



U17 COACHES GUIDE

Train to Train (T2T) / Train to Compete (T2C)

ACKNOWLEDGEMENTS

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FOREWORD

The goal of Softball Canada’s Long-Term Player Development (LTPD) model is to provide a framework for a player-centered approach to help players achieve their full potential. It outlines the roles of the coaches, parents, administrators and players at each stage of development. In essence, it is about doing the right things at the right time and in the right way to produce a progressive and logical player pathway that will give players the best chance to reach their potential at their desire level of play. LTPD is a long-term process which can take over 10 years. The process emphasises episodes of performance over the long term rather than just the winning as a short term peaking for the weekend objective.

For many coaches designing a practice can be very intimidating. Many coaches avoid this task by arranging games with the misguided belief that players will learn from the game. Practices are vital to the success of the team and the athletes’ development. Designing a practice that is both fun and progressively teaches skills over the course of a season is not an easy task and takes a lot of time and knowledge on the part of the coach.

Softball Canada has created this Coaches Guide which contains useful information to increase the knowledge of coaches but also a season’s worth of practices plans based on our LTPD model to assist softball coaches with the critical skill of developing and conducting quality practices. This fantastic new resource means that age-appropriate practices and information are now at the fingertips of every softball coach in Canada. If you are a beginner coach, you can simply follow the practice plans as they are laid out and rest assured your players and team will improve the skills prioritized for this age category over the course of the season. If you are an experienced coach, you can use these practice plans as a guideline and modify them to meet the individual needs of your players and team.

Good luck with your season!

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“What is the main function of a coach if it is not to teach the skills and strategy of the game?”



COACH OF THE YEAR

NOMINATION DEADLINE: September 15th

DO YOU KNOW A COACH WHO:

- Is focused on the complete development of all their players?
- Is a positive coaching role model?
- Strives to become a better coach through education and training?
- Is able to improve the performance of the players and team they coach?
- Shares their expertise with the softball community?
- Respects everyone who is involved with the game and demonstrates good sportsmanship?



If you answered **YES** to these questions, then this coach is a candidate for Softball Canada's Home Run Sports Coach of the Year. To download the Home Run Sports Coach of the Year nomination form please visit www.softball.ca.



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1 PRACTICE PLANNING

1.1 THE STRUCTURE OF A PRACTICE

When designing a practice, a coach must consider many factors. Figure 1.0 – My Practice Plan outlines various questions a coach must ask themselves. Once these questions are answered, a coach must then consider how to structure a practice. A well-structured practice plan has the following parts:

PRACTICE LOGISTICS:

This section includes information about the practice including the date the practice was held, the location, the number of athletes who attended and who were absent, the total length of the practice and the support staff present.

Coaching Tip

- Utilize parents to assist with drills. Parents can do soft toss, or place a ball on a batting tee for hitters. This will free coaches up to observe technique and provide feedback.

Note: For this coaches guide the assumption is that the team is comprised of 12 players (which includes 3 pitchers and 3 catchers). Some adjustments might need to be made to groupings if your team has more or less players.

This section also contains the overall objectives for the practice which should be discussed with players at the start of practice. This way the players know what will be done and why they are learning that skill or tactic.

Note: In the practice plans, the key teaching points have been left blank to allow each coach to select the most appropriate key teaching points for their players and team. Before the practice, the coach should review the Key Teaching Points (found in Appendix A) for the skills they will be covering that day and jot down 1-2 points that they wish to emphasize in that drill with their players.

The Introduction:

Prior to the arrival of players, the coach should survey the diamond and practice facility to ensure it is safe. Adjust the practice if needed a safety issue cannot be resolved. Make note of any issues and report them to the proper authorities. Prior to the start of practice the coach should meet with the assistant coaches or parent helpers to discuss the objectives of the day's practice and assign each person a role.

The coach will prepare the field and organize the equipment. The coaches should greet each player and talk to them about non-softball topics to relate to them as a person not just a player. This is also a good time to assess the general status of the players (e.g. Have they recovered from the previous practice or game? What is their energy level like?).



Prior to the start of the warm-up the coach should gather the players together to quickly review the goals for the practice, what they will be learning and why it is important. The coach can also give safety instructions specific to the activities planned for the day.

