

timbits®

SOFTBALL



What is Timbits Softball?



The Timbits Softball program is designed to be a young person's introduction to the sport of Softball. The emphasis is on **FUN**, **ACTION**, and a **POSITIVE ATMOSPHERE**, with a gradual introduction to non-stressful competition. Timbits Softball provides children aged 5-10 with maximum opportunity to practice the skills necessary to successfully take part in the (adult) game of Softball.

Timbits Softball allows children of all skill levels to achieve the same number of skills repetitions. The Timbits Softball manuals contain prepared lesson plans that are easy to follow and understand. The games and activities that make up the lesson plans were created to increase the activity levels of the children and to challenge them in appropriate ways. Not only will the kids be tired from all the fun they will be having but they will be developing their individual softball skills as well as building life skills like co-operation and team work.

Resources

Timbits Softball manual – Contains all the practical information you will need to run a Timbits Softball session. This program is designed to make it easy to implement for the volunteer coach.

- ✚ Easy to follow instructions.
- ✚ Lesson plans for U7, U9 & U11 that are developed specific to the skills children should be learning as laid out by Softball Canada's Athlete Development Matrix (ADM).
- ✚ Basic softball skills broken down into teachable progressions.
- ✚ Program notes, tips and tricks for parent coaches.
- ✚ Notes on safety, program structure and equipment ideas.
- ✚ And lead up games designed to simulate the real game of softball and prepare children for advancing in their softball development.





~Timbits Softball manuals are available for purchase from Softball Alberta~

In the past, Softball Alberta has witnessed communities embrace the Timbits Softball program, including it in their current year's registration process and significantly increasing grassroots softball registrations in their communities.

One of the most important parts of the Timbits Softball Program is having fun while being active! Learning Fundamental Movement Skills is the most important part of the Fundamentals stage of development. Realizing we are having to adapt the way in which we are being active right now, Softball Canada has put together a [list of organizations](#) and [resources](#) to help keep kids active while at home- all while learning the fundamental movement skills needed to participate in softball!





Links

- [!\[\]\(c8dce68b26731c7aa5915072fc9d68dd_img.jpg\) Timbitts Softball](#)
- [!\[\]\(76b3245de86167eba9fcdc9cc9f32aa4_img.jpg\) TIMBITTS SOFTBALL - Softball Alberta](#)
- [!\[\]\(13db7587f50867332e5bedc6a161739d_img.jpg\) Timbitts Learn To Play Videos - YouTube](#)



Timbits T-Shirts

This year on behalf of Softball Canada and our sponsor Tim Hortons, we will be providing Timbits Softball t-shirts to registered Timbits Softball groups in Alberta. These t-shirts are provided for groups who are members and in good standing with their softball associations. Limited quantities will be available on a first-come-first-served basis.

Contact Annie at Softball Alberta regarding Timbits t-shirts or questions about the Timbits program



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