

.PDF



# ESSENTIAL SOFTBALL

## PRACTICE PLANS

10 Minute by Minute Practice Plans  
To Save You Time and Energy

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The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

# INTRODUCTION - HOW TO USE THIS RESOURCE

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Welcome to Essential Softball Practice Plans!


This resource was designed to help you save time and energy, by providing you with simple, step by step practice schedules you can implement with your team.

There are 10 practice plans included:

- Three 60 minute practices, which primarily focus on fundamental drills for beginners
- Three 90 minute practices, which have a mixture of basic fundamentals and more advanced drills
- Four 120 minute practices, which include skill development as well as time for modified scrimmages

You can, of course customize any these practice plans to create your own. We've included three blank templates at the end which you can feel free to use however you please.

A few quick notes...

1. Practice blocks will typically run 10-20 minutes per drill. You can adjust the timing if your team needs more work on a specific skill.
2. Water breaks are included in the practice plans. Use common sense to add additional water breaks on hot days.
3. If you see the  icon, that means the practice block requires the use of stations. Typically, you will separate the team into 2 or 3 groups and take them to a separate part of the field to complete a specific drill.

Stations are an essential part of a well-run practice because they:

- a) Allow players to get more reps in a smaller time period, and limit the amount of "waiting around" time
- b) Allow coaches to work more directly with individual players, make corrections, and provide encouragement on a one to one basis
- c) Allow you to group kids with similar skill level together. So you can have an "advanced" hitting station for the more experienced kids at one end of the field. And a more basic hitting station for the beginners elsewhere.

If you don't have an assistant coach to help, grab a parent volunteer or two to help you supervise! Most Moms and Dads are happy to do it.

Alright, let's get started!

# 60 MINUTE SOFTBALL PRACTICE #1

Team

Date

0:00-0:10

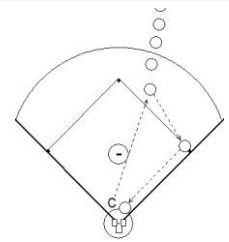
## DYNAMIC WARMUP

- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart and practice 4-seam grip and showing a target box

0:10-0:25

## FIELDING - BALL TO FIRST DRILL

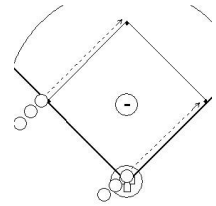
- Fielders line up at second base position. First baseman or coach stands on first.
- Coach hits grounders to players, who take turns fielding the ball and throwing it to first.
- You can run this drill from any position on the infield, and throw to any base.
- Keep the throw length reasonably short (shortstop to 2nd or 3rd, 1<sup>st</sup> to 2nd etc.) for younger players



0:25-0:35

## BASERUNNING - RUN THROUGH FIRST DRILL

- Divide players into two groups.
- One group goes to home plate, the other to third base.
- Players practice running to first base.
- They should run through the bag so that they don't slow down before reaching it.
- Make sure players are running through the bag instead of pulling up as they draw near.



0:35-0:40

## WATER BREAK

0:40-0:45

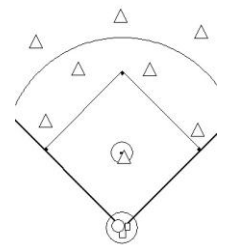
## HITTING - DRY SWING DRILL

- Spread the players out across the field without at least 5 strides of space in every direction
- Each player has a bat and faces the coach
- Coach leads players through the phases of the swing one at a time (relax > ready position > stride > swing)
- Focus on a smooth, controlled swing. Be short to the ball and long after it

0:50-1:00

## HITTING - FROM THE TEE DRILL

- Players take turns hitting off the tee against a full defense.
- Look for proper mechanics and concentration on each swing
- Try moving the tee to simulate inside, middle and outside pitches
- Switch to soft toss or live pitches for more advanced players



# 60 MINUTE SOFTBALL PRACTICE #2

Team \_\_\_\_\_

Date \_\_\_\_\_

0:00-0:05

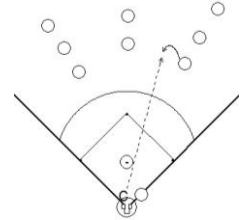
## DYNAMIC WARMUP

- Trunk Rotation – twist upper torso side to side
- Arm Circles – loosen up the shoulders
- Forward Lunges – players should go as low as they can
- High Knees – knees should be coming up to the waist
- Light Throwing – stand 10-15 feet apart – practice 4-seam grip and showing a target box

0:05-0:20

## FIELDING - CATCH THE FLIES

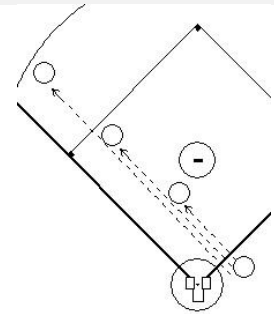
- Players form three lines in outfield.
- Coach hits flies balls to players who field the ball and throw it back in.
- Dropped balls are usually caused by improper approach to the ball and then a lack of concentration. Emphasize those areas and help your players learn by repetition.



