

# Practice to Competition Ratios & Age Groups

LTPD Stage	Softball Age Categories	Practice to Competition Ratios
	Learn to Play Level 1 Mite	No ratio recommended (wide range of activities)
	Learn to Play Level 1 & 2 Mite	10 to 20 Combined practice/modified game sessions that include a 45 minute structured pre-game training session followed by a 45 minute modified game
	Learn to Play Level 2 & 3 Mite	10 to 20 Combined practice/modified game sessions that include a 45 minute structured pre-game training session followed by a 45 minute modified game
	Learn to Play Level 2 & 3 Mite	10 to 20 combined practice/modified game sessions that include a 30 minute structured pre-game training session followed by a 60-minute modified game.
	Squirt	<b>Minimum:</b> 60% Practices, 40% Games (training ratio includes pre-season practices) <b>Ideal:</b> 70% Practices, 30% Games (training ratio includes pre-season practices)
	Squirt, Pee Wee	<b>Minimum:</b> 50% Practices, 50% Games (training ratio includes pre-season practices) <b>Ideal:</b> 60% Practices, 50% Games (training ratio includes pre-season practices)
	Bantam	<b>Minimum:</b> 50% Practices, 50% Games (training ratio includes pre-season practices) <b>Ideal:</b> 60% Practices, 50% Games (training ratio includes pre-season practices)
	Bantam, Midget, Junior – Community Softball	40% Practices, 60% Games (training ratio includes pre-season practices)
	Bantam, Midget, Junior – Competitive Softball	50% Practices, 50% Games (training ratio includes pre-season practices)
	Midget, Junior, Senior – Community Softball	40% Practices, 60% Games (training ratio includes pre-season practices)
	Midget, Junior, Senior – Competitive Softball	40% Practices, 60% Games (training ratio includes pre-season practices)
	Midget (Women Only) Junior, Senior	25% Practices, 75% Games including competition-specific training
	All Age Categories - Recreational	As desired by player. Recommend 10% Practices, 90% Games

## References:

Smith, Mark, and Lise Jubinville. Long-Term Player Development Guide for Softball in Canada. Ottawa: Softball Canada, 2008