



ISF – NFCA



International Coaching College 2005

DETAILS & REGISTRATION INFORMATION

The International Softball Federation has partnered with the National Fastpitch Coaches Association (NFCA - which is the association for college and club team softball coaches in the United States) to create a brand new coaching course concept - the International Coaches College. This five-day coaching course is custom made for National Team level coaches and specializes in Offensive & Defensive Strategy, Hitting and Practice Concepts.

COACHING COLLEGE OVERVIEW

- An advanced level five-day coaching course held on three different dates and locations in 2005.
- The locations and dates for 2005 are as follows:
 - *(Americas) – Plant City Coaching College; August 31 – September 4*
 - *(Europe/Africa) – Prague Coaching College; December 8 – 12*
 - *(Asia/Oceania) – Kuala Lumpur Coaching College; December 15– 19*
- There will be a Welcome Reception at each of the three Coaching College sites the night before each course is scheduled to begin.
- Each course covers a total of 34.5 hours of the exact same material.
- Each course will have the same three instructors:

SHARON DRYSDALE:

- *Director of the National Fastpitch Coaches College and has developed all the course content*
- *Former Head Coach at Northwestern University winning five Big 10 titles, 590 games and playing in three consecutive Women's College World Series.*
- *Sharon is one of the best clinicians in softball*

JOHN TSCHIDA:

- *John Tschida has won three national titles and has won over 80% of all college softball games he's served as head coach for.*
- *Led St. Mary's College to NCAA National Championships in 2000, 2004 and 2005.*
- *As a men's Fastpitch player, Tschida is a three-time ASA Class All-American and national champion.*
- *John is one of the best clinicians in softball.*

LINDA WELLS:

- *Linda Wells has led Arizona State University to 11 NCAA regional appearances in 14 seasons as head coach*
- *Wells also achieved a milestone few coaches experience by winning her 800th game.*
- *In 2004, she was Head Coach of the Greek Olympic Softball Team in the Athens Olympic Games and is one of the best clinicians in softball.*

- Every participant must be authorized by their national federation
- Each participant will receive a Participant Manual complete with everything taught during this five-day course and there will be a test upon the completion of the course.

COURSE CONTENT – CURRICULUM TO BE COVERED WITHIN EACH SUBJECT:

Offensive Strategy

- Pluses & Minuses Of The Power Game, The Running Game & the Short Game
- All the Offensive Plays & How They Work
- Head-To-Head Play Discussions
- Offensive Strategy Factors
- How to Think Strategically
- The Different Levels Of Strategic Thinking
- Gathering & Getting Information that will help you Offensively
- Offensive Strategy “If’s”
- How to Develop A Game Plan
- Understanding How to Best Use Your Batting Order
- Understand Completely the DP Flex Rule
- Situational Hitting Chart
- Baserunners Details and Information
- The Many Uses of Fake Bunting
- Unique Offensive Strategy Problem Solving
- Giving Signs & Signal Systems
- Base Signals – 1st And 3rd Base Coaches
- How to Use Pinch Runners & Pinch Hitters
- Identifying Your Offensive Habits
- The Phases & Stages of Strategy
- Fatal Flaws Offensively
- How to Analyze & Evaluate Offensive Strategy
- Analyzing Stats And Using The Offensive Game Card
- Drills

Defensive Strategy

- All The Defensive Play Sets & How They Work
- Steals & How to Defend Against Them
- How to Defensively Handle Cut-Offs, Wild Pitches, & Passed Balls
- Ways to Defend Against the Tie-Breaker
- Using Angles on Defense
- Defensive Strategic Thinking Principles
- Defensive Strategy Factors

- Developing Defensive Game Plans
- Pitch Counts & How to Use Them
- Identifying and Understanding Batter Tendencies
- Determining if You Are a Conservative or Aggressive Coach
- Fatal Flaws Defensively
- How to Evaluate Defensive Performance
- Methods for Measuring Defensive Performance
- Using a Defensive Game Card

Hitting

- The Fundamentals
- Understanding Batter Alignment & Stance
- Location In The Box
- Understanding the Load Or Negative Movement
- Teaching Hitting in Practice (Video Example)
- Hitting Drills
- Knowing the Hitter's Challenge vs. Pitcher's Challenge
- Processing Information At The Plate
- Understanding Soft & Hard Focus
- Pitch Patterns, Swing Patterns, & Decision Making
- How to Hit the Different Pitches; Curve, Screw, Rise, Drop, Change
- Understanding & Using Pitch Counts
- Giving Good Hitting Advice
- How to Hit Ground balls, Line drives, & Fly balls
- Communicating With Your Hitter
- Tips For Hitting Against A Particular Pitcher
- Hitting Drills on Video
- Bat Selection
- Program Your Hitter's Mind And Body
- Hitting Homeruns
- Hitting Examples on PowerPoint

Practice Organization

- Planning Off-Season, Pre-Season, In-Season, And Post-Season Practices
- Conditioning Practices
- Drills For Learning, Repetition, & Competition
- Checklists For Practices
- Daily Practice Plans
- How to Practice Game Items
- Drills for Practices
- Practice Samples & Examples