Note: In the practice plans, the key teaching points have been left blank to allow each coach to select the most appropriate key teaching points for their players and team. Before the practice, the coach should review the Key Teaching Points (found in Appendix A) for the skills they will be covering that day and jot down 1-2 points that they wish to emphasize for that drill with their players.

Coaching Tip

Safety considerations the coach should employ during practice:

- For any batting, bunting or baserunning drill, players should always wear a helmet.
- Coaches should institute a rule that before any player swings a bat, they must do a 360° turn before swinging to ensure no one will be hit if they swing.

The Warm-Up:

The coach plans activities or games that gradually activate the athletes and prepare them physically and mentally to effectively perform the main part of the practice. The warm-up consists of two parts: (1) general and (2) specific. The general warm-up aims to raise the body temperature until the player sweats and to allow for progressive muscle stretching (see Dynamic Warm-Up in Appendix B) to loosen muscles. The specific warm-up (designed specifically for softball), aims to prepare the warmed muscles for the types of movements the player will perform in the main part of the practice. The movements in the specific warm-up should mimic those of the main part, gradually building in intensity and range of motion.

Key components of the warm-up are:

- **Dynamic Warm-Up:** For the first 3 practices the coach will lead the warm-up to familiarize the players with the activities to be completed and the routines. Starting at Practice #4, the coach should assign a player to lead the dynamic warm-up (see Appendix B). Starting at Practice #11, players will be expected to arrive early prior to the actual start time of the practice and complete the dynamic warm-up. For example, if the practice was to start at 6:00 pm, players would arrive at 5:30 pm and complete a 20-minute dynamic warm-up.
- **CRASH Drills:** CRASH stands for Conditioning, Reaction, Agility, Speed and Hitting. These activities not only warm-up the players but they improve the players' physical capacities and are softball-specific to mimic actions used within the game. These activities reinforce key teaching points for various softball skills/tactics and provide another learning opportunity as well as provide for a higher number of repetitions of skills.
- **Everydays:** These are brief activities using a set routine that players learn at the beginning of the season and can be completed without a great deal of supervision by the coach. The activities mimic the movements of the main part (may even be the same activity, but at lower intensity). For example, the skills of throwing and fielding underpin all defensive skills. It is important to reinforce proper technique for these skills at every practice and during every warm-up.

A quick transition between the end of the warm-up, the explanations/instructions given for the first activities of the main part, and the activities themselves is encouraged.



The Main Part:

The coach links three or more activities together in a progressive order to teach a softball-specific skill or tactic that is appropriate for the LTPD stage, age, fitness, and ability levels of the players. The coach ensures a smooth flow of activities that are challenging for the players so that they can learn and improve while enjoying themselves. Activities and how they are organized can also help to improve players' fitness or physical capabilities. Coaches should organize activities so that players are active most of the time (i.e. not standing around or waiting in line). Players should be allowed lots of practice/repetitions for each activity.

Coaching Tip

The coach should ensure players have access to water for hydration especially on hot, humid days:

- Players should have their water bottles with them at all times.
- When there is a change to a new drill or station, the players should take water as they move to the next station or drill.

Utilize parents to assist with drills. Parents can do soft toss, or place a ball on a batting tee for hitters. This will free you up to observe technique and provide feedback.

Coaching Tip

- Utilize parents to assist with drills. Parents can do soft toss, or place a ball on a batting tee for hitters. This will free coaches up to observe technique and provide feedback to players.
- If you have helpers and enough equipment, set up multiple drill stations so players aren't standing around waiting their turn. Keep every player as active as possible for the entire time of the practice. This will also increase the number of repetitions each player gets during the time allocated for that drill.

Order of Activities in the Main Part of the Practice

Practices often feature several activities aimed at developing a variety of abilities. Paying attention to the order in which activities take place in the main part of the practice may increase the probability of achieving the desired goal. Below are a few general guidelines about the optimal order of activities.

