

Instructional DVDs

Rules of Use

The league has acquired a number of instructional DVDs to help provide assistance to coaches and players that desire to maximize their knowledge of the game. The instructional DVDs are maintained in the softball recreational building at Lake Catherine. They will be made accessible upon request to all coaches and or players (in the company of an adult), for viewing in the upstairs room of the softball rec building. The DVDs can not be removed from the premises and must be immediately returned upon completion of viewing.

Available Titles - Instructors

1. Practice Organization – *Bobby Simpson*
2. Championship Hitting – *Bobby Simpson*
3. Hitting Mechanics (Breaking Down the Swing) – *Sue Enquist*
4. Solving Hitting Problems – *Bobby Simpson*
5. Slap Hitting (Offence and Defense) – *Jay Miller*
6. Bunting & Sliding – *Sue Enquist*
7. Baserunning That Wins – *Jay Miller*
8. Developing the Fast Pitch Catcher – *Kathy Van Wyk*
9. Complete Infield Skills & Drills – *Jay Miller*
10. Team Defensive Drills – *Sue Enquist*

Why Should I View the DVDs

Remember that the key being a quality fastpitch softball coach is continuing to improve upon your knowledge of the game. As we are all limited to teaching only what we know, it is very important that we strive to broaden our understanding of all aspects of the game and open our minds to various methods and techniques of teaching each of it's elements to the young girls in our program. Remember, they look to us for the knowledge that will empower them to be the best that they can be. To that end, we encourage everyone to take advantage of the tools made available, including the foregoing DVDs, as you develop and refine your coaching skills.