game safe and fun?
- > Are all players engaged in the game?
- > Is the objective of the game being achieved?
- > Are all the players being included?
- > Is participation being maximised?
- > Is the game appropriate to the ability level of each player?
- > Are they being challenged?

If the answer to any of these questions is No, then CHANGE IT?

SESSION TWO 3-4

PERFECT CATCH

Learning intention

This activity emphasises a variety of strategies for keeping the ball off the ground, particularly overhead passing.

How to

1. Play in groups of 6-8
2. Each player is given a letter. 1 player begins with the ball.
3. The player throws the ball into the air and calls out another player's letter
4. The player with that letter attempts to catch the ball while other players run away
5. If the ball is caught, the player immediately throws the ball into the air while calling out another letter
6. The game repeats
7. If the ball is dropped, the player fielding the ball calls 'FREEZE'
8. Players freeze
9. The player with the ball has 1 turn to roll the ball at a frozen player
10. If they player doesn't hit a frozen player, they throw the ball back in the air again and call out another letter

Category Starter

Time 10 minutes

Equipment 1 soft core ball per player
1 glove per player (optional)

Skill focus

Throwing and catching

Content descriptions

ACPMP043, ACPMP045



Change it

Easier

- > Allow 1 bounce before the catch if required
- > Reduce the size of the playing area

Harder

- > Add in an additional ball; spread the players out more or delay calling out the letter

Safety

- > Players need to be aware of other players and the space around them particularly when moving to catch the ball

Questions

- > How could we throw the ball to make it harder for the fielders?
- > Can we call something else other than a letter?

FIELDING SOCCER

Learning intention

Fielding soccer combines passing, catching, running and fielding with the need to evade defenders and hit a target. Interceptors have to read the play and anticipate the throw.

How to

1. Mark out an area with marker cones as goal posts
2. Players form into teams of 4
3. Rolling and fielding the ball between their teammates, players attempt to score goals
4. The ball can only roll through goals and cannot be lifted into the air
5. A player cannot run or move off the spot with the ball

Category Get into it

Time 15 minutes

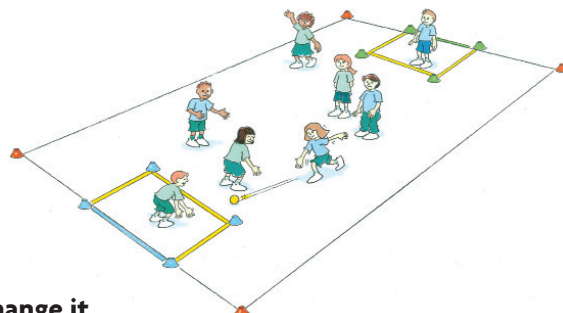
Equipment 1 low impact volleyball (or similar)
12 marker cones

Skill focus

Fielding, catching, defending and teamwork

Content descriptions

ACPMP043, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Reduce the size of the field
- > Have 2 end zones (goals) at each end

Harder

- > Use more than 1 ball at a time
- > Use different sized balls
- > Limit the time in the goal area

Tips

- > Introduce a number of passes before they can shoot a goal

Questions

- > What can you do to help your teammates receive the ball?
- > Where is the best place to stand when defending your opponents goal?

BLAST BALL

Learning intention

Blast ball is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball.

How to

1. Form 2 teams of 6
2. The fielding team take their positions in the field
3. A batter hits a ball off a tee into the field and attempts to reach the blast base before 1st base receives the ball

Rules

- > If the batter reaches the base before a defensive player either catches the ball in the air or fields it and yells BLAST, they score a run
- > The batter can continue running until the fielding team yells BLAST
- > Allow each team to bat through their order before changing over
- > Batters score 1 run for each base reached

Category Game application

Time 30 minutes

Equipment

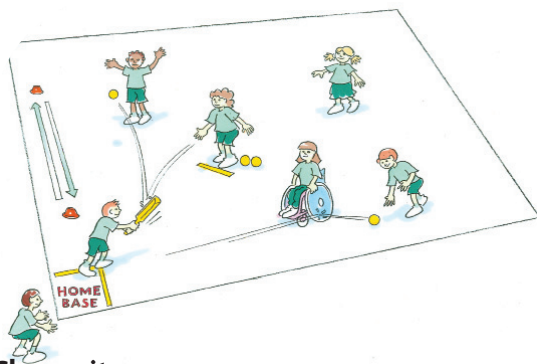
1 batting tee per group, 1 foam bat per group, 1 foam ball per group, 1 Blast base per group

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43. ACPMP045. ACPMP061. ACPMP063



Change it

Easier

- > Reduce the distance to the Blast base

Questions

- > Can you show me what type of throw you would use to get the ball in faster?

