

U9 RMMSA TIMBITS

Coaches Guide to Practice Plans and Games

Contact Information

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Timbits Program Overview

The **Timbits Program** in the RMMSA U9 division is designed to help coaches engage young players by providing tools and lesson plans. Each manual includes a week-to-week guide with games and skill stations aimed at building the fundamentals of softball.

- **Weekly Guide:** The Timbits Manual includes a structured weekly guide for games and skills.
- **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:** Mondays & Wednesdays
 - **Schedule Release:** The 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 provide a game experience while reinforcing the fundamentals that are taught in the skill stations.

- **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.
- **Pitching:**
 - Coaches will pitch to batters.
 - During **Coach Pitched Innings**, the coach is allowed 5 pitches (foul balls don't count as a pitch). Players are to swing at all 5 pitches.

- After 5 pitches, the **Tee** is used. A maximum of 3 swings on the Tee is allowed.
 - If the player doesn't hit after the 5 pitches and 3 swings at the Tee, the coach will assist the batter.
 - **Batting:**
 - All batters bat; 3 outs **DO NOT** end an inning.
 - **5 runs** in **DO NOT** end an inning.
 - No walks are permitted.
 - If a ball is hit into the outfield, the batter is allowed to take 2 bases (a double).
 - There is **no "Home Run Hitter"** as in U7. The last batter runs the play out but does not run all the way home.
 - **Defense:**
 - All defensive players are on the field; no one sits out.
 - The **10th player** is called the **rover** and plays in the outfield.
 - If a player is tagged out on the bases, they are out and must go to their respective bench.
 - **Safety Gear:**
 - Players standing in the **Pitching Position** must wear an infield face mask in accordance with Softball BC Guidelines.
 - **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 assist in getting their child ready to play.
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 against the opposing team begins.
- **No new inning after 7:15PM**
- **Drop Dead Time:**

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