



Parent Overview: Softball Juniors Division (ages 13-16)

A Little League player's age is defined by that player's age on December 31st, 2025

What is Softball Juniors?

The Softball Juniors Division is an important developmental stage where players transition toward higher-level, regulation-style softball. This division introduces full-sized fields, faster pace of play, more advanced game strategy, and increased player responsibility. Athletes will refine their skills, deepen their understanding of competitive softball, and prepare for high school-level play and beyond.

Purpose and Goals

- Advanced Skill Growth:** Focus on consistent pitching mechanics, strategic hitting, advanced defensive play, position specialization, and strengthening arm and core skills.
- Full Competitive Play:** Players experience a regulation-style game with leading off, stealing, bunting, walks, and full enforcement of softball rules.
- Strategic Game Development:** Emphasizes situational decision-making, communication, in-game adjustments, pitch selection, defensive shifts, and advanced base-running strategy.
- Leadership & Character Building:** Players learn responsibility, resilience, and team leadership as competition intensifies.

Game Format

Softball Juniors Division games more closely resemble traditional competitive softball, with:

- 7-inning games**
- 43-foot pitching distance
- Position specialization increases, but players may still rotate to support game needs
- Umpires enforcing full softball rule sets adapted for Little League Games against other District 9 little league teams

Equipment

Players should have a glove, batting helmet with facemask, protective fielding mask, grey softball pants, cleats and a personal bat that meets Little League regulations (GLL will provide a team jersey and visor)

Parent Involvement

Parent support is essential for a great season. Families can help by:

- Encouraging effort, supporting all teammates and positive attitudes
- Ensuring consistent attendance and timely arrival for practices and games
- Come prepared with proper equipment
- Volunteering for team roles (Manager, Assistant Coach)
- Reinforcing skills and sportsmanship at home

Key Takeaway

The Softball Juniors Division is as much about personal growth as it is about athletic progress. Players learn resilience, leadership, accountability, and teamwork—skills that extend far beyond the diamond. While the competition increases, respect, integrity, and a positive attitude remain at the heart of the experience, providing a challenging, rewarding, and supportive softball experience where athletes grow as players and as individuals.