FREEZE FRAME

How to

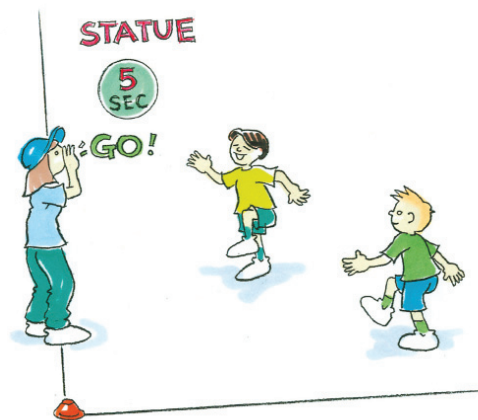
1. Ask players to mime a particular sporting action, eg passing, kicking or throwing
2. Players perform that action until you call 'FREEZE'!
3. You then look at the statues and provide feedback on their technique
4. Try to incorporate stretches

Format

Coach feedback and skill review

Questions

- > What did you learn today?
- > Which activity do you think was the most fun?



GAME SENSE

The game is the focus

The coach enables players to develop sporting skills and tactics by playing fun and competitive games.

The coach is the facilitator

Rather than direct players on how to perform skills, the coach acts as a facilitator and sets challenges allowing players to find solutions through game-play.

Discreet coaching

Ensure the activity remains engaging for all, discreetly providing tips to allow the game to flow. Create an encouraging and supportive environment, building player confidence and self-esteem.

Ask the players

Ask the players questions about how they think the games can be modified to make them easier or harder.

Make changes

Game variations create fun, safe and inclusive environments. Modify games to challenge all participants.

SESSION THREE 3-4

CATS AND DOGS

Learning intention

Cats and dogs builds on spatial awareness activities that is critical for softball

How to

1. Players sit back to back along a line approximately 1 metre apart. 1 line is 'CATS', the other 'DOGS'.
2. Call the lines randomly. When a line is called, the group must stand and run to the safe zone in front of them.
3. The other group chases. If tagged, players must move to the other team.

Category Starter

Time 10 minutes

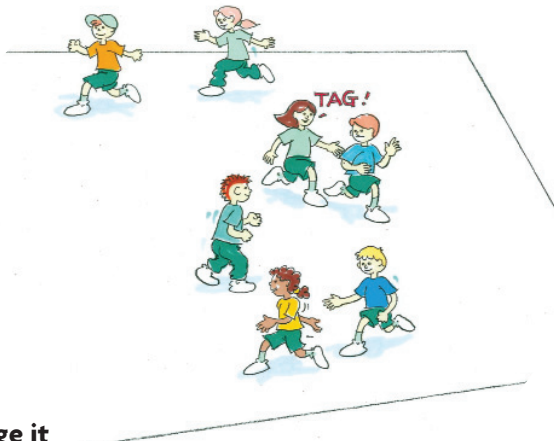
Equipment 4 marker cones

Skill focus

Locomotor movement and tagging

Content descriptions

ACPMPO08, ACPMP025, ACPMP043, ACPMP061



Change it

- > Players start lying down
- > Vary the locomotor movement
- > Change the size of the playing area

Safety

- > Encourage players to be aware of other players and the space around them

Questions

- > What can you do to get to your feet quickly?
- > What can we do to make this activity easier or harder?

PAIRS PASSING

Learning intention

Pairs passing links to activities that help to develop throwing and catching skills.