0:20-0:35

## FIELDING - LINE THROW RELAY DRILL

- Separate your team into groups of four. Each group forms a relay line.
- Player 1 starts on the first baseline, player 2 in the middle of the infield, player 3 on the edge of the infield, and player 4 in the outfield.
- On the coach's signal, player 1 throws to 2, who throws back to 1. Then player 1 throws to 3 who relays to 2, who throws to 1. Then player 1 throws all the way to 4, who relays back to 3, who relays back to 2, who throws to 1.
- The team that completes the relay the fastest wins.
- To add difficulty, change the sequence of throws so the players have to remember where the ball is going each time.
- If, at any point there is a dropped throw, the team must start over.



0:35-0:40

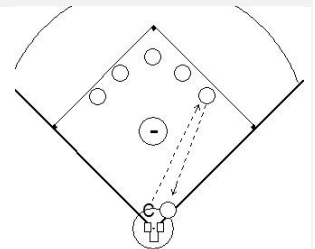
## WATER BREAK



0:40-1:00

## FIELDING - PEPPER DRILL

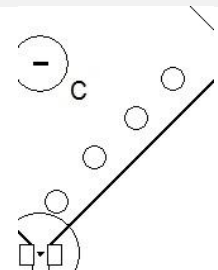
- Divide team into two stations and switch after 10 minutes
- **Station #1 - Pepper Fielding Drill:** Coach hits grounders and line drives to the players in random order. Players must field the ball or be eliminated.
- Players must communicate with one another to avoid collisions.
- The focus should be on: reading, reacting, and making a good throw back to home



0:40-1:00

## HITTING - EYE ON THE SPOT DRILL

- Divide team into two stations and switch after 10 minutes
- **Station #2 - Eye on the Spot Hitting Drill:** Set players up at several tees facing a net or fence. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing the back of the plate.
- Hitters focus on the spot and use proper mechanics to hit the ball into a fence or net
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus



# 60 MINUTE SOFTBALL PRACTICE #3

Team

Date

0:00-0:10

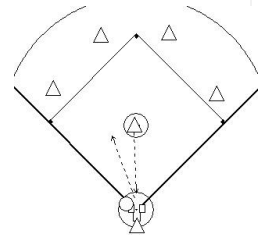
## DYNAMIC WARMUP

- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart and practice 4-seam grip and showing a target box

0:10-0:25

## HITTING - SWING DOWN DRILL

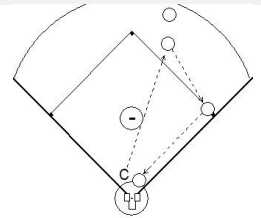
- Batters hit off tee or coach can pitch. Fielders at infield positions.
- Batter hits ball using a downward swing and fielders play the ball to first.
- This drill helps prevent swinging upward and creating weak pop flies.
- Watch for good hitting form and that players are keeping their eyes on the ball and then swinging down not level or up.



0:25-0:40

## FIELDING STATION - CLOSEST BASE DRILL

- Fielders go to second base (or first or third) and work on fielding ground balls and throwing to the close base.
- Focus on fielding fundamentals and throwing mechanics
- Pitchers go to their own area and work on grip, windup and delivery



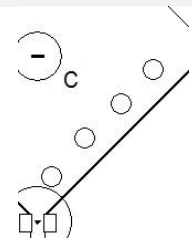
0:40-0:45

## WATER BREAK

0:45-55

## HITTING - CONTACT AND FREEZE DRILL

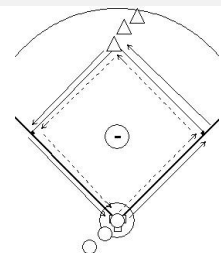
- Batters line up with at least 5 feet of space in each direction and facing the Coach.
- Coach calls out a certain pitch (for example, low and outside, inside high, down the middle, curve, slider, etc.) and batters immediately take the appropriate swing and freeze where they would make contact with the ball.
- Coach observes the swings and ending bat position and makes corrections



0:55-1:00

## BASERUNNING RELAY

- Divide team into two groups – put one group at home, the other at second base.
- On the coaches' signal for players to take off, the players on second sprint towards third, and then home, first, and back to second to tag their next teammate.
- The runners from home do the same thing, only they round the bases in the correct order. The teams will continue to do this, tagging the next player in line when they reach their team bag, until all players on a team have completed a circuit.