- Early in the Main Part of the Practice players are not tired, so try to plan for:
 - Activities to acquire new techniques, skills, or motor patterns.
 - Activities that develop or require coordination or balance.
 - Activities that develop or require speed.
 - Then consider the following:
 - Activities to develop or require speed-endurance
 - Activities that develop or require strength
 - Activities that develop or require strength-endurance
- Later in the Main Part of the Practice players may be tired, so try to plan for:
 - Activities to consolidate skills already acquired
 - Activities that develop or require aerobic endurance
 - Activities to develop flexibility



Coaches should avoid activities and games that eliminate people because the players who need the most practice will probably get bumped first. When you plan an activity that involves opposition, pair up players with similar ability levels so that they can challenge each other and each has a fair chance of success. This may also reduce the risk of injuries. Always make sure that athletes have mastered the fundamental skills before teaching more advanced techniques. However, it is a good idea to start developing tactical and decision-making skills early on. To do this, put your players in quite complex softball-specific situations that require them to use their observation skills, analyze the situation, and come up with possible solutions.

Game Simulations

Near the end of the Main Part, the coach should include activities that simulate game situations. This can be accomplished by using drills that have a competitive component to it or playing a modified softball game. These activities should reinforce the skills or tactics being taught in the practice. By adding a competitive aspect, players will be learning to perform with game pressure as well as having fun.

Coaching Tip

Pitcher Practice:

- Pitchers and Catchers should be prepared to stay 15 minutes after any practice when they have not had sufficient time within the practice plan to practice pitching and catching mechanics.
- Pitchers will use the drills described in Appendix I: Canpitch Pitching Workout.

The Cool-Down & Conclusion (Debrief):

During the Cool-Down, give players some time to reflect on the practice while going through a series of static stretches and movements designed to increase flexibility and aid in recovery (see Cool-Down in Appendix C). While players are stretching, the coach can provide some comments on the practice and give players an opportunity to provide feedback. The coach can discuss the following information with the players:

- Ask players guided questions to draw from them the key teaching points for the skills covered that day, what they learned and why the skill is important. When the coach asks questions, athletes must find an answer, which in turn increases their awareness, knowledge and understanding of the purpose of particular skills or tactics in the context of competition. Questioning creates independent athletes, by providing them with a chance to take responsibility for their own interpretations and understandings and make decisions. Questioning creates athlete curiosity as long as the coach is non-judgmental. It is also an extremely powerful means to inspire in athletes, an intrinsic motivation to learn.
- Ask what players liked and disliked about the practice and what could make the practice better for next time. Make note of players' comments and write them in the Practice Evaluation section of the practice plan to assist with practice planning in the future (see Practice Evaluation below).
- Discuss logistics for the next time the team is together:
 - Date, time, and location of next practice or game
 - Any special instructions for the next practice (wear pants for sliding practice, etc.)



- The coach should ensure that the practice ends on a positive and friendly note. Tell the players what they did well!
- The coach should try to speak with each player before he or she leaves to connect on a personal level.

The Practice Evaluation Section

After each practice review and evaluate your practice plan. Use the Practice Evaluation Section of your practice plan to record the following information:

- Drills that didn't work or were too easy/hard for your players
- Any safety issues with drills and how to counteract these issues
- If the skill was too difficult or the players were not ready to learn it yet
- If the athletes were active for at least 65% of the time allotted for each activity or was there too much standing around
- If a teaching technique did not work or worked well
- What modifications are needed for next time that drill or practice plan is used
- If the time lines were too short or too long
- What the players liked and disliked about the practice
- What to work on during the next practice

Review this information occasionally for trends and modify your practices as needed.

Total Practice Time

The practice plans have been created with a total length of 120 minutes including the dynamic warm-up (10 minutes) that should be completed at the start of the practice and the cool-down and debrief (10 minutes) at the end of the practice.

Coaching Tip

- Keep a binder filled with information about your team from your current season including copies of all practice plans.
- This will assist you next year in planning for the season. Instead of starting with a blank page, you will have a resource that you simply have to update or modify to suit your current team.
- You never know when you won't have time to prepare a practice plan, so you can always use an old one.
- It helps when teaching or reinforcing the same skill. All the work is already done as far as teaching technique, cue cards, drills, etc.
- You never know when you may be coaching that level again.
- You can pass along a copy of your binder to a beginner coach to help them learn and be a better coach.