How to

1. Players form pairs
2. On your signal, players throw to each other for 30 seconds
3. At the end of 30 seconds, the player with the ball moves to form a new pair
4. Throwing starts again

Category Get into it

Time 10 minutes

Equipment 1 foam ball per pair (or similar low impact ball)
1 glove each (optional)

Skill focus

Throwing, catching, and locomotor movement

Content descriptions

ACPMPO43, ACPMP061



Change it

Easier

- > Reduce the distance between players and throw underarm

Harder

- > Players count the number of consecutive catches and try to increase this number
- > Players count the number of throws each pair can make in 30 seconds

Tips

- > Hold the ball in the fingers, not the palm of the hand
- > Stand side-on to the player you are throwing to
- > Catch the ball with 2 hands

Safety

- > Ensure a safe distance between pairs
- > Each pair to throw in the same direction

Question

- > How can you increase the number of throws within the time limit?
- > Where should your glove hand be pointing when you are about to throw?
- > In which direction should you be stepping when you are about to throw?

TEE BALL

Learning intention

Tee ball is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball.

How to

1. Play with a maximum of 6 per team
2. Form a batting team and a fielding team
3. Each batter hits the ball into the field from a batting tee, then tries to run around the bases while fielders field the ball
4. Score 1 point for each base reached

A batter is out when

- > A batted ball is caught on the full
- > A batted ball is fielded and thrown to 1st base before the player arrives
- > A fielder with the ball touches a base before the runner arrives at the base

Category Game application

Time 30 minutes

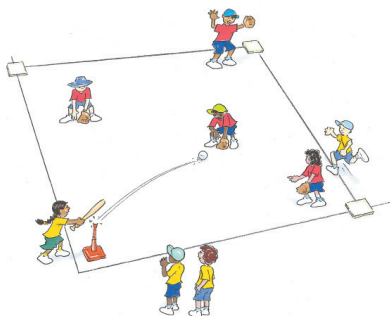
Equipment 1 soft core ball per group
1 batting tee per group
4 bases per group, 1 bat per group,
5 batting helmets per group

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPM061, ACPMP063



Change it

Easier

- > Use a larger ball and bat
- > Shorten the distance between the bases

Tips

- > Rotate players in the field regularly
- > No base stealing is allowed

Question

- > How can you work as a team to stop players scoring runs?

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LET'S SEE IT

How to

1. Highlight a skill or tactic
2. Whisper to individuals or groups to be ready at the end of the session for a demonstration
3. Gather everyone together and ask 1 group to demonstrate an activity
4. Emphasise 1 key point and keep it short

Format

Short, focused demonstration

Tips

- > Give the players the opportunity to ask questions and reinforce key skills

Time 10 minutes



CHANGE IT

When observing the activity, ask yourself the following questions:

- > Is the game safe and fun?
- > Are all players engaged in the game?
- > Is the objective of the game being achieved?
- > Are all the players being included?
- > Is participation being maximised?
- > Is the game appropriate to the ability level of each player?
- > Are they being challenged?

If the answer to any of these questions is No, then CHANGE IT?

SESSION FOUR 3-4

EGGS IN A BASKET

Learning intention

Eggs in a basket can be used as a high-energy warm-up that requires agility and the ability to look one step ahead. A good lead-in to fielding games.

How to

1. Mark out an area with 4 cones and place all balls in the centre
2. Players line up behind each cone
3. On a signal, the first person from each team runs to the centre and picks up a ball to throw to the next person in line
4. Once the ball is caught and placed beside the team, the catcher runs to the centre repeating the process
5. The aim is to be the first team to each retrieve a ball
6. Use a no-go zone to separate players

Category Starter

Time 10 minutes

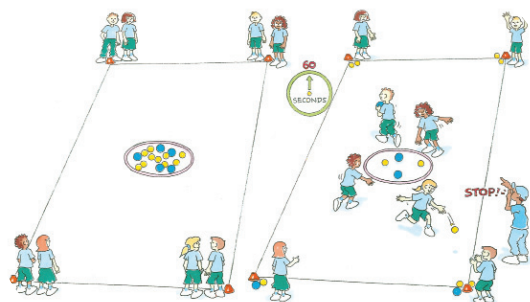
Equipment 4 marker cones
1 foam ball or bean bags per player

Skill focus

Throwing, catching, locomotor movement and teamwork

Content descriptions

ACPMP043



Change it

Easier

- > Increase the size of the balls
- > Players roll the balls to the next person in line

Harder

- > Increase the distance to the centre of the cones
- > Vary the type of throw, flyball, underarm or overarm

Tip

- > Use a no-go zone to separate players

Questions

- > What type of throw is the most accurate?

