

SlåBall



Club Playbook

SlåBall 2.0



Norges Softball og Baseball

Forbund has endorsed "SlåBall 2.0" as the entry point for baseball in Norway.
This document is the result of this endorsement.

"SlåBall 2.0" is designed to introduce children to the game of
Baseball/ Tee-Ball/Softball and help them develop basic baseball sport skills
in a fun way.

Baseball and Tee-ball are usually played with nine (9) players per side, consisting of six (6) infield positions and three (3) outfield positions.

Most kids starting out in baseball do not have the strength to hit the ball into the outfield which causes many children to stand around waiting for their turn to field in a position where they will have contact with the ball.

That is why "SlåBall 2.0" consists of only 6 players, for MAXimum involvement and FUN, so that children of all abilities get an equal chance to participate.

Game duration is six innings or one hour (whichever comes first).

Players will get to practice the essential skills required for Tee-Ball/Baseball through the following modifications:

- Much greater game involvement.
- Emphasis is on fun rather than winning and losing.
- Every player bats every inning.
- Every player experiences all fielding positions.
- Participants have greater involvement - social, mental and physical development.
- Learn fundamental movement skills, encourage the joy of being physically active
- Introduce simple rules of ethics of sport.

Teams consists of Six (6) players a side (possibly 5 or 7).

When a team only has five (5) players the coach may act as the catcher. The number of batters per innings is equal to the number of players on the largest team. This number may vary from game to game.

Players may be changed each innings.

Team players are aged from 5 years to 8 years of age. As skill level is developed team sizes can be increased to nine (9) players.





PARENT INVOLVEMENT:

The game and or practice will not be able to start off without help from parents coaching and helping, game day coaching, keeping the team in order when batting, base coaching, umpiring.

HOW TO RUN A GAME OF SLÅBALL 2.0

Each SlåBall 2.0 game should run for no longer than 6 innings or 1 hour.

Competitions can also be held within a school or between other schools or local clubs in your area.

Objectives:

- Develop fundamental movement skills such as locomotion skills (Locomotion skills are the basic ways to move, the building blocks of coordination. Help your kids practice these important skills: walking, galloping, jumping, hopping, side-sliding, leaping and skipping), object manipulation skills, and body management skills in a fun and safe baseball environment that promotes self-confidence.
- Introduce fundamental base/softball skills when fundamental movement skills are mastered.
- Use modified games to reinforce fundamental movement skills learned in practice.
- Use warm-ups as additional skill development sessions.
- Focus on fun and participation.
- All players with various skill levels play together.



Always encourage players whenever possible.

Demonstrate by words and actions that you like and accept them regardless of how they perform.

Adults often assume children can read their minds, but children determine whether they are liked and accepted by adults based on what the adults say and do.

Acknowledge good plays by the opposing team in front of your players.

Minimize negative emphasis on mistakes.

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BATTING

The ball is not pitched in SlåBall 2.0 - instead it is hit from a Batting-Tee.

A hitter may have as many swings as they require in hitting the ball into fair territory.

A hitter is out when a batted ball is caught before the ball touches the ground.

An inning is completed when every player in the line-up has batted at least once.

If a team has less players than the other team then the batting line-up shall repeat such that some players will bat twice in that inning. The next batter in order should lead off batting in the next innings.

Each inning the leadoff hitter becomes the sixth hitter in the next inning and subsequent hitters will move up one spot in the line-up so that every hitter has the chance to lead off an inning.

An easy way to remember who is the leadoff hitter is by giving the players a numbered card (put it in their back pocket) e.g. inning number 2, the player with number 2 leads off.

You can score by touching home base after you have touched all the other bases on the way to home base. A run (point) is scored every time a baserunner rounds all bases.



When the ball is hit in the field of play, the batter runs to first base.

One base per hit for hits that do not go beyond the infield. Players are allowed to run more than one base on a hit that goes beyond the infield.

Once the ball is returned to the infield area, the runners must stop advancing on the bases.



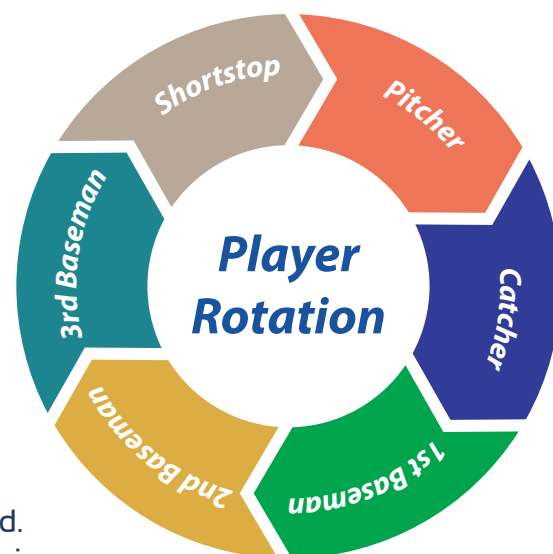
*When the ball is hit, the ball must travel approximately 4 meter (± 13 ft) from the tee to be considered a hit
(Coaches should use their discretion).*



FIELDING

All players rotate fielding positions each innings in the following manners: ----->>>

The coach may vary the above rotations if a player is not "willing" or capable of playing the position.



