

U7 RMMSA TIMBITS

Coaches Guide to Practice Plans and Games

Contact Information

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Timbits Program Overview

The **Timbits Program** in the RMMSA U7 division aims to provide coaches with tools and lesson plans to engage young players. The program focuses on building the basics of softball through fun games and skill stations.

- **Weekly Guide:** Each Timbits Manual includes a week-to-week guide of suggested games and skill stations.
- **Resources:** Please see the QR code to find manuals for download.
- **Cost:** Manuals are available for a \$10 fee (reimbursed by RMMSA upon download).



Game Nights

- **Days:** Tuesdays & Thursdays
 - **Schedule Release:** The game schedule will be released during the last week of March.
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Modified Game Rules

The goal of these modified rules is to give teams a chance to experience a real softball game while focusing on skill development.

- **Field Setup:**

The home team is responsible for setting up and taking down the field, as well as using the infield for practice/skill stations.
- **Batting:**
 - All batters hit off a Tee placed at home plate.
 - Every player bats: an inning doesn't end after 3 outs.

- The last batter in the lineup is the “Home Run Hitter” and runs all the bases.
 - **Base Running:**
 - If the ball is hit into the outfield, the batter can take 2 bases (a double).
 - **Defense:**
 - All defensive players are on the field, no one sits out.
 - The 10th player is called the **rover** and plays behind the baseline between 1st and 2nd base.
 - **End of Game:**
 - At the end of the game, teams compete in a **Dragon Race**.
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Game Layout

- **Arrival Time (5:45-5:50 PM):**

Players arrive, and parents help get their child ready to play.
- **Warm-up 6:00 PM**

Team warm-up and skill stations begin.
Parent involvement is generally required, and coaches can direct parents to assist with skills/games.
- **6:30 PM:**

The game begins against the opposing team.
- **Drop Dead Time:**

The game ends at **7:30 PM**.