Softball Practice Plan

Agility/Warm-UP: 10 Minutes

- Drills:
  - 20 Arm circles – palms out like washing windows
  - 20 Arm Circles – palms down, fingers pointing down
  - 10 Swimmer Arm rotations front and back each arm
  - 25 Jumping jacks
  - 15 Stationary knee raise
  - 15 Stationary Butt kickers
    - From Line:
      - Slow knee’s (High Knees)
      - Forward Lunges
      - Frankenstein
      - Quick Knees
      - Shuffles
      - Cross Over’s
      - Cherry Pickers (explosions)
      - Sprints (heels up proper base running stance)

Throwing – 10 Minutes

Drills:

- **Knee Wrist Snaps:** (Partner up girls, glove knee up, brace elbow with glove, snap throw)
- **Knee Throws:** (Farther apart same as above except full follow thru with hands touching ankle)
- **Long Throws** (bounce ball in front of partner with arc)
- **Standing Statue Throw:** Standing, girls start with high elbow throwing all at once – catching partner receives and throw back – same line throws then switch lines
- **Full throw:** Regular position – quick throws
- **Star Drill** – girls in every IF position except for pitcher. Start at home with catcher – throw to 2nd base position, 2nd to 3rd, 3rd to 1st, 1st to SS, SS to Home(catcher). Girls follow their throws. Can give some competition by breaker girls up into groups and time for the entire rotation of drill. Can also just have girls on every base calling out throws with no rotation
IF/OF Drills 40 minutes – Break Girls up into 4 Groups Rotating Every 10 Minutes

Drills:
Station 1 – IF Drills 10 minutes
- Partner (coach) Tennis Ball Toss: (Partner up girls, without gloves have girls bounce 1 tennis ball to partner)
- 2 Tennis Ball Toss: (Same as above except each girl has a tennis ball and bounce pass to one another – as they get comfortable go faster)
- Run-Through (Have girls line up in a straight line and coach bounce tennis balls to players without gloves. Players first step is forward and challenge them with left to right)
- Side to Side Toss (Set up parameters with bases or cones and quickly roll softball to players left and right without gloves. Time each girl for 20 seconds)

Station 2 – IF Drills 10 minutes
- Quick Glove: Position girls at SS and 1st base – short hop(bounce) ball to SS with quick transition throw to 1st base.
- Forward Move: Position girls at SS with bases (cones) positions to right and left plus a base or cone a few feet in front. Coach hits ground 5 ground balls to each girls with the object of fielding the ball before it get to the front cone. Once complete girl goes back to starting SS position and repeats quickly 5 times.

Station 3 – OF Drills 10 minutes
- Left Shoulder/Right Shoulder: Position girl in front of coach with head down, coach throws ball up in the air calls out ball. Girl’s catcher then turn to right shoulder while coach throws leading the girls and then girl turns to left should and coach throws.

Station 4 – OF Drills 10 minutes
- Line Drill: Position girls on LF foul line facing the OF. Coach throw leading fly wall out in from of girl. Once caught, girls runs towards the coach who throws short fly, girls then turns to left shoulder and coach throws leading fly ball over left shoulder. Can rotate to first base foul line so right shoulder can be used.

Hitting: 25 Minutes 5 Stations
Drills: Split up team into 5 groups and rotate every 5 minutes
- Station 1: Soft Toss – 5 Minutes
- Station 2: Live Coach Pitching Softy ball or wiffle – 5 minutes
- Station 3: Straight Tee hitting – 5 minutes
- Station 4: Top/Bottom (Place large waffle balls on top of one another on tee have player hit bottom ball. Goal is to have top ball drop straight down or 2 tee) – 5 minutes
- Station 5: Bunting – set up spots to bunt toward 1st, 3rd, and pitcher - 5 minutes
**Team Drills/Games- 30 Minutes (can choose)**

**IF:**
- **Five Ball Fungo:** Position players in every position except for catcher and pitcher. Each position gets 5 ground balls hit by coach and girls throw to 1st, 2nd, 3rd, 2nd, and 1st.
- **Hot Box Hitting** Line up girls on 2nd base with 2 retrievers located with 2 coaches hitting. Left coach hits ground ball players throws to left retriever – 2nd coach immediately hits another ground ball and player throws to right retriever. Everyone rotate clockwise.

**OF:**
- **Group Cut off Game:** Split girls into groups of 4 or 5 and position them in center of gym/field. Other team of 4-5 girls hit a soft toss. Girls in the field have to rely the ball back to home and every girls must touch/receive the ball. Girls hitting run the bases. Count bases of girls hitting until ball is back at home. Keep score against teams. Position players in every position except for catcher and pitcher. Each position gets 5 ground balls hit by coach and girls throw to 1st, 2nd, 3rd, 2nd, and 1st.
- **Advanced Line Drill:** Line up team on 3rd base foul line with cones positioned in the field. First throw fly ball to girl running toward outfield, girl then runs in for short fly ball, then gets fly ball over left shoulder, charges in for ground ball – can switch sides for right shoulder.

**Hitting Games:**
- **Soft Toss/Fielding Line:** Coach soft tosses to batter (split up into even teams) who hits into 2 lines of fielders. Score 1 pt pass first line and 2 points pass second line.
- **Suicide/Pressure Hitting:** (Split into 2 teams – coach’s pitches to batters. Provide situation and ask them to either get base hit, bunt, hit to right side – one pitch – 1 point if done right zero points is not done right.

**Pitching Drills – Warm UP:**
- **Wrist Snaps:** (From close distance, girls will only snap wrist to simulate finish).
- **T’s** (From a “T” position, player rotates and finishes with a snap)
- **X’s** (Same as above except from a “X” position)
- **Arm Isolation:** To isolate arm motion only (no legs), a good drill is getting on one knee and throwing T formation and also with complete arm circle. Instructor can focus on whether circle is correct and make sure the pitcher is not bending at the waist
- **Full Motion:** (Emphasis both feet on rubber, show of ball, and stride outs)
**Practice Plan Example: 2Hour**

6:30 – 6:40: - Agility/Warm-up (All) 10 Minutes
6:40 – 6:50: - Throwing (All)

6:50 – 7:30 – IF/OF Station Training
Split girls into 4 groups Rotating Every 10 Minutes

Station 1: 10 minutes
Station 2: 10 minutes
Station 3: 10 minutes
Station 4: 10 minutes

7:30 – 8:00 – Hitting Stations
Split girls into 5 groups Rotating Every 5 Minutes
- Station 1: Soft Toss – 5 Minutes
- Station 3: Live Coach Pitching Softy ball or wiffle – 5 minutes
- Station 4: Straight Tee hitting – 5 minutes
- Station 5: Top/Bottom (Place large waffle balls on top of one another on tee have player hit bottom ball. Goal is to have top ball drop straight down) – 5 minutes
- Station 6: Bunting – set up spots to bunt toward 1st, 3rd, and pitcher - 5 minutes

8:00 – 8:30 – Team/Group Drills/Games (All)