# 90 MINUTE SOFTBALL PRACTICE #1

Team

Date

0:00-0:10

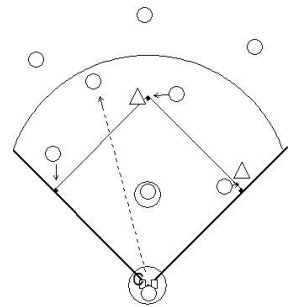
## DYNAMIC WARMUP

- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:10-0:25

## FIELDING - KNOW WHERE TO GO DRILL

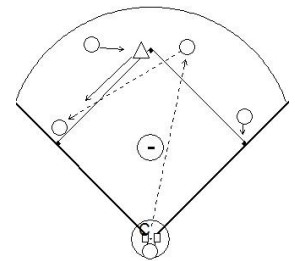
- Players learn their responsibilities out in the field.
- You need an entire infield to start, and you can add the outfielders later, and also you can switch up the situation by adding runners in different situations for the players on the field to see.
- Make a game of it by rewarding the players who get to their positions first, after a scenario is called out.
- Further, to make the drill more interesting, you can add batting into the mix. You can run two drills at once: this one, and batters trying to hit a ground ball through the infield. This will help both sides.



0:25-0:40

## FIELDING/BASERUNNING - TAG OUT DRILL

- Coach hits grounders to the infield with a runner on second base.
- Players must understand that the runner can stay at second or go to third. If she runs, then they can go to third and make a tag out. If the runner doesn't go, then the infielder can look the runner off and then throw to first.
- Other variations include hitting shallow fly balls into the outfield and then trying to tag out the tagged up runner. You can also hit line drives through the infield and if the players catch it, they have to throw to the base with the runner to try to get them out.



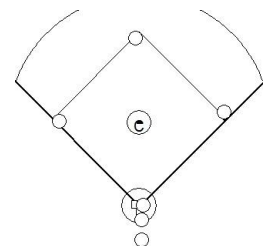
0:40-0:45

## WATER BREAK

0:45-1:00

## BASERUNNING - TAG UP DRILL

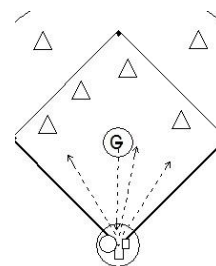
- Players learn how to properly tag up on fly balls.
- Put runners at all the bases.
- Coach goes to mound, tosses himself a fly ball and runners tag up and run to next base – with a player at home going to first.
- Other coaches or players can sit and be the judge to see if players leave bases too early, or if they are not tagged up when the ball is caught.
- Increase difficulty by playing live fly balls into the outfield



1:00-1:15

## HITTING - RIGHT MIDDLE LEFT HITTING

- Position players run a hitting drill, learning to drive the ball to all fields.
- Batter is at the plate, other players fill the infield and outfield positions. Coach throws to hitters, telling them where they should try to hit the ball – right, middle, left.
- Watch for proper hitting form with proper balance, even weight distribution, eyes on the ball.
- Pitchers go to a separate part of the field to work on pitching mechanics, focusing on mechanics and accuracy



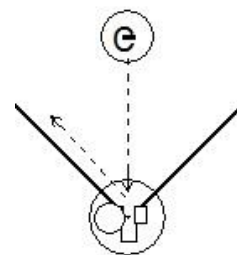
1:10-1:15

## WATER BREAK

1:15-1:30

## BUNT DRILL

- Players learn how to properly bunt the ball in this drill. Set up a number of stations with a coach pitching and hitters lined up to bunt.
- The coach will pitch to each player in turn and they will lay down a short bunt
- Practice bunting down 3rd baseline, 1st baseline, and directly in front of home plate
- Stress to your players that if the ball is bunted too far, the third baseman has an easy out; likewise if it is too short, the catcher will be able to make the play.
- You can also add fielders to give your players practice fielding bunts.



# 90 MINUTE SOFTBALL PRACTICE #2


Team

Date

0:00-0:10

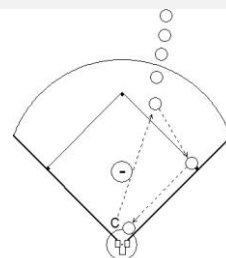
## DYNAMIC WARMUP


- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

 0:10-0:30

## FIELDING STATION #1 - BALL TO FIRST DRILL

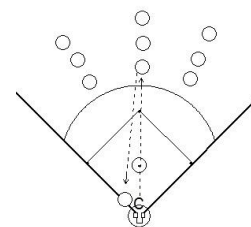
- Divide team into two stations and switch after 15 minutes
- **Station 1 - Ball to First Drill:** Fielders line up at second base position. First baseman or coach stands on first. Coach hits grounders to players, who take turns fielding the ball and throwing it to first.