- All players except the pitcher must be behind the base lines at the time the ball is struck, ie. outside the diamond.
- All players, except the catcher, must position themselves in fair territory when "Play Ball" is called.
- The pitcher must be in contact with the pitcher's plate until the ball is hit.
- First base fielder must touch white section of base to effect a play.
- A fielder may catch a foul ball within the "Foul Ball" line
- All plays Freeze or stop when the umpire calls "Time".
- Teach kids to make a play rather than holding on to the ball.



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BASE RUNNING



After you hit the ball you become a base runner. That means you have to try to run around all the bases in turn. When you run to first base, there is no need to stop. This is because you always have to run flat out to first base. When you run to second base, you have to stop and keep touching the base – otherwise you might be tagged out

Sometimes, the runners can choose not to run, but other times they are forced to run by other runners coming up behind them.

Remember, you can not have two people on one base! You run the bases until you make it back to home and score a run for your team.

All base runners must be in contact with the base when the ball is hit.

If a base runner leaves the base before the ball is hit, the ball is dead and all runners return to their bases.

In SlåBall 2.0 base stealing is not allowed.

A BASE RUNNER IS OUT WHEN:

- A player in possession of the ball stands on the base before the runner arrives.
- A runner between bases is tagged by a fielder with the glove or hand which is holding the ball.

UMPIRE

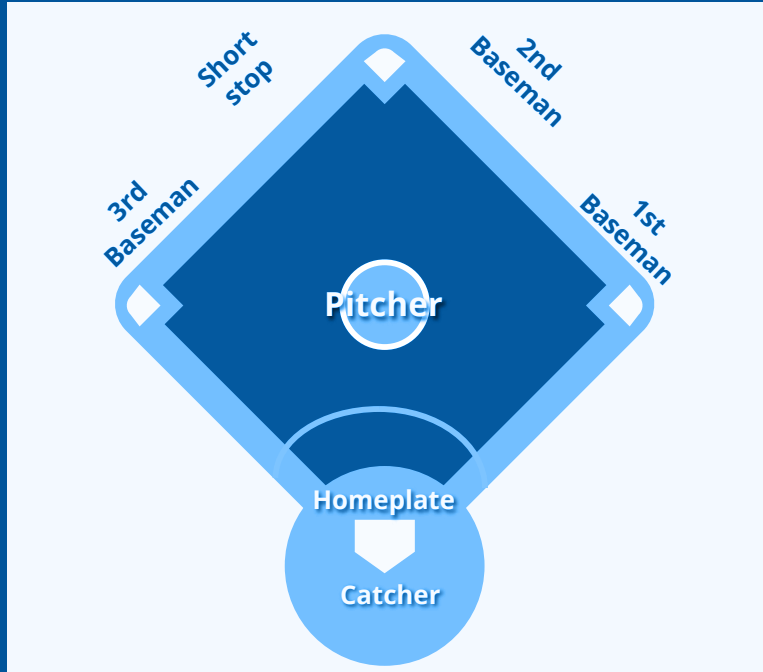
As in all sports, there has to be someone in charge.

In SlåBall 2.0, the person in charge is called the umpire. No matter what happens, you should never argue with the umpire.

A lot of what SlåBall 2.0 is about is good sportsmanship – the umpire's word and his decisions, no matter what you think, should be final.



The Playing Field (dimensions)



Base paths shall be 15 meter (\pm 50ft).

The pitchers plate 12 meter (\pm 40 ft) from the home plate.

A foul line is marked on the field in an arc in front of the tee/home plate, at 4 meter (\pm 13 ft) radius from the tee/home plate and between the 1st and 3rd base lines.

The "Dead Ball" line shall be 4,5 meter (\pm 15 ft) from the diamond.

Players and spectators should be behind this ("Dead Ball") line at all times.

The bases shall be regulation baseball size.

