



Softball Ulster

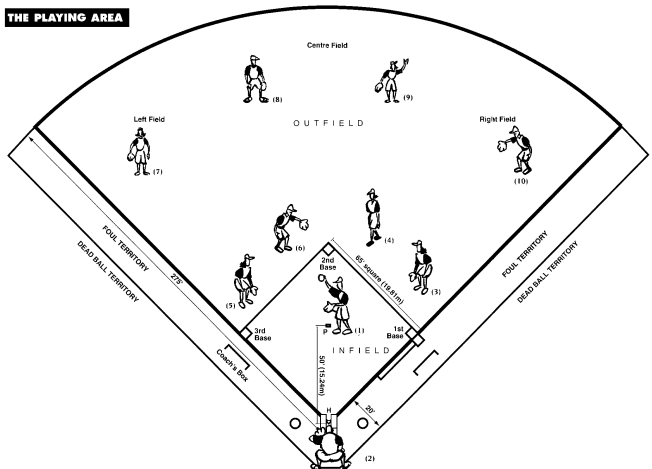
Welcome to Softball Ulster's first Summer Adult League

Softball is a new sport in Northern Ireland introduced only last year. This league will introduce you to softball while you enjoy the summer's night and make new friends. Maybe you will even start a new team after this!

Softball originates from the bat and ball games of rounders and baseball (also called hardball). It is played by mixed teams, and is a very social sport.

In the slow pitch version of softball that we play the ball is pitched in an arc (between 6 and 12 feet) and is considered easier to hit. The ball is bigger than a baseball and the bases are closer together (65 feet diamond) so you don't have to run too far.

THE PLAYING AREA



The Softball Ulster Adult Summer League agenda:

26th May: Introduction to Softball

- Tour around the field
- Basic rules
- Throwing practice
- Catching practice
- Batting practice

2nd June: Skills and drills

- Throwing & catching drills
- Infield & outfield drills

9th June:

- Short training
- 1st League game

16th June:

- 2nd & 3rd League game

23rd June:

- 4th & 5th League game

30th June:

- League final games

All sessions start at 18.30 sharp.

We hope you will **enjoy** the nights and this introduction to Softball.

Regards,

Softball Ulster & Belfast Brawlers