 0:10-0:30


## FIELDING STATION #2 - CATCH AND THROW DRILL

- Divide team into two stations and switch after 15 minutes
- **Station 2 - Catch and Throw Drill:** fielders set up in 3 lines in the outfield and take foul balls hit by the coach
- Fielders will catch the fly ball, crow hop, and make an accurate throw back to the coach or assistant



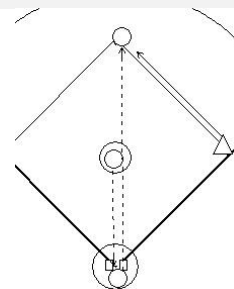
0:30-0:35


## WATER BREAK

 0:35-0:55

## BASERUNNING STATION - QUICK JUMP

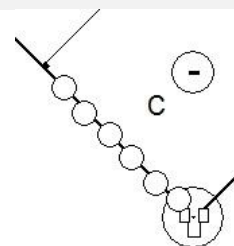
- Divide the team into two stations and switch after 10 minutes
- **Station 1 - Quick Jump Drill:** place a coach at 2nd base, a pitcher on the mound and a catcher behind home plate. The remaining players line up at first base.
- On the pitch, the baserunner will attempt to steal second base. The catcher will try to throw him out.



 0:35-0:55

## HITTING STATION - BALLOON DRILL

- Divide the team into two stations and switch after 10 minutes
- **Station 2 - Balloon Hitting Drill:** players line up with at least 5 feet of space between them. Each player has a bat and sets up in their stance.
- Coach places an inflated balloon between the knees of each player. On the coach's command, the hitters stride, then swing
- The goal is to keep the balloon between the legs without falling out. This reinforces a short, controlled stride and helps eliminate "over-striding" during the swing



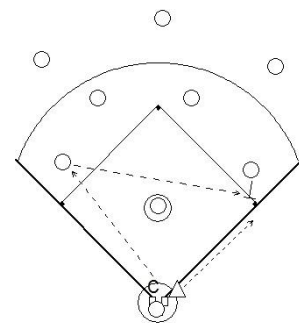
0:55-1:00

## WATER BREAK

1:00-1:15

## FIELDING - MAKE THE PLAY DRILL

- Players gain an understanding of their responsibilities in different situations and how to make the right play when they are called upon.
- Field an entire defensive team for this drill. Along with that, you need one or two runners for this drill.
- The coach will be setting up different scenarios with the runners.
- The coach can set up any number of different plays to cover. It could be a player stealing bases, a fly ball with a runner tagged up on third, or a potential double play ball, etc.
- Explain the situation and what each fielder's responsibility is. Then put the ball into play and have the fielders execute.
- After each play, discuss any corrections or improvements.



1:15-1:30

## MODIFIED SCRIMMAGE

- Set up real game situations with all infield and outfield positions filled, runners on base and a set number of outs
- Play a modified scrimmage with live pitching and hitting
- Stop the action and coach when necessary
- Emphasize the skills focused on during today's practice

# 90 MINUTE SOFTBALL PRACTICE #3

Team

Date

0:00-0:10

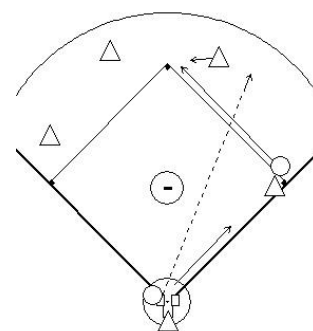
## DYNAMIC WARMUP

- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:10-0:25

## HIT AND RUN DRILL

- Place a hitter at home plate, a runner on first base, and infielders at all of the infield positions.
- The goal of the drill is to learn how to hit to a hole to advance a running teammate.
- To start, hit from a tee, just so the hitters can aim their swing where the hole is going to be in the lineup.
- You can alter this drill a little by putting the hit and run on with a runner at second, or you can have players at first and third, with the hit and run in the middle.
- To increase difficulty, have the batter hit soft toss and regular pitches



0:25-0:30

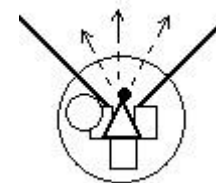
## WATER BREAK



0:30-0:50

## HITTING STATION #1 - EYE ON THE SPOT

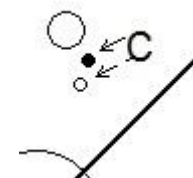
- Divide team into 2 stations and rotate them through each one after 10 minutes
- **Station 1 - Eye on the Spot:** Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing toward the backstop.
- Hitters focus on the spot and use proper mechanics to hit the ball into a fence or net
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus



0:30-0:50

## HITTING STATION #2 - COLORED BALL TOSS

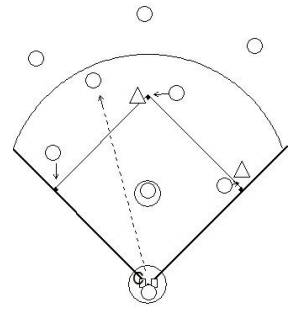
- Divide team into 2 stations and rotate them through each one after 10 minutes
- **Station 2 - Colored Ball Toss:** Coach sets up in soft toss position with two different colored softballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball, drives it into the fence or net.
- Add in fake tosses and change height and speed of the balls to further test the batter.



