

Fitchburg Lassie League

Soft-tee games are 9:00 to 10:30 on Saturday mornings.

Practice time; approx. 45 minutes
This will decrease as the season progresses.

All players are brought into a circle for stretching and exercise to warm-up properly. They are then divided into five groups and start at one of five stations.

1. **Batting Station.** Players are taught to swing a bat properly, using tees and hitting into the backstop.
2. **"Alligator Jaws".** Players are taught the right technique to field ground balls.
3. **"Shuffle".** Players learn how to field ground balls to the right and left.
4. **"Pop-up".** Players learn the proper way to catch fly balls, and to tell time.
5. **Throwing Station.** The mechanics of throwing correctly are broken down through some fun games.

Game time; approx. 45 minutes
This will increase as the season progresses.

The teams will play a game until the end of the hour and a half. While the rules are abbreviated, the girls will get the idea of a "real" game. Stealing isn't allowed, but players can take extra bases on hits, and they are taught that they are also liable to be put out, as well as other basic rules of fastpitch softball. On defense; everyone will be taught to "make the play" to first base.

One final note. The main reason for this league is for your daughter to enjoy playing softball. Practice drills, stations, and games will be altered during the season to create a fun atmosphere and keep the game interesting.