

AGSA Traveling Team and Player Guide

AGSA Tournament Team mission statement:

The Ames Girls Softball Association tournament team program shall be open to any age eligible girl from Ames or surrounding areas. The purpose of the AGSA tournament teams program is to develop the skills and knowledge necessary for girls to play softball at the next level in a competitive atmosphere; give girls the opportunity to develop self confidence, leadership skills and self respect through the game of softball; to promote good sportsmanship for all involved; to help girls learn to succeed as a team through respect of coaches, players and other participants, and to develop a love for the game of softball to the high school level and beyond.

Purpose

The primary purpose of the AGSA tournament team is to develop competitive teams by developing individual player skills. Emphasis is for players to

- Develop and improve softball skills by accessing targeted training areas to improve performance
- Learn strategies to facilitate critical decision making on the field
- Learn how to interact as part of a team to build confidence and self-esteem
- Determine where their own abilities are by focusing on specific positions
- Gain experience playing in competitive tournaments in new environments to measure their skills against a broad spectrum of players

To this end, players should focus on developing their skills at different positions in the course of a season. Playing time will most likely not be equal, but players may expect to play at least halftime.

Players need to understand the following:

- They will be assigned to positions where they give their team a better chance of being successful
- They will develop a more thorough understanding of strategic play
- They are expected to put the team first
- They will be dedicated towards being their best
- They will compete for positions
- Playing time will be based primarily on skill level.

Practice Schedule:

- Spring: teams will practice at least once a week, 1.5 hours per practice
- Summer: teams will practice at least twice a week, 1.5 hours per practice. All practices will be held on Tuesday and Thursday evenings between the hours of 5-8 p.m.
- Unexcused absences from held practices and/or games **will** result in the loss playing time: minimum 1 game for each missed practice
- Players are limited to a maximum of four excused absences from held practice per season. After that they become unexcused absences.
- All recreational and school affiliated games are excluded from the practice policy.

Specific skill outcomes 10U:

- Introduce **basic** skills of fielding, throwing, hitting, base running and bunting.
- Introduce **basic** skills of team defense.
- Develop pitching skills: location of fastball & introduce changeup
- Develop beginning to intermediate catching skills.
- Develop winning attitude.
- Balance playing time with emphasis on winning

Specific skill outcomes 12U:

- Introduce and develop **intermediate** skills of fielding, throwing, hitting, base running and bunting.
- Introduce and develop **intermediate** skills of team defense.
- Develop intermediate pitching skills: advanced control of fastball and changeup & introduce other pitches
- Develop intermediate to advanced catching skills.
- Display a consistent winning attitude.
- Balance playing time with emphasis on winning.

Specific skill outcomes 14U:

- Introduce and develop **advanced** skills of fielding, throwing, hitting, base running and bunting.
- Introduce and develop **advanced** skills of team defense.
- Advanced control of fastball and changeup. Continue working on location of fastball and changeup (corners)
- Introduce and develop advanced pitching skills; drop ball and rise ball
- Develop advanced catching skills.
- Display a consistent winning attitude.
- Balance playing time with emphasis on winning.