**0:50-1:05**

### **FIELDING - KNOW WHERE TO GO DRILL**

- Players learn their responsibilities out in the field.
- You need an entire infield to start, and you can add the outfielders later, and also you can switch up the situation by adding runners in different situations for the players on the field to see.
- Make a game of it by rewarding the players who get to their positions first, after a scenario is called out.



**1:05-1:10**

### **WATER BREAK**

**1:10-1:30**

### **MODIFIED SCRIMMAGE**

- Set up real game situations with all infield and outfield positions filled, runners on base and a set number of outs
- Play a modified scrimmage with live pitching and hitting
- Stop the action and coach when necessary
- Emphasize the skills focused on during today's practice

# 120 MINUTE SOFTBALL PRACTICE #1

Team

Date

0:00-0:15

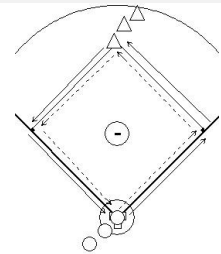
## DYNAMIC WARMUP


- Trunk Rotation – twist upper torso side to side
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- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:15-0:25

## BASERUNNING RELAY

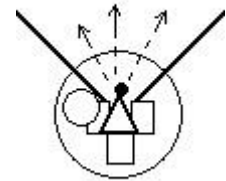
- Divide team into two groups – put one group at home, the other at second base.
- On the coaches' signal, the players on second sprint towards third, and then home, first, and back to second to tag their next teammate.
- The runners from home do the same thing, but round the bases in the correct order.
- The teams will continue to do this, tagging the next player in line when they reach their team bag, until all players on a team have completed a circuit.




 0:25-0:55

## HITTING STATION #1 - EYE ON THE SPOT

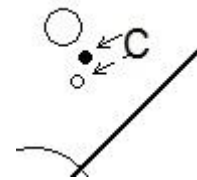
- Divide team into 3 stations and switch every 10 minutes
- **Station 1 - Eye on the Spot:** Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing toward the backstop.
- Hitters focus on the spot and use proper mechanics to hit the ball into a fence or net
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus




 0:25-0:55

## HITTING STATION #2 - COLORED BALL TOSS

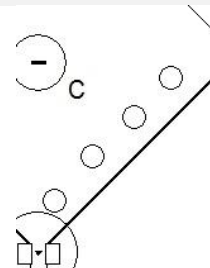
- Divide team into 3 stations and switch every 10 minutes
- **Station 2 - Colored Ball Toss:** Coach sets up in soft toss position with two different colored softballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball and drives it into the fence or net.
- Add in fake tosses and change height and speed of the balls to further test the batter.



 0:25-0:55

## HITTING STATION #3 - CONTACT AND FREEZE

- Divide team into 3 stations and switch every 10 minutes
- **Station #3 - Contact and Freeze:** Batters line up with at least 5 feet of space in each direction. Coach stands in front of the batters.
- Coach calls out a certain pitch (for example, low and outside, inside high, down the middle, curve, slider, etc.) and batters immediately take the appropriate swing and freeze where they would make contact with the ball.
- Coach observes the swings and ending bat position and makes corrections



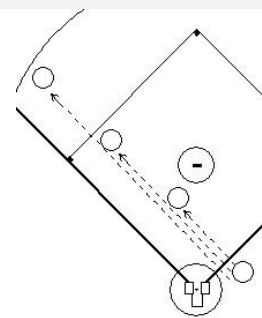
0:55-1:00

## WATER BREAK

**1:00-1:20**

### FIELDING - LINE THROW RELAY DRILL

- Separate your team into groups of four. Each group forms a relay line. Player 1 starts on the first baseline, player 2 in the middle of the infield, player 3 on the edge of the infield, and player 4 in the outfield.
- On the coach's signal, player 1 throws to 2, who throws back to 1. Then player 1 throws to 3 who relays to 2, who throws to 1. Then player 1 throws all the way to 4, who relays back to 3, who relays back to 2, who throws to 1.
- The team that completes the relay the fastest wins.
- Try adjusting the length of the relay line for different age groups
- To add difficulty, change the sequence of throws so the players have to remember where the ball is going each time.
- If, at any point there is a dropped throw, the team must start again from the very beginning.



