



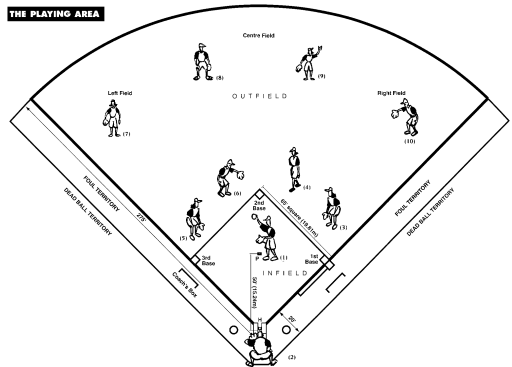
# Softball Ulster

## Welcome to Softball Ulster's Summer Adult League 2010

Softball is a new sport in Northern Ireland, formally introduced only 2 years ago. This league will introduce you to softball while you enjoy the summer's night and meet new people. Maybe you will even start a new team after this!

Softball originates from the bat and ball games of rounders and baseball. It is played by mixed teams, and is very social.

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!



All sessions start at 18.30 sharp. If you are likely to be delayed or can't make it contact

Carrie at [chair@softballulster.com](mailto:chair@softballulster.com) or 07812687875

### The Softball Ulster Adult Summer League agenda:

27<sup>th</sup> May: Introduction to Softball

- Infield
- Pitching
- Throwing & Catching practice
- Batting practice

3<sup>rd</sup> June: Skills and drills

- Team selection
- Throwing & catching drills
- Infield & outfield drills
- batting

10<sup>th</sup> June:

- Short training
- 1<sup>st</sup> & 2<sup>nd</sup> League games

17<sup>th</sup> June:

- 3<sup>rd</sup> & 4<sup>th</sup> league games

23<sup>rd</sup> June:

- 5<sup>th</sup> & 6<sup>th</sup> League games

1<sup>st</sup> July:

- League Semi-final and final games

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

Regards,

Softball Ulster

Supported by the local softball teams: Brawlers, Smokin' Aces, and the Aviators.