EQUIPMENT

- All players must wear their team shirt and cap.
- Players shall use baseball/soccer/field-hockey, shoes with metal cleats or "spikes" are prohibited.
- Rubber molded cleats on running shoes are permitted.
- Helmets must have two (2) ear guards and must be worn by all batters and base runners.
- All balls are to be 8.5 inch Kenko / Safety Balls or their equivalents.
- 1st base shall be a safety first base (colored half red and half white) to encourage players to know their area of play and avoid collision.
- It is recommended that all players wear a protective cup.
- The bat shall be round and made entirely of wood or approved material, it shall NOT be more than thirty-two (32) inches in length, nor more than 2-1/4 inches in diameter at its thickest part.
- A catcher MUST wear a catcher mask.
- The Tee must be of a similar construction to the following:
 - Light weight steel or composite tubing with a base.
 - The Tee shall be placed directly on top of Home Plate.

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PLANNING A TRAINING SESSION

It is important that a coach takes time to plan a training session.

Training sessions should be developed from two or three goals that have been identified for that session. The elements of a training session that all coaches should include are:

- Session introduction.
- Warm-up & a cool down.
- Games.
- Skill and fitness activities.
- Session review.
- Goal setting for individuals and the team.



Ensure that each session has variety, fun activities and opportunities to practice and progress.

Before planning a training session, coaches should gather information about the players and set goals.

If you are working with a new team/kid, the type of information you might need includes:

- Previous experience in the sport.
- Level of development.
- Goals and aspirations in the sport.
- Any illness, injury or medical condition that might restrict their ability to participate.

Goals should be set each training session.

Goals can help you to guide the training session and provide a reference point throughout the practice session.

DURING THE TRAINING

Briefly introduce the session, explain what is going to happen and establish a few basic rules.

Get things moving quickly.

Spend the first few minutes on the warm-up, make sure it becomes a habit and is fun to complete.

Allow plenty of time for game play and select a range of games that will develop skills, using questions and challenges to assist the participants to learn.

Use skill demonstrations at key points to assist the kids to understand techniques that may assist them to perform better.

Ensure that techniques are shown in the context of how they will be performed in competition and not in isolation.

Provide lots of opportunities to practice and learn to master a skill. Making mistakes is a natural part of the learning process.

AFTER THE TRAINING

Include a fun game activity, or a slow walk if the session has been very energetic.

Encourage stretching at the end of the session as it can be beneficial for developing flexibility, as well as reducing muscle soreness.

REVIEW

Evaluate the session:

- was it fun?
- did the Kids enjoy themselves?
- what can be done to improve the session?
- did everyone participate enough?

WARMING UP & COOLING DOWN

Warming up and cooling down activities should be integrated into a training and pre-game routine. The warm-up prepares the body for activity, as well as helping to prevent injury to muscles, which can be more sensitive to injury when cold. The cool down helps the body clear lactic acid that builds up during any activity. Less lactic acid means less soreness and stiffness the next day!

WHAT IS A GOOD WARM-UP?

A good warm-up depends on the sport, the level and the age of the players. The warm-up should intergrate the muscle groups and activities that are required during training or competition.

The intensity of the warm-up should begin at a low level building to the level of intensity required during training or competition. For most athletes, 5 to 10 minutes is enough.

However, in cold (Norwegian) weather the duration of the warm-up should be increased.

WHAT ABOUT COOLING DOWN?

A lot of coaches forget to cool down at the end of a session.

It is just as important, especially after intense exercise, because the body needs time to slow down and it is also an important step in preventing injuries. The cool down should occur right after training activities and last about 5 to 10 minutes.