**1:20-1:25**

### WATER BREAK

**1:30-2:00**

### MODIFIED SCRIMMAGE

- Set up real game situations with all infield and outfield positions filled, runners on base and a set number of outs
- Play a modified scrimmage with live pitching and hitting
- Make sure players are rotated in so everyone gets a chance to hit throughout the week
- Stop the action and coach when necessary
- Emphasize the skills focused on during today's practice

# 120 MINUTE SOFTBALL PRACTICE #2

Team \_\_\_\_\_

Date \_\_\_\_\_

0:00-0:15

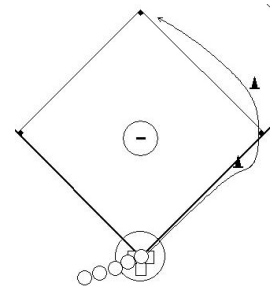
## DYNAMIC WARMUP


- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:15-0:25

## HOME TO SECOND

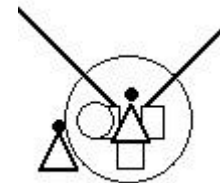
- Place a cone outside the first base line and about 10 feet along the second base line to set a boundary for the player's turn to second.
- Players line up at home plate.
- Player 1 runs from home to first, angling out at the cone to make the turn.
- Player then runs past first staying inside the second cone and proceeds to second base.
- Next player continues the drill until everybody has gone.
- Make sure players run a straight line toward first before angling at the cone – some players have a tendency to veer off the line.
- Players should be hitting the inside corner of the first base bag as they turn toward second.




 0:25-0:55

## HITTING STATION #1 - FOLLOW THROUGH DRILL

- Divide team into 3 stations and switch every 10 minutes
- **Station 1 - Follow Through Drill:** You need a tee for the batter to hit from, and you need a ball set up (either on a tee or other apparatus) that will be along the proper follow through plane.
- When a batter swings through the ball, they will maintain their swing plane through the drill and first hit the ball on the tee in front of them, and then on the tee in their proper follow through plane.
- If a player is not hitting the second ball then the coach must help them achieve the appropriate swing plane.




 0:25-0:55

## HITTING STATION #2 - INSIDE/OUTSIDE HITTING DRILL

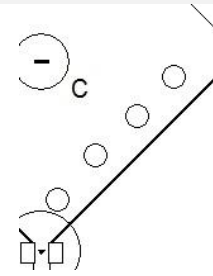
- Divide team into 3 stations and switch every 10 minutes
- **Station 2 - Inside/Outside Hitting:** Set up each hitter with two tees, one on the inside of the plate and one on the outside
- The hitter will stand at the plate and take their typical stance.
- The batter will take turns attempting to hit the ball on the inside tee, then the outside tee
- The batter should take the same stride towards the ball on both swings.
- Place the inside tee toward the front of the strike zone, which will encourage players to make contact out in front and pull the ball. Place the outside tee toward the back of the strike zone, which will encourage hitters to catch the ball deep and send it to the opposite field



 0:25-0:55

### HITTING STATION #3 - PEPPER WITH BAT

- Divide team into 3 stations and switch every 10 minutes
- **Station #3 - Pepper with Bat:** Have the batter stand approximately 15 to 20 feet from three fielders, who are standing 2-5 feet apart from each other.
- Fielder throws the ball to the batter. Batter uses a short, quick, downward swing to hit the ball back to the fielders.
- Batter should try to hit the inside pitch to the left fielder, the middle pitch to the middle fielder and the right pitch to the right fielder.
- Fielder catches the ball and throws it back to the batter to hit again.
- To increase the difficulty of this drill, add another softball so that two are in play – this will help keep the fielders and hitter at full focus.



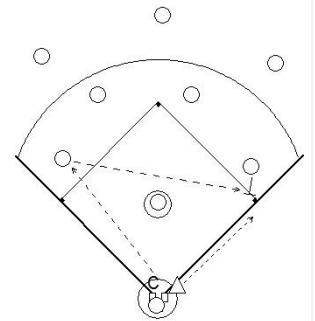
0:55-1:00

### WATER BREAK

1:00-1:20

### MAKE THE PLAY DRILL

- Players gain an understanding of their responsibilities in different situations and how to make the right play when they are called upon.
- Field an entire defensive team for this drill. Along with that, you need one or two runners for this drill.
- The coach will be setting up different scenarios with the runners.
- The coach can set up any number of different plays to cover. Stealing bases, a fly ball with a runner tagged up on third, or a potential double play ball, etc.
- Explain the situation and what each fielder's responsibility is. Then put the ball into play and have the fielders execute.
- After each play, discuss any corrections or improvements.



