

2023 SOFTBALL TRAINING SCHEDULE

1. January 30:
 - a. VHSL Policy Webinar
 - b. Professionalism
 - c. Cover new rules
 - d. Cover comments of new rules
 - e. Cover Point of Emphasis
 - i. Sportsmanship
 - ii. Time Between Innings
 - iii. Jewelry and Electronic Communication
 - iv. Comparable Drying Agents
2. February 06:
 - a. Interference: (Dead ball)
 - i. Example Videos
 - b. Obstruction: (Defense) (delay dead ball)
 - i. Example Videos
 - c. Interference mechanics --- Demo
 - d. Obstruction mechanics --- Demo
 - e. Malicious contact:
 - i. Example Video:
3. February 20:
 - a. Pitching rules --- Videos
 - b. Plate mechanics (balls/strikes) --- Videos
 - c. Plate mechanics (balls/strikes) --- Demo
4. February 27:
 - a. DP/Flex Rule
 - b. Infield fly rule --- Videos
 - c. Infield Fly rule --- Demo
 - d. Plate mechanics (ball is hit) --- Videos
 - e. Plate mechanics (ball is hit) --- Demo
5. March 06:
 - a. Base mechanics --- Videos
 - b. Base mechanics --- Demo
6. March 13:
 - a. Plate mechanics --- Demo on field
 - b. Base mechanics --- Demo on field