

2004 Girls Instructional Softball - Weekly Schedule at RFL Fields

9:00-9:10 Group Warm-up Exercises

9:10-9:30 Group Gathers Together at Backstop for Instruction
Review Previous Week's Lesson
Instruct on New Topic & Drills

- Each week will focus on a different set of skills (see schedule below).
- The new skill instruction will be done as a group, with teams grouped together.
- Each week, one team is responsible for providing the group instruction, after which the individual coaches run drills for their team and work with the individual girls at their field assignment.
- The idea is to ensure all girls hear and see the same instruction, and then get a chance to practice it with their own coaches and teammates.
- Coaches will work on hitting with their girls every week during batting practice.

9:30-9:45 Setup for Games
NOTE: Home team is responsible for setting up bases and collecting equipment following the game.
Batting Practice / Warm-ups/ Drills

9:45-11:00 Play Games – Coach pitch

Instructional Topic Schedule:

Responsible Team:

Apr 10	Easter weekend	No games scheduled
Apr 17	Throwing	Team 6
April 24	Parade	No Games
April 25	Batting	Team 6
May 1	Batting	Team 5
May 8	Base Running	Team 4
May 15	Catching / Fly Balls	Team 3
May 22	Catching / Ground Balls	Team 2
May 29	Memorial Day Weekend	No games scheduled
June 5	Review all skills	Team 1
June 12	Final Games and Trophies	

Managers may solicit help from others in their demonstration of the skills they are presenting. However, this should be set-up prior to the day of the presentation to avoid delays during the clinic.

If any teams have less than 6 girls, combine to make 4 teams for that day.

If in doubt about a rainout, call: 973-299 1335 extension 8 (not 5!) after 8:00 am

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Notes:

- The second team listed is the home team.
- Home team is responsible for setting up bases, providing the game ball, collecting bases and other equipment following the game.

Team 1	Dorsey and Fisher
Team 2	Il Michelangelo
Team 3	Troy Hills Mfg
Team 4	Mike's Automotive
Team 5	Mountain Lakes PBA 310
Team 6	Boonton Auto Parts

<u>Field Area</u>	<u>Area 1</u>	<u>Area 2</u>	<u>Area 3</u>
April 17	2 vs 6	3 vs 5	1 vs 4
April 25 (1:00)	4 vs 3	2 vs 1	5 vs 6
May 1	3 vs 4	5 vs 6	2 vs 1
May 8	5 vs 2	4 vs 6	1 vs 3
May 15	1 vs 6	3 vs 2	5 vs 4
May 22	1 vs 5	2 vs 4	3 vs 6
May 29	Memorial Day Weekend		
June 5	6 vs 4	3 vs 1	2 vs 5
June 12	5 vs 3	6 vs 2	4 vs 1

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