

EQUIPMENT

- **Bat selection.**

- Make sure your athlete can control her bat.
- As she gets better at hitting, she can use a heavier bat
- Before you spend a lot of money on a bat, practice with her to get good at the swing. Any bat will do during the learning process.



- **Glove size**

- She should be able to hold it up!
- Fits her hand and she can hold it above her head (fingers up) and turn below waste (fingers down).
- Just because it says “Softball Glove” doesn’t make it a good selection for your player. There is nothing wrong with buying a “Baseball Glove” if the size is correct for her.



- **Helmet**

- Need to have a helmet that fits every one of your players.
- Each helmet needs to have a face guard.