Key Questions to Consider When Planning a Practice

Figure 1.0 – My Practice Plan (Modified from Coaching Association of Canada (2007) – Competition – Introduction Practice Planning Module)





1.2 EFFECTIVE TEACHING MODEL

Teaching is one of the primary functions of a coach. The more effective you are as a teacher, the quicker your players will acquire new skills and knowledge, and consequently, the better your team will perform. It's to your team's advantage to continually improve your teaching skills. The word "IDEAS" will help you remember the steps of effective teaching.

I – INTRODUCE

- Name the drill. This will help your players remember the drill and more quickly organize themselves.
- Explain or question your players about when the skill or tactic is used and why it is important.
- Be brief. You want to get your players active as soon as possible.
- Speak clearly and use age appropriate terminology/language.
- Make eye contact with your players to ensure understanding.
- Use a formation where all players can hear the explanation and see the demonstration with minimal distractions (i.e. if your practice diamond is beside a playground, the coach should face the playground with the players in front of you so your players won't be distracted by kids playing in the playground).

D – DEMONSTRATE

- Spend no more than 25% of the allocated drill time demonstrating the skill to be used in a drill or to demonstrate the actual drill.
- Demonstrate the skill correctly. If you can't demonstrate the skill correctly, have a player who can or invite another adult to demonstrate. Children learn best by seeing a model performing and trying to imitate what they see. This method of teaching by showing the whole action is called Shaping.
- Demonstrate the whole skill 3 or 4 times from different angles. Maybe once in slow motion, if possible.
- If the drill is complicated, walk through the drill once before going full motion so players understand it.
- If the skill is complicated, consider teaching the skill using Chaining or breaking the skill down into smaller pieces. For example, when teaching pitching you may teach using backward chaining. You begin by teaching the wrist snap, then the arm action, then add the hips and legs until you are teaching the full pitching motion.
- Reinforce the 1-2 teaching points for the skill that you want your players to focus on. This way you will not overload your players with too many technical thoughts.

E – EXPLAIN

- Usually done while demonstrating the skill or drill.
- Keep the explanation brief so players can get moving quickly. Spend less than 10% of the time explaining the skill or drill.
- Focus on 1-2 key teaching points per skill at a time so players can focus on those points.
- Use simple terms and age-appropriate language.
- Be enthusiastic.



- Ask your players questions to confirm understanding. If your players seem unsure, you might ask him/her to explain the skill back.
- Create cue cards with the important teaching points that you can reference when explaining the skill to ensure you do not miss something important.

A – ACTIVITY

- Spend at least 65% of the time with your athletes being active and performing the skill. Move immediately from the demonstration/explanation to the activity.
- Maximize the activity time. Make sure ALL your players are active. If you have sufficient equipment and supervision, create extra stations so players are active. Avoid line ups or players standing around.
- Make sure safety precautions are taken especially when teaching hitting.
- Ask permission to touch a player if it is necessary to physically guide the player through the skill.
- Make sure players are doing the activity correctly, then get into position to observe so you can give feedback. Use parent helpers during drills if possible so you can move around the players and provide feedback on their technique.
- Encourage skill discovery.
- Be prepared (written practice plan), creative and enthusiastic.
- Use formations that ensure safety and effective/efficient drills.
- Use proper progressions or drill variations to minimize fear of failure and ensuring success most of the time.
- Stop and correct common errors if necessary.
- Drills and activities should be changed frequently within a practice to avoid boredom but repeated over consecutive practices to ensure players are progressing.

S – SUPPLY FEEDBACK

- Use the “compliment sandwich” approach for feedback. Start with a positive, add what and how to improve (constructive negative), then finish with a positive.
- Be specific when correcting a skill (i.e. “You rotated your hips well”, not just “good job”).
- Use words or cues that are age-appropriate.
- Give feedback on only 1 thing at a time and then give more time to practice it.
- Avoid too many interruptions or too much feedback. The more you talk, the less they can practice.
- Observe and evaluate. Use bandwidth feedback by only providing feedback when the performance is outside an acceptable range of correctness (i.e. the performance is more than 25% worse than the acceptable target result).
- Be specific and constructive as well as visual (diagram, video, demonstration)
- Use patience and encouragement in order to realize improvement.
- Be positive and provide realistic, practical opportunities to develop skills.