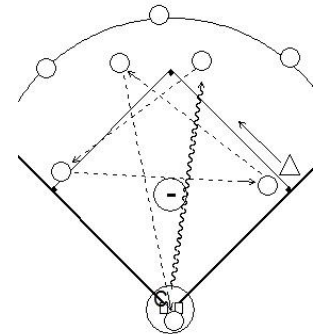
1:20-1:25

### WATER BREAK

1:25-1:40

### BASERUNNING/FIELDING DRILL - STAR DRILL

- Put an entire infield together, along with an outfield. The outfield will be more for support rather than being completely involved in the star. You will also need a base runner.
- Coach hits the ball to the second baseman, who will then throw it to the third baseman, then the first baseman, then the shortstop, who then throws it home.
- There is a runner that starts at first base and runs when the ball is first hit by the coach. The runner continues to run while this star drill is going on.
- The ball must get to all positions in the star before the runner gets to home.



1:40-2:00

### MODIFIED SCRIMMAGE

- Set up real game situations with all infield and outfield positions filled, runners on base and a set number of outs
- Play a modified scrimmage with live pitching and hitting
- Stop the action and coach when necessary
- Emphasize the skills focused on during today's practice

# 120 MINUTE SOFTBALL PRACTICE #3

Team

Date

0:00-0:15

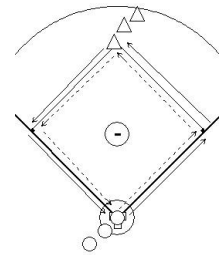
## DYNAMIC WARMUP

- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:15-0:30


## BASERUNNING RELAY

- Divide team into two groups – put one group at home, the other at second base.
- On the coaches' signal for players to take off, the players on second sprint towards third, and then home, first, and back to second to tag their next teammate.
- The runners from home do the same thing, only they round the bases in the correct order.
- The teams will continue to do this, tagging the next player in line when they reach their team bag, until all players on a team have completed a circuit.
- Fastest team wins a prize!



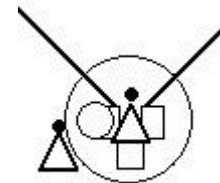
0:30-0:35


## WATER BREAK

 0:35-1:05

## HITTING STATION #1 - FOLLOW THROUGH DRILL

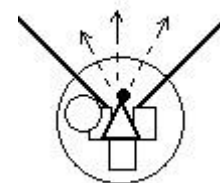
- Divide team into 3 stations and switch every 10 minutes
- **Station 1 - Follow Through Drill:** You need a tee for the batter to hit from, and you need a ball set up (either on a tee or other apparatus) that will be along the proper follow through plane.
- When a batter swings through the ball, they will maintain their swing plane through the drill and first hit the ball on the tee in front of them, and then on the tee in their proper follow through plane.
- If a player is not hitting the second ball then the coach must help them achieve the appropriate swing plane.



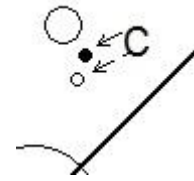
 0:35-1:05

## HITTING STATION #2 - EYE ON THE SPOT

- Divide team into 3 stations and switch every 10 minutes
- **Station 2 - Eye on the Spot:** Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing toward the backstop.
- Hitters focus on the spot and use proper mechanics to hit the ball into a fence or net
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus



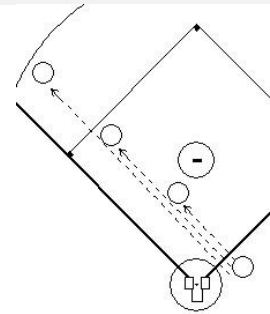
- Divide team into 3 stations and switch every 10 minutes
- **Station 3 - Colored Ball Toss:** Coach sets up in soft toss position with two different colored softballs Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball drives it into the fence or net.
- Add in fake tosses and change height and speed of the balls to further test the batter.



1:05-1:20

FIELDING - LINE THROW RELAY DRILL

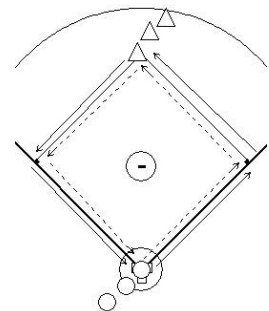
- Separate your team into groups of four. Each group forms a relay line. Player 1 starts on the first baseline, player 2 in the middle of the infield, player 3 on the edge of the infield, and player 4 in the outfield.
- On the coach's signal, player 1 throws to 2, who throws back to 1. Then player 1 throws to 3 who relays to 2, who throws to 1. Then player 1 throws all the way to 4, who relays back to 3, who relays back to 2, who throws to 1.
- The team that completes the relay the fastest wins.
- Try adjusting the length of the relay line for different age groups
- To add difficulty, change the sequence of throws so the players have to remember where the ball is going each time.
- If, at any point there is a dropped throw, the team must start again from the very beginning.