PAIRS FLY BALLS

Learning intention

Pairs fly balls (a fly ball is a batted ball that is caught on the full) is a fun cooperative activity that supports players to develop the fundamental movement skill of catching.

How to

1. Players form pairs
2. On your signal, players throw flyballs to each other for 30 seconds
3. At the end of 30 seconds, the player with the ball moves to form a new pair
4. Throwing starts again

Category Get into it

Time 10 minutes

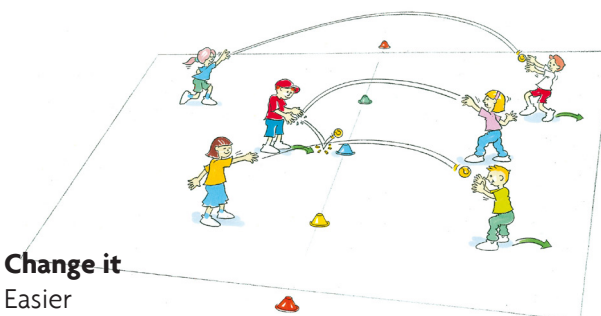
Equipment 1 soft core ball per pair
1 glove per player

Skill focus

Throwing and catching

Content descriptions

ACPMP043, ACPMP061



Change it

Easier

- > Vary the type of pass

Harder

- > Encourage players to throw the ball over their partner's head or out to the side

Safety

- > Players should be aware of others and the space around them

Tips

- > Keep your eyes on the ball as you move towards it
- > Watch the ball into your glove
- > After 5 successful throws within the time limit, each player moves back 1 step

Questions

- > How can you increase the number of successful catches within the time limit?
- > What do you need to do with your non-glove hand to make sure the ball stays in your glove?

COACH PITCH

Learning intention

Coach pitch is a modified game of softball that builds on striking and fielding skills. Coach pitch introduces the skill of hitting a pitched ball.

How to

1. Form a batting team and a fielding team
2. Players take it in turns to bat the ball, which is pitched underarm by the coach or opposition
3. The batter runs around the bases while the fielders field the ball

A batter is out when

- > A batted ball is caught on the full
- > A batted ball is fielded and thrown to 1st base before the batter arrives
- > A fielder with the ball touches a base before the runner arrives at the base

Category Game application

Time 30 minutes

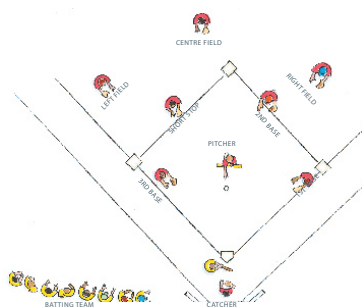
Equipment 2 soft core balls and 1 bat per group
1 batting tee, 4 bases, 5 batting helmets
1 set of catchers gear

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Use a larger ball and foam bat
- > Decrease the distance between the bases

Tips

- > Each batter has 3 attempts to hit the pitched ball. If the player fails to hit the ball into play, the batter may hit the ball from a batting tee.
- > Provide discrete coaching on the side

Questions

- > Where should you stand to field the ball?
- > Where is the best place to hit the ball so you can reach 1st base?

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GREAT WORK

Examples

1. When you played today, I saw some great examples of fielding the ball and anticipating what the opposition were going to do
2. Today I saw lots of examples of players keeping an eye on the ball and their teammates. Well done!

Individual feedback

Use when appropriate. Emphasise improvement rather than best all-round performance.

Format

'Pat on the back', feedback and encouragement



GAME SENSE

The game is the focus

The coach enables players to develop sporting skills and tactics by playing fun and competitive games.

The coach is the facilitator

Rather than direct players on how to perform skills, the coach acts as a facilitator and sets challenges allowing players to find solutions through game-play.

Discreet coaching

Ensure the activity remains engaging for all, discreetly providing tips to allow the game to flow. Create an encouraging and supportive environment, building player confidence and self-esteem.

Ask the players

Ask the players questions about how they think the games can be modified to make them easier or harder.

Make changes

Game variations create fun, safe and inclusive environments. Modify games to challenge all participants.

SESSION FIVE 3-4

FLIP IT

Learning intention

Flip it is a high-energy warm-up activity that requires the ability to look one step ahead. A good lead-in to fielding games.

How to

1. Form 2 groups. Each player has a marker.
2. Half the players place their markers on the ground with the round side up and the other half with the round side down (dish up)
3. On a signal, players run around trying to flip over the other group's markers to match their own
4. Play in groups of 8 or more

Category Starter

Time 10 minutes

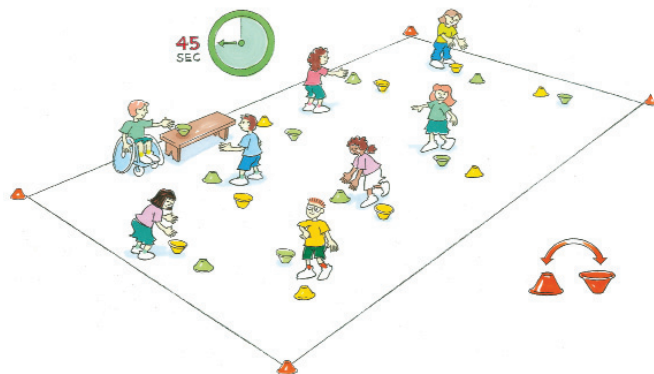
Equipment 1 marker cone per player

Skill focus

Locomotor movement and teamwork

Content descriptions

ACPMPO25, ACPMP043



Change it

- > Use different locomotor movements

Harder

- > 2 marker cones per player
- > Make the playing area larger

Safety

- > Encourage players to be aware of other players and the space around them

Questions

- > What is the best way to have more cones up or down at the end of the time limit?

TUNNEL BALL THROW

Learning intention

Tunnel ball is a modified game that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball.

How to

1. Form 2 teams of 5
2. The batting team hits the ball off the batting tee
3. Fielders run to the ball, line up in a straight line and roll the ball between the legs of fielders
4. The last fielder throws the ball back to a player standing next to the batting tee
5. Runners score by running around a cone 5 metres from the tee

Category Game application

Time 15 minutes

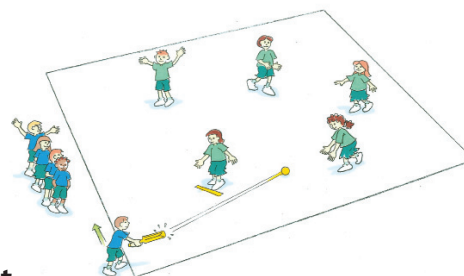
Equipment 1 batting tee per group
1 foam bat per group
1 foam ball per group

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Reduce the distance of the marker cone

Harder

- > Increase the distance between the batting tee and the base

Tips

- > Encourage awareness of other players and the space around them
- > Instruct players to shout 'MINE' or their own names when moving to field the ball.

Safety

- > Ensure a safe distance is kept around the batter at all times

Question

- > How can you work as a team to field the ball quickly?

DIAMOND BALL

Learning intention

Diamond ball is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball.

How to

1. Form 2 teams of 6
2. The batter hits the ball off the batting tee into the field and runs to 1st base
3. The batter may continue running until the ball is thrown by the fielding team in the direction of the home plate but must stop at the next base once the ball is thrown
4. All players in the batting team bat and then change over with the fielding team
5. The batter scores 1 run for each base reached

Category Game application

Time 30 minutes

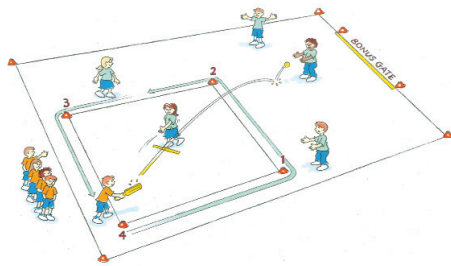
Equipment 1 foam ball per group
1 batting tee per group
1 foam bat, per group
4 marker cones (bases) per group

Skill focus

Fielding, throwing, catching, shot placement, striking, teamwork and decision-making

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Decrease the distance of the bases
- > Players throw the ball into play

Harder

- > Increase the distance between the batting tee and bases

Safety

- > Ensure a safe distance is kept around the batter at all times

Question

- > Where is the best place to hit the ball to score the most points?

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PUPPETEER

How to

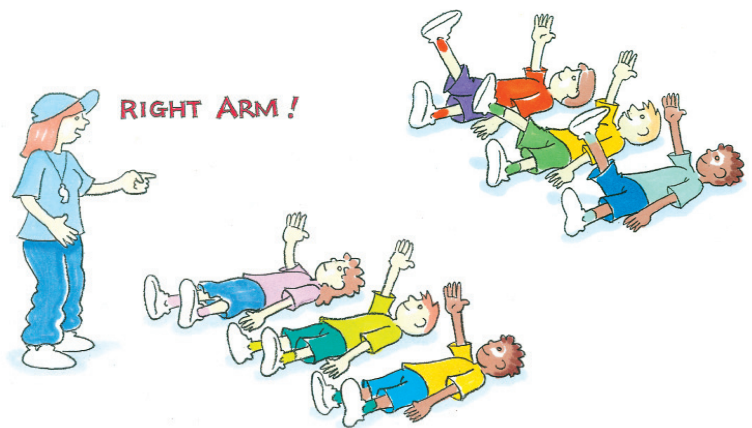
1. Players act as puppets, moving their body to your calls (you are the puppeteer). Players lay down.
2. Players respond to your calls. The coach says 'I am pulling the string to your right arm now' (players raise their right arm).
3. 'Now I'm lowering your arm and pulling the string to your right leg' etc. Gradually slow down the activity.

Format

Relaxation, gentle stretching and winding down

Questions

- > What did you learn today?
- > What activity did you enjoy the most?



CHANGE IT

When observing the activity, ask yourself the following questions:

- > Is the game safe and fun?
- > Are all players engaged in the game?
- > Is the objective of the game being achieved?
- > Are all the players being included?
- > Is participation being maximised?
- > Is the game appropriate to the ability level of each player?
- > Are they being challenged?

If the answer to any of these questions is No, then CHANGE IT?

SESSION SIX 3-4

OCTOPUS

Learning intention

Octopus is an energiser or warm-up that requires players to avoid being tagged whilst running along the lines.

How to

1. Players line up along 1 side of the diamond
2. 1 player is chosen to be 'IT' and stands in the middle of the field
3. When 'IT' calls 'OCTOPUS', players run from one side of the field to the other trying not to get tagged
4. If tagged, players must freeze but can assist by tagging players by moving only their arms
5. Continue until 1 person remains untagged
6. Look for ways for players who are tagged early to return to the game quickly
7. Ask both taggers and runners to work together to come up with a successful strategy

Category Starter

Time 10 minutes

Equipment 4 marker cones

Skill focus

Locomotor movement and tagging

Content descriptions

ACPMP009, ACPMP029, ACPMP044



Change it

- > On your call, vary the locomotor movement, ie running, hopping, skipping or jumping

Easier

- > Start the game with more than one tagger
- > When a player is tagged, they can also become a tagger

Safety

- > Players need to be aware of other players and the space around them
- > Start off at a slower pace and gradually increase the activity level as players warm up

Questions

- > What can we do to make this game easier or harder?
- > Would it be easier if the playing area was smaller?
- > How can the 'IT' person tag more players?

TEN TRIPS

Learning intention

Ten trips links to activities requiring throwing and catching.

