

Welcome to Softball Training



Agenda

- Plate Conference Elements
- Maintaining a Lineup Card
- DP/Flex



Plate Conference Elements

- Elements of a Plate Conference

- Review Lineups

- Team Name
 - Head Coach Name
 - Starting Lineup with First Initial, Last Name, Number, and Position
 - 9 or 10 in the starting lineup. If 10, then look for flex in 10 spot & DP somewhere in the first 9
 - Any subs with First Initial, Last Name and Number

- Introductions

- Safely and Properly Equipped

- Ground Rules and Field Observations

- Clarification of Unique Rules (Run rule, time limit, etc)

- Any Points of Emphasis (Keep this brief! Don't cover the rule book.)

- Give Partner a Chance to Add

- Questions from the Coaches



Maintaining a Lineup Card

Some General Rules to Follow with Lineup Cards

- Be consistent in your recording of changes. You need to be able to recreate what has occurred in the game.
- Record Changes as they happen. Do not wait until in between innings
- Check them for the following during the plate meeting
 - Team Name
 - Head Coach Name
 - Starting lineup with First Initial, Last Name, Number, and Position
 - Subs with First Initial, Last Name, and Number
- Record the following changes
 - Any change to the starting lineup
 - Any use of substitutes
 - Any courtesy runners for pitcher catcher
 - Any defensive visits and the inning it occurred
- Be efficient but thorough. The game can't go on until you are ready



Team : Flying Eagles

Coach: Ben There

	Number	Name	Position
1	17	J. Mora	1st (3)
2	31	D. Best	LF (7)
3	8	L. Laurinaitis	RF(9)
4	14	F. Bunch	CF (8)
5	23	D. Marino	DP
6	1	Z. Taylor	2nd (4)
7	6	M. Morrison	3rd (5)
8	18	B. Nice	P (1)
9	34	C. West	C (2)
10	00	J. Lewis	Flex/SS (6)

Substitutes

Number	Name
4	W. Inn
12	N. Busy
25	S. Little

Lineup Card has all the proper elements

- Team Name
- Head Coach name
- Starting lineup with First Initial, Last Name, Number, and Position
- Subs with First Initial, Last Name and Number

Team : Flying Eagles

Coach: Ben There

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8	18	B. Nice	P (1)	4
9	34	C. West	C (2)	
10	00	J. Lewis	Flex/SS (6)	

Substitutes

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Making Changes to the Lineup Card

1. **Sub Number 4 for number 18 and 4 will pitch**
2. Change Pitcher to number 14 and Number 4 to CF
3. Reenter B. Nice for W. Inn
4. Enter the flex 00 to pinch run for the DP 23
5. Reenter the DP 23
6. Enter 25 for 17
7. Enter N. Busy for the flex J. Lewis and play SS
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Line through 4 on the sub list
- Line through 18 on Starter List
- Add 4 next to the batting line up for 18

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position	
1	17	J. Mora	1st (3)	
2	31	D. Best	LF (7)	
3	8	L. Laurinaitis	RF(9)	
4	14	F. Bunch	CF(8) P	
5	23	D. Marino	DP	
6	1	Z. Taylor	2nd (4)	
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4. Enter the flex 00 to pinch run for the DP 23
5. Reenter the DP 23
6. Enter 25 for 17
7. Enter N. Busy for the flex J. Lewis and play SS
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Line through CF on line 4 and write a P
- Line through P on line 8 and write a CF

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position
1	17	J. Mora	1st (3)
2	31	D. Best	LF (7)
3	8	L. Laurinaitis	RF (9)
4	14	F. Bunch	CF (8) P
5	23	D. Marino	DP
6	1	Z. Taylor	2nd (4)
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2. Change Pitcher to number 14 and Number 4 to CF
3. **Reenter B. Nice for W. Inn**
4. Enter the flex 00 to pinch run for the DP 23
5. Reenter the DP 23
6. Enter 25 for 17
7. Enter N. Busy for the flex J. Lewis and play SS
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Circle Number 18 in the Lineup
- Line through number 4 on line item 8
- Circle number 4 on the sub lineup