2 U17 SEASONAL PLAN

2.1 OUTCOMES AND OBJECTIVES

In order to systematically develop players and a team, a coach should develop a yearly or seasonal plan. Softball Canada has created the Under 17 (U17) Coaches Guides to assist the coach with this planning. The practice plans contained in this guide will assist a coach to develop the skills and knowledge appropriate for Under 17 players over the course of a softball season.

The seasonal plan for training Under 17 players is divided into four (4) phases. Phase 1 will consist of ten (10) indoor (gym) practices focusing on pre-season conditioning to develop stamina, strength, speed, suppleness, ancillary capacities and the consolidation of fundamental softball skills. Phase 2 will feature eight (8) pre-season outdoor practices. And Phases 3 and 4 will contain eight (8) practices each to be used during the competitive season leading up to the major season ending competition. This approach provides the coach with an opportunity to evaluate players as per the expected outcomes based on practices and games played to date. Players will develop at an unequal pace. Therefore, it is quite conceivable that individual assessments will be more beneficial. This approach will ensure that each player will receive attention and a direction for future development.

At any time a coach can decide to design their own practice plan based on the specific needs of their athletes and team at that point in the season. If a player or team has a weakness, the coach can create a practice plan to improve in this area.

Seasonal Outcomes

Over the course of the season, the following outcomes are expected to be accomplished for a U17 team:

- The players demonstrated that they had fun.
- The players demonstrated improved individual fundamental softball skills and positional skills (including pitchers and catchers).
- The players demonstrated an ability to execute a wider variety of individual and team tactics and strategies.
- The players demonstrated an understanding of general mental skills and an ability to cope with the mental challenges of competition.
- The players demonstrated improved fitness levels and an ability to cope with the physical demands of competition.
- The players demonstrated the ability to transfer the performance of skills developed in training into a competitive environment with position-specific skills and a focus on optimal team performance.
- The players demonstrated knowledge of game rules.
- The players demonstrated a knowledge and acceptance of team rules.
- The players demonstrated an understanding of the fair play code.



Training Phase Outcomes

| PHASE 1 OUTCOMES | PHASE 2 OUTCOMES | PHASE 3 OUTCOMES | PHASE 4 OUTCOMES |
|--|--|--|---|
| <p>Practices 1-10 (Pre-Season Indoor)</p> | <p>Practices 11-18 (Pre-Season Outdoor)</p> | <p>Practices 19-26 (Competitive Season Outdoor)</p> | <p>Practices 27-34 (Competitive Season Outdoor)</p> |
| <p>The Players will demonstrate:</p> <ul style="list-style-type: none"> ○ They had fun. ○ Improved fitness. ○ Improved individual fundamental skills and tactics. ○ An understanding of strength training and conditioning which includes the following capacities important for softball performance: stamina, agility, speed, balance and co-ordination. ○ An understanding the following ancillary capacities that aid in maximizing athletic performance: proper hydration and nutrition. ○ An understanding of defensive positioning and team tactics. ○ An understanding of defensive principles: <ul style="list-style-type: none"> ■ Location ■ Adjustment ■ Jurisdiction ■ Coverage ○ An understanding and acceptance of team rules, having a positive team attitude and respecting the fair play code. ○ An understanding of the rules of play. | <p>The Players will demonstrate:</p> <ul style="list-style-type: none"> ○ Same as Phase 1 plus; ○ Refined individual fundamental skills and increased knowledge and application of individual tactics at 2-3 positions but with specialization at 1 position. ○ An improved knowledge and application of a wider variety of team tactics and strategies. ○ An understanding of a wider variety of rules of play. ○ A basic understanding of the mental skills necessary for improved performance. ○ The ability to balance working hard and having fun. | <p>The Players will demonstrate:</p> <ul style="list-style-type: none"> ○ Same as Phase 1 and 2 plus; ○ An ability to execute a wider variety of advanced skills and tactics at a greater intensity level. ○ An increased understanding of the individual mental skills necