

Levels of Play, Skill Goals & Coaching Guides:

T-Ball:

Level	Age (as of 12/31, 2017)	Pitching & Ball Specs	Pitching Distance	Walks	Stealing & Bunting	Max Run Rule*	Team Formation
T-Ball	Ages 5-6	Tee 10" Softie	NA	No	No	NA Entire Line Up Bats Every Inning	Formed by LOGSLL, per neighborhood and school

No previous skills or experience are required. The players are given the opportunity to develop hand-eye coordination and swing techniques without the concern of being hit by a pitched ball. In addition, the defensive team is allowed more opportunities to develop fundamental fielding skills.

Usually starts with hitting from tee, then may move to coach pitching. Expect 8-10 games for the season. No score is kept and the emphasis is on having fun. Teams bat through the line-up, and we try to get teams off the field after 3 innings. T-ball is a complex and at times slow game, so we encourage the managers to keep it moving. The focus is on introducing kids to the sport, and getting them interested in activities associated with the game so that they want to continue with baseball/softball next year.

Skill Goals:

- Learn which direction to run the bases.
- Learn bat/equipment safety.
- Learn basic throwing skills.
- Introduction to positions (infield, outfield, bases).
- Introduction to team sports and getting along with others.
- Have Fun!

A (Single A):

Level	Age (as of 12/31, 2017)	Pitching & Ball Specs	Pitching Distance	Walks	Stealing & Bunting	Max Run Rule*	Team Formation
A	Ages 6-8 6 year olds with playing experience up to 8 year-olds with no experience. Non-competitive, development level focused on skill development	Coach Pitch / Tee 11" 'Softie Optional: If both coaches agree to it player pitch is allowed	35 feet Coach Pitch / T	No	No	NA 3 Outs per Inning or change sides when batted through roster 1 time	Formed by LOGSLL, per neighborhood and school

This is an instructional division with emphasis on the basic mechanics of hitting, fielding, throwing and base running. Skill positions such as catcher and pitcher are not the emphasis. Everybody should play equal time (as much as possible) and at all the positions.

Expect about 12-15 games per season. Coaches will pitch using a safety ball. Some kids will use a Tee at the beginning of the season then phase to no Tee by the end of the year. Single A is recommended for players who have a basic understanding and proficiency of the game and/or have completed 1 year of T-ball. Fundamentals are a focal point at this level as well as getting the kids to swing aggressively at the ball. Coaches will focus on identifying bases and positions. They will teach to run from, through and around bases. Players will learn how to catch a ball without dropping, throw with accuracy and knowledge to where to throw the ball, field a slowly hit/thrown ground ball, how to bat the lineup and understand what an out is and how to get it.

Skill Goals:

- Learn the fundamentals of batting with emphasis on proper stance, grip and swing.
- Learn the fundamentals of how to hold, aim and throw a ball.
- Learn the fundamentals of fielding ground balls with emphasis on proper stance, glove and hand position.
- Learn the fundamentals of catching fly balls with emphasis on moving to the ball location and proper glove and hand position.
- Learn the fundamentals of base running.
- Learn basic softball rules and strategy and how to apply these in offensive and defensive situations.
- Learn the importance of respecting the Umpires (as representatives of the rules, order and fair play necessary for fun and sportsmanship).
- Learn to love the game of softball and come back next year!

Tee-ball and A Coaching Guide:

- FUNDamentals. FUNDamentals. FUNDamentals.
- Teach the girls to love the game, then teach the girls how to play the game.
- Basics that A Girls should be taught:
 - Always - EYE ON THE BALL - critical for fielding & hitting
 - Catching with two hands

- Basic throwing mechanics
 - Thumb to hip & elbow back
 - Hand up high
 - Opposite hand (or elbow) points to target
 - Release high and in front of the face
 - Snap the wrist
 - No side arm
- Fielding ground balls
 - Ready position
 - Glove down
 - Charge the ball
 - Make a V in front of you with arms to field out in front
 - Watch the ball into the glove
 - Field & cover with off hand
 - Bring glove & ball to belly
 - Come up throwing
- Pop Fly fundamentals
 - Eye on the ball
 - Find position under the ball
 - Hands up high to receive
 - Catch and cover with off hand
- Defensive Positioning
 - Learn basics of positions - where each position stands
 - Learning basics of always backing up throws
- Pitching
 - Identify potential pitchers and begin to introduce basic mechanics
- Catcher
 - Identify potential catchers and begin to introduce basics / comfort level behind the plate, blocking
- Hitting
 - Proper stance
 - How to hold the bat
 - Basic swing mechanics
 - Eye on the ball
 - Don't throw the bat
- Running Bases
 - Run through first base
 - Don't watch the ball - head down and run

AA (Double A):

Level	Age (as of 12/31, 2017)	Pitching & Ball Specs	Pitching Distance	Walks	Stealing & Bunting	Max Run Rule*	Team Formation
AA	Ages 7-9 7 year olds with playing experience up to 9 year-olds with no experience Non-competitive, development level focused on skill development	Player Pitch with 11" Softie Jugs pitching machine with 11" hardball # of player pitch & machine pitch innings flex during the season	35 feet	Yes (during player pitch)	Stealing allowed with limits No bunting	Yes 2-run rule during player pitch 4-run rule during machine pitch	Formed by LOGSLL, per neighborhood and school

Expect approximately 12-15 games for the season. There is both player pitch and machine pitch with a real softball. Player should be able to put the ball into play at least 50% of the time off the machine at the beginning of the season. Player should be able to put the ball in play or get walked at least 50% of "at bats" off kid pitch by the end of the season. Player should have knowledge of how to stay in the box and the batting stance. The coaching emphasis on the mechanics of fielding, throwing and hitting will continue. Kids should know how to catch a pop up, back up bases, field harder hit ground balls and move to the proper throwing position. Players should have an understanding of defensive positions and how all the positions work. Knowledge of base running skills - leading off, rounding bases, stealing, sliding, over throws and advancing one base should be covered. Players should be able to make reasonable throws from SS/2nd to 1st with reasonable accuracy and throw the full 60' between bases. Pitchers need to have the proper delivery techniques and mechanics - not so much emphasis on speed. Catchers should focus on position and safety.