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position	
1	17	J. Mora	1st (3)	
2	31	D. Best	LF (7)	
3	8	L. Laurinaitis	RF (9)	
4	14	F. Bunch	CF (8) P	
5	23	D. Marino	DP	00
6	1	Z. Taylor	2nd (4)	
7	6	M. Morrison	3rd (5)	
8	<u>18</u>	B. Nice	P (1) CF	4
9	34	C. West	C (2)	
10	00	J. Lewis	Flex/SS (6)	

Substitutes

Number	Name
<u>4</u>	W. Inn
12	N. Busy
25	S. Little

Making Changes to the Lineup Card

1. Sub Number 4 for number 18 and 4 will pitch
2. Change Pitcher to number 14 and Number 4 to CF
3. Reenter B. Nice for W. Inn
4. **Enter the flex 00 to pinch run for the DP 23**
5. Reenter the DP 23
6. Enter 25 for 17
7. Enter N. Busy for the flex J. Lewis and play SS
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Line through 23
- Added 00 to line number 5

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position	
1	17	J. Mora	1st (3)	
2	31	D. Best	LF (7)	
3	8	L. Laurinaitis	RF(9)	
4	14	F. Bunch	CF(8) P	
5	23	D. Marino	DP	00
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9	34	C. West	C (2)	
10	00	J. Lewis	Flex/SS (6)	

Substitutes

Number	Name
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12	N. Busy
25	S. Little

Making Changes to the Lineup Card

1. Sub Number 4 for number 18 and 4 will pitch
2. Change Pitcher to number 14 and Number 4 to CF
3. Reenter B. Nice for W. Inn
4. Enter the flex 00 to pinch run for the DP 23
5. **Reenter the DP 23**
6. Enter 25 for 17
7. Enter N. Busy for the flex J. Lewis and play SS
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Line through 00 on line number 5
- Circle number 23

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position	
1	17	J. Mora	1st (3)	25
2	31	D. Best	LF (7)	
3	8	L. Laurinaitis	RF (9)	
4	14	F. Bunch	CF (8) P	
5	23	D. Marino	DP	.00
6	1	Z. Taylor	2nd (4)	
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Substitutes

Number	Name
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Making Changes to the Lineup Card

1. Sub Number 4 for number 18 and 4 will pitch
2. Change Pitcher to number 14 and Number 4 to CF
3. Reenter B. Nice for W. Inn
4. Enter the flex 00 to pinch run for the DP 23
5. Reenter the DP 23
6. **Enter 25 for 17**
7. Enter N. Busy for the flex J. Lewis and play SS
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Line through number 17
- Line through number 25 in the sub list
- Add number 25 to lineup number 1

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position	
1	17	J. Mora	1st (3)	25
2	31	D. Best	LF (7)	
3	8	L. Laurinaitis	RF (9)	
4	14	F. Bunch	CF (8) P	
5	<u>23</u>	D. Marino	DP	00
6	1	Z. Taylor	2nd (4)	
7	6	M. Morrison	3rd (5)	
8	<u>18</u>	B. Nice	P (1) CF	4
9	34	C. West	C (2)	
10	00	J. Lewis	Flex/SS (6)	12

Substitutes

Number	Name
<u>4</u>	W. Inn
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Making Changes to the Lineup Card

1. Sub Number 4 for number 18 and 4 will pitch
2. Change Pitcher to number 14 and Number 4 to CF
3. Reenter B. Nice for W. Inn
4. Enter the flex 00 to pinch run for the DP 23
5. Reenter the DP 23
6. Enter 25 for 17
7. **Enter N. Busy for the flex J. Lewis and play SS**
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Line through number 00
- Line through number 12 on Substitutes List
- Add 12 to lineup line number 10