COACHING COLLEGE vs. STANDARD ISF COURSE/CLINIC

	ISF-NFCA INTERNATIONAL COACHING COLLEGE	Standard ISF Coaching Clinic/Course
# of Instructors	3	1
Target Audience	National Team Coaches & advanced club level coaches	All coaches within the federation no matter what knowledge or skill level
Objective	Better educate the elite coaches within each federation or association to improve their success in international competition against the top teams in the world.	Teach local coaches more about softball
Subjects Covered	Offensive Strategy Defensive Strategy Hitting Practice Organization <i>(NOTE: This course is intended to train advanced level coaches for the skills they need to succeed at an elite regional and international level. WE WILL NOT BE COVERING THE BASIC SKILLS)</i>	Fielding Throwing Hitting Pitching Bunting Team Defense Drills <i>(NOTE: These clinics/courses are always focused on covering the basic softball skills and do not allow time to go in-depth into the advanced strategy and hitting skills necessary for coaches and teams to improve their performance both regionally and internationally.)</i>
Course Content	Five days totaling: 34.5 hours of instruction, Offensive Strategy – 16 hours Defensive Strategy - 10 hours Hitting - five hours Practice - five hours <i>(within this time will be many hours devoted to drills and various practice examples)</i> Throwing – 0 hours Fielding – 0 hours Pitching – 0 hours Bunting – 0 hours	Two to three days totaling: 12-18 (maximum) hours of instruction Fielding – two hours Throwing – one hour Hitting – three to four hours Pitching – three to four hours Bunting – one hour Team Defense – one to two hours Drills – one to four hours Offensive Strategy – 0 hours Defensive Strategy – one hour maybe Practice Organization – one hour maybe
Written Material Provided?	200+ page manual detailing all material covered over the five days for each participant to take home	Usually no written material provided participants
Certification?	ISF International Coaching College Diploma provided for all participants that successfully pass the test upon course conclusion.	No diploma provided

TOTAL COURSE HOURS, HOURS PER TOPIC & SCHEDULE

a. **Total Course Hours:** 36 total hours with 34.5 of instruction (1.5 of test & grading, wrap up & certificates)

b. **Hours Per Topic**

Offensive Strategy – 16 hours

Defensive Strategy – 10 hours

Hitting – five hours

Practice – five hours

c. **Daily Schedule**

Previous evening – registration and introduction social

Day 1 – Offensive Strategy (9 hours) 8:00am–1:00 (*lunch 1–3*) 3:00–7:00pm

Day 2 – Offensive Strategy (6 hours) 8:30am–12:30 (*lunch 12:30–2*) 2:00 – 6:00pm
Defensive Strategy (1 hour)

Day 3 – Defensive Strategy (9 hours) 8:00am–1:00 (*lunch 1–3*) 3:00–7:00pm
Hitting (introduce at end)

Day 4 – Hitting (5 hours) 8:30am–12:30 (*lunch 12:30–2*) 2:00 – 6:00pm
Practice (3 hours)

Day 5 – Practice (2 hours) 8:00am – Noon (*8–10:30 instruction*)
Test & Wrap Up (1.5 hours)

COSTS

- There will be no registration cost for participants to attend these Coaching Colleges.
- The ISF will pay for the housing and for lunch each day for all participants given the following criteria:
 - Each Coaching College is limited to 40 participants
 - There will be two participants per room as assigned by the ISF
 - Any participants wanting their own room will have to pay half of the costs of their room (payment must be received ahead of time).
- ***The participants (or their federation) will pay travel to and from the Coaching College Site, as well as their daily breakfast (if not included with hotel) and dinner.***

QUESTIONS & ANSWERS

What Level Will This Coaching College Be?

- All the information presented is advanced level and is aimed at helping national team coaches. Any beginning level coaches in attendance will just have to try and keep up as we cannot repeat or provide background information regarding the items or material covered.

Who Can Attend?

- Any national team or elite level club team coach that has approval from their federation is eligible to attend.

How Much Does It Cost a Participant To Attend?

- There is no registration cost and the ISF is providing housing and daily lunch so the only cost to the participant is their travel expense and their breakfast and dinner.

How Many Coaches Can the Host Federation Have Enrolled?

- We are limiting the size of each Coaching College Course to 40 coaches who will require housing and daily lunch.

Who Will Handle the Registration?

- All registrations will be handled directly by the ISF. Coaches will receive their Participant Manual and name tag at the Kick-Off Welcome Reception the night before your actual Coaching College begins.

REGISTRATION

If you have a coach (or coaches) that are qualified to attend this Elite Level International Coaching College Course then please complete the registration form and either email or FAX it to ISF in care of Cindy Bristow or Cindy Kersey:

email: cdkersey@internationalsoftball.com FAX 1.813.864.0105
cbristow@internationalsoftball.com

YOUR NAME & POSITION WITH FEDERATION/ASSOCIATION: _____

YOUR POSITION WITH FEDERATION/ASSOCIATION: _____

NAME OF YOUR FEDERATION/ASSOCIATION: _____

Your contact information: (email)_____

Address: _____

Phone _____ FAX _____

NAME OF COACHES THAT YOU ARE NOMINATING TO ATTEND:

_____ email contact: _____

_____ email contact: _____

Note: once you return this registration form we will contact you regarding the remaining details for registration for the 2005 ISF-NFCA International Coaching College!