Skill Goals:

- Develop batting skills through proper stance and determination of pitches to swing at.
- Develop fielding skills (infield and outfield positions, making the play at the correct base, backing up plays at the plate and in the field).
- Develop base running savvy (when to run and listening to the 1st and 3rd base coaches).
- Develop proper sliding technique.
- Develop tracking skills for catching fly balls.
- Pitchers learning proper throwing mechanics.
- Develop good sportsmanship and respect for umpires.

AA - AAA Coaching Guide:

- Build on Fundamentals, Begin to Introduce More Complex Concepts
- Reinforce love of the game
- Continue to teach how to play the game
- Begin to teach how to compete
- Continue to work on throwing & catching skills
 - Focus on catching with two hands
 - Separating - throwing elbow back, off hand pointing

- Throwing high
- Snapping the wrist
- Quick release
- Receiving the ball - moving the feet, athletic position
- Fielding Ground Balls
 - Increase velocity of grounders
 - Build in and begin to work on forehand & backhand grounders
 - Longer throws from 3rd to 1st and 1st to 3rd
 - Work on all infield throws
- Defensive Positions / Positioning
 - Begin to identify positions for girls - each girl should be able to play minimum 2-3 positions in the field
 - Everyone moves on every play
 - Where to go when
 - Backing up throws
 - Hitting the right cut offs when hit to the outfield
 - Where to stand when covering a base
 - How / where to apply a tag
- Bunt Defense
 - 1st & 3rd Crashing
 - 2B covering 1B
- Run Downs
 - Communication
 - Closing the gap
 - Hold ball high, chase & release - timing
 - Play outside of base path
 - Follow your throw
- Fly Balls
 - Continue to hone skills
 - Higher and farther away
- Pitcher
 - Continue to develop mechanics & fast ball
 - Introduce and work on change up
- Catcher
 - Blocking
 - Framing
 - Throw downs to all bases - quick release
 - Catching foul balls
 - Running / looking girls back to bases
- Hitting
 - Eye on the ball
 - Continue to build swing mechanics & skills
 - Introduce and work on faster speed pitching
- Bunting Fundamentals & Skill Building
 - Sacrifice bunt
 - Sneaky bunt
 - Both sides where applicable

- Running Bases
 - Run through first base
 - Don't watch the ball - head down
 - Rounding bases - make the turn
 - Foot position on the base - left foot forward, sit and explode on release
 - Aggressive lead on release
 - Read the ball - make a decision
 - Commit
- Sliding fundamentals

AAA (Triple A):

Level	Age (as of 12/31, 2017)	Pitching & Ball Specs	Pitching Distance	Walks	Stealing & Bunting	Max Run Rule*	Team Formation
AAA	Ages 9-11 First level of competitive play designed for skill enhancement and a higher-level experience Mostly 9, 10 and 11 year-olds, with the occasional 8 with advanced skills. 12 year-olds may play at this level if not drafted to a Majors team.	Player Pitch 11" hard softball 12 year-olds cannot pitch at this level	35 feet	Yes	Yes	4 runs max per inning	Draft

Players pitch the entire season. You can expect approximately 12-18 games for the season. Players have good working knowledge of the game and are beginning to really hone their skills, both in the field and at the plate. Players at this level are required to attend an evaluation for drafting teams.

Players entering AAA should have command of the basic skills of softball (fielding, catching, throwing, batting and base running). Players should also understand appropriate actions in game situations, such as when and where to make put-outs, how to steal bases, how to tag-up on fly balls and how to execute cut-offs.

Skill Goals:

- Continued focus on good sportsmanship and team play!
- Batting skills development including bunting, pitch selection and reading signals from Manager/Coach.
- Increased development of catchers (signals, blocking, pass balls, making the throw from home to second, good throws back to pitcher on the mound and when pitcher is covering home plate) as importance of position increases at this level.
- Pitching emphasis on good mechanics, injury prevention (ice), and development of pitching variety.
- Develop base running skills for situational play.
- Fielding emphasis on getting behind the ball and setting up the throw, getting ball to the correct position for the out or to keep the runners from advancing.
- Arm strengthening through practice.

Majors:

Level	Age (as of 12/31, 2017)	Pitching & Ball Specs	Pitching Distance	Walks	Stealing & Bunting	Max Run Rule*	Team Formation
Majors	Ages 10-12 Highest level of competitive play for our most skilled players Rarely, some highly- skilled 10 year-olds	Player Pitch 12" hard softball	40 feet	Yes	Yes	6 runs max per inning with final inning open	Draft

Expect approximately 12-20 games for the season. Players at this level are required to attend an evaluation for drafting teams. Fielding, catching, throwing, and hitting fundamentals will be evaluated to determine if the player has the skills to be successful at the Majors level

Skills:

- Girls should have a good grasp on the fundamentals of the game, decent skills to participate and compete and a mid to high level of play.
- Girls should be able to field ground balls and make throws around the infield
- Girls should be able to catch routine pop flies
- Girls should be able to make regular contact off pitching machine
- Girls should understand fundamentals of bunting
- Girls should understand how to run bases