

**North America - Return to Activities
Sport Training Considerations - Softball**



Softball				
Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open	No restrictions on size of mass gatherings and public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> • Virtual Coaching & Activities • No in person meetings or activities • Train/exercise at home alone or with household members 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • Train and exercise at home alone or with household members with your own equipment • Engage in training with very small groups focused on skill development • Virtual Coaching & Activities 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home • Engage in activities in public spaces alone or with household members (respecting requirements on size of gathering) • Practices comprised of skills and drills in small groups • Virtual coaching & coaches on site with small groups • Limited sharing of equipment • Virtual Activities 	<ul style="list-style-type: none"> • Coaching on site • Traditional Practices • Scrimmages/Games
Recommended Activities, Skills & Drills	<ul style="list-style-type: none"> • Stretching • Conditioning • Catching • Throwing • Sprints and running • Footwork • Eye-Hand coordination • Fit 5 	<ul style="list-style-type: none"> • Phase 0 Activities • Batting (whiffle or real ball) 	<ul style="list-style-type: none"> • Phase 0 & 1 Activities • Base running • Catcher's drills • Fielding drills • Batting drills 	<ul style="list-style-type: none"> • Phase 0, 1 & 2 Activities • Tagging drills • Inning rotation practice • Scrimmages