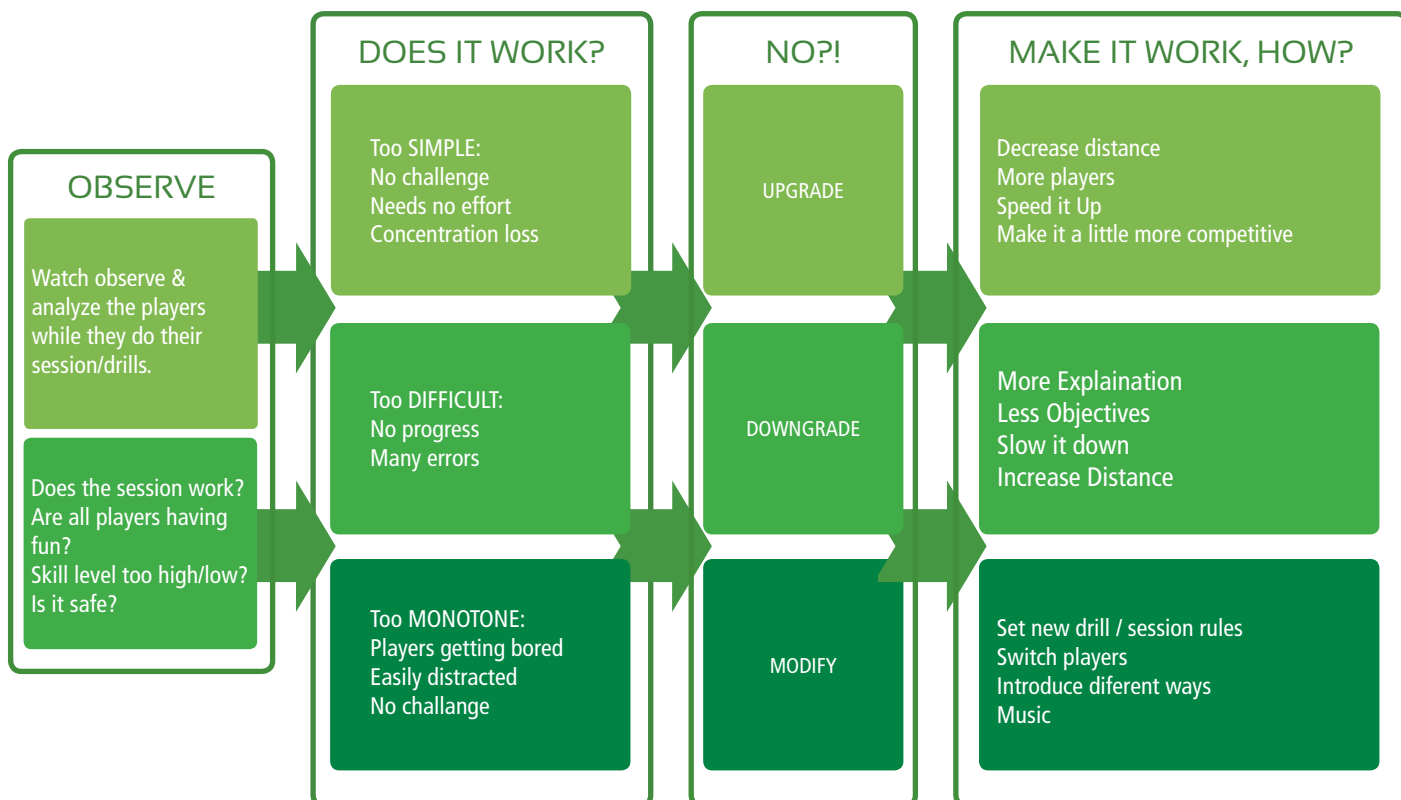
The cool down can be the same exercise as the warm-up but with lower intensity, like jogging or walking instead of running. Stretching after activity helps to relax the muscles and returns them to their resting length.

STRETCHING

Stretching activities can be included in the warm-up and cool down.

Stretching is still appropriate during the cool down and can be used to improve flexibility.

OBSERVATION DURING THE TRAINING SESSION



Klubb Spillebok summary

SlåBall:

Batter: The batter is the person who is about to hit the ball from the tee.

Baserunner: After the batter has hit the ball into fair territory, they become a base runner.

Fair Ball: A ball hit by a batter into fair territory.

Foul Ball: A ball hit by a batter into foul territory. When a foul is hit, it doesn't count.

Force Play: When a runner is forced from the base they are on to the next base by a fair hit. The fielding side only has to stand on the base they are running to with the ball to get them out.

Home Run: When a batter hits the ball and runs around all the bases in turn before the fielding side can get the ball home.

Innings: When both teams have batted and fielded (the batting side has used all its batters.)

Double Play: When two outs are made from the one fair ball hit.

Ground Balls: Fair balls hit along the ground. Fly Balls: Fair balls hit into the air.

BATTING

The purpose of the batter is to try to hit the ball to advance the runners on base or to get on base yourself. The easiest way to remember what to do is to use a three count. Start by placing your feet in the right position. Then it is 1,2,3.

1. Place you bat over your shoulder.

2. Step forward.

3. Swing the bat at the ball
The last thing you do is run as fast as you can to 1st base.

RUNNING

After you hit the ball you become a base runner. That means you have to try to run around all the bases in turn. Sometimes, the runners can choose not to run, but other times they are forced to run by other runners coming up behind them. Remember, you can not have two people on one base! You run the bases until you make it back to home and score a run for your team.

BASES

When you run to first base, there is no need to stop. This is because you always have to run flat out to first base.

When you run to second base, you have to stop and keep touching the base – otherwise you might be tagged out. The same applies to third base, you have to keep touching it so that you won't be tagged out. When you run from third base to home, run flat out again

You're OUT when...

- you hit the ball and start running to first base and the fielding side gets the ball to first before you get there.
- you hit the ball into the air and one of the fielding side catches the ball before it hits the ground.
- you're forced to run from the base you're on to the next one and the fielding side gets the ball to that base before you.
- you're tagged with the ball while you're a runner and you're not touching the base

HVA DU TRENGER

- 4 bases
- Grense markører
- 1 bat and ball
- 1 batting tee
- 1 glove per player
- Batting helmets
- Optional: a safety base (with the orange half of the safety base to the right of the baseline.)

FOR MORE INFO

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