How to

1. Players form groups of 3
2. Players pass the ball to each other to complete 1 trip
3. Continue until 10 successful trips are made

Category Get into it

Time 10 minutes

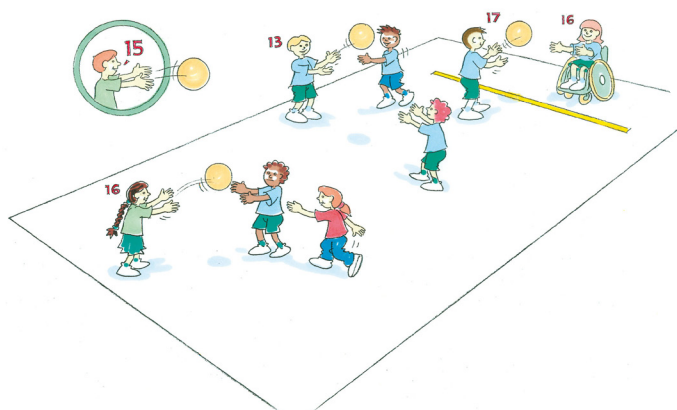
Equipment 1 soft core ball per group
1 glove per player

Skill focus

Throwing, catching, teamwork and locomotor movement.

Content descriptions

ACPMP043, ACPMP061



Change it

Easier

- > Reduce the distance between players and throw underarm

Harder

- > Players count the number of consecutive catches and try to increase the number
- > Players count the number of successful trips in 30 seconds
- > Players must be on the move
- > Add obstacles

Question

- > Once you have caught the ball, how do you make sure it doesn't fall out?

FAST TRACK

Learning intention

Fast track is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. Fast track introduces the skill of pitching and hitting a pitched ball.

How to play

1. Play in teams of 6
2. Each batter has 3 attempts to hit the ball pitched by the opposition
3. If no ball is hit, the coach pitches a maximum of 2 balls to the player, or they can use a batting tee
4. Batters may run as many bases as they can until the ball is thrown and held on a base ahead of the runner. On a ball pitched by the coach, batters may only run to 1st base.

The batter is out if:

- > The ball is caught on the full
- > A batted ball is fielded and thrown to 1st base before the batter arrives
- > A fielder with the ball touches the base the batter is running to before the batter arrives

Category Game application

Time 30 minutes

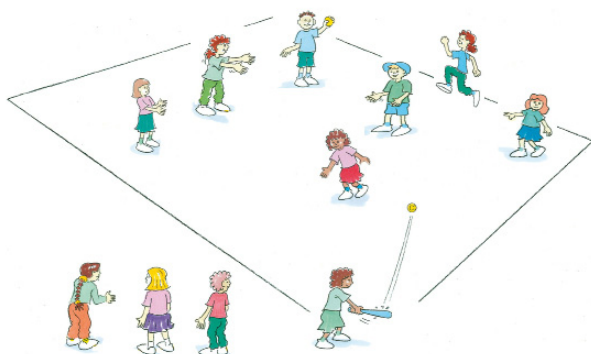
Equipment 1 soft core ball per group
 1 batting tee per group (optional)
 4 bases per group
 1 glove per player, 1 set of catchers gear

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMP043, ACPMP045, ACPMP061, ACPMP063



Change it

- > The coach pitches the ball
- > Use a batting tee

Question

- > Can you show me the type of throw that is the most accurate?

WHAT DID YOU LEARN?

How to

1. This reinforces key skills or tactical points. Use keywords and provide tactical tips.
2. Ask the players questions, eg remember when I asked Mary, Kate and John to show us how to throw?
3. What did you learn?

Format

Questions and answers

Tips

- > Give the players the opportunity to ask questions and reinforce key skills
- > Provide feed back and encouragement



GAME SENSE

The game is the focus

The coach enables players to develop sporting skills and tactics by playing fun and competitive games.

The coach is the facilitator

Rather than direct players on how to perform skills, the coach acts as a facilitator and sets challenges allowing players to find solutions through game-play.

Discreet coaching

Ensure the activity remains engaging for all, discreetly providing tips to allow the game to flow. Create an encouraging and supportive environment, building player confidence and self-esteem.

Ask the players

Ask the players questions about how they think the games can be modified to make them easier or harder.

Make changes

Game variations create fun, safe and inclusive environments. Modify games to challenge all participants.



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