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position	
1	17	J. Mora	1st (3)	25
2	31	D. Best	LF (7)	
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4	14	F. Bunch	CF(8) P	
5	23	D. Marino	DP	.00
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8	18	B. Nice	P(1) CF	4
9	34	C. West	C (2)	
10	.00	J. Lewis	Flex/SS (6)	12

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Making Changes to the Lineup Card

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4. Enter the flex 00 to pinch run for the DP 23
5. Reenter the DP 23
6. Enter 25 for 17
7. Enter N. Busy for the flex J. Lewis and play SS
- 8. Reenter 4 for 18**
9. Visit to the pitching circle in the 5th inning

Changes Made

- Line through number 18 to make an X
- Line through number 4 on the substitutes list to make an X
- Circle Number 4 on lineup line number 8

Team : Flying Eagles

Coach: Ben There

	Number	Name	Position	
1	17	J. Mora	1st (3)	25
2	31	D. Best	LF (7)	
3	8	L. Laurinaitis	RF(9)	
4	14	F. Bunch	CF(8) P	
5	23	D. Marino	DP	00
6	1	Z. Taylor	2nd (4)	
7	6	M. Morrison	3rd (5)	
8	18	B. Nice	P(1) CF	4
9	34	C. West	C (2)	
10	00	J. Lewis	Flex/SS (6)	12

V5

Substitutes

Number	Name
4	W. Inn
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25	S. Little

Making Changes to the Lineup Card

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3. Reenter B. Nice for W. Inn
4. Enter the flex 00 to pinch run for the DP 23
5. Reenter the DP 23
6. Enter 25 for 17
7. Enter N. Busy for the flex J. Lewis and play SS
8. Reenter 4 for 18
9. Visit to the pitching circle in the 5th inning

Changes Made

- Add the letter V and the number 5 to the lineup card

DP/Flex

- Allows for flexibility to get more players in the game
- Must be declared in the lineup to start the game. It cannot be used after the start if not indicated at the beginning.
- DP and Flex are intertwined in the same batting position
 - Flex can only play offense in the DP batting position.



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Lineup Card has all the proper elements

- Team Name
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- Subs with First Initial, Last Name and Number

Substitutes

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DP/Flex

- Typically, each position in the lineup has a player that

- Plays Offense (bats and runs)



- Plays Defense (use their mitt)



DP/Flex

- DP



- Must play offense to start
- Must be indicate in the lineup with DP in the lineup at the beginning of the game
- Possible options as the game continues
 - Plays Offense only
 - Plays Offense and Defense
 - Sits on the Bench
- Never Changes Position in the Batting Lineup

DP/Flex



- Flex

- Must play defense to start
- Must be indicated in the lineup in the 10th spot
- Possible options as the game continues
 - Plays Defense Only
 - Play Defense and Offense
 - Sit on the Bench

DP/Flex

- If the Flex Plays Offense (Hit or Run)

- Can only be in the DP slot
- Lineup is now down to 9
- Consider a sub for whomever occupies the DP slot
- Can be moved back to defense only and the lineup is back to 10



DP/Flex

- If the DP Plays Defense (Uses their Mitt)

- If for the Flex

- Considered a substitution on the Flex
 - Lineup is now down to nine
 - Flex can be reentered and lineup is back to 10

- If for someone other than the flex

- DP takes the defense position
 - The player not playing defense is offense only, but they are not the DP. DP must remain in the same slot as the start of the game.
 - Lineup is still at 10



DP/Flex



- Some Key Points
 - The DP/Flex positions are never terminated
 - A team may go from 10 to 9 players and back to 10 as many times during the game as they have substitutes
 - The game may end with 10 or 9 active players
- Some Easy Reminders
 - The DP **can never** be on defense only
 - The Flex **can never** be on offense only
 - The DP and Flex **can never** be on offense at the same time
 - The DP and Flex **can** play defense at the same time