1:20-1:35

BASERUNNING - SECOND TO HOME DRILL

- Place two cones around third base as shown in the diagram
- Players line up at second base.
- Player 1 runs from second to third, angling out at the cone to make the turn.
- Player then runs around third staying inside the second cone and proceeds to home plate.
- Next player continues the drill until everybody has gone.
- Remember the shortest distance between two points is a straight line so make sure players run as straight as possible until they reach the first cone and angle out for the turn.
- Players should be hitting the corner of the third base bag as they turn toward home.



1:35-1:40

WATER BREAK

1:40-2:00

MODIFIED SCRIMMAGE

- Set up real game situations with all infield and outfield positions filled, runners on base and a set number of outs
- Play a modified scrimmage with live pitching and hitting
- Stop the action and coach when necessary
- Emphasize the skills focused on during today's practice

# 120 MINUTE SOFTBALL PRACTICE #4

Team

Date

0:00-0:15

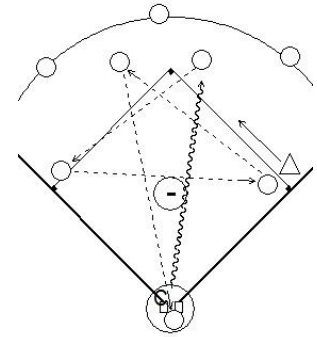
## DYNAMIC WARMUP


- Trunk Rotation – twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles – loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:15-0:30

## BASERUNNING/FIELDING DRILL - STAR DRILL

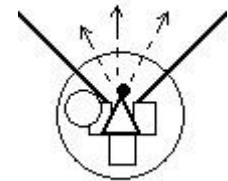
- Put an entire infield together, along with an outfield. The outfield will be more for support rather than being completely involved in the star. You will also need a base runner.
- Coach hits the ball to the second baseman, who will then throw it to the third baseman, then the first baseman, then the shortstop, who then throws it home.
- There is a runner that starts at first base and runs when the ball is first hit by the coach. The runner continues to run while this star drill is going on.
- The ball must get to all positions in the star before the runner reaches home




 0:30-1:00

## HITTING STATION #1 - EYE ON THE SPOT

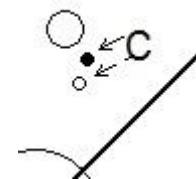
- Divide team into 3 stations and switch every 10 minutes
- **Station 1 - Eye on the Spot:** Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing toward the backstop.
- Hitters focus on the spot and use proper mechanics to hit the ball into a fence or net
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus



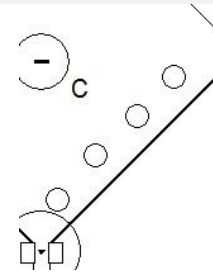
 0:30-1:00

## HITTING STATION #2 - COLORED BALL TOSS

- Divide team into 3 stations and switch every 10 minutes
- **Station 2 - Colored Ball Toss:** Coach sets up in soft toss position with two different colored softballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball, drives it into the fence or net.
- Add in fake tosses and change height and speed of the balls to further test the batter.



- Divide team into 3 stations and switch every 10 minutes
- **Station #3 - Contact and Freeze:** Batters line up with at least 5 feet of space in each direction. Coach stands in front of the batters.
- Coach calls out a certain pitch (for example, low and outside, inside high, down the middle, curve, slider, etc.) and batters immediately take the appropriate swing and freeze where they would make contact with the ball.
- Coach observes the swings and ending bat position and makes corrections



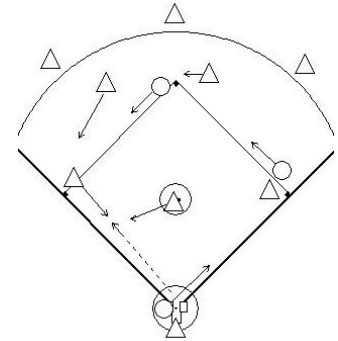
**1:00-1:05**

**WATER BREAK**

**1:05-1:25**

**BASERUNNING/FIELDING DRILL - SACRIFICE PLAY**

- Set up a full infield and outfield, a batter and a runner on first, second or third.
- The batter must get the runner to the next base, but only using one of two plays: a bunt or a sac fly.
- The fly ball must be deep enough to advance the runner and the bunt needs to be effective enough not to be a double play.
- Runners should work on getting good leads and a quick jump on a bunt or a good tag up on a fly ball.
- Batters should work on hitting a fly ball on purpose and also bunting to the best areas to avoid outs.



**1:25-1:30**

**WATER BREAK**

**1:30-2:00**

**MODIFIED SCRIMMAGE**

- Set up real game situations with all infield and outfield positions filled, runners on base and a set number of outs
- Play a modified scrimmage with live pitching and hitting
- Stop the action and coach when necessary
- Emphasize the skills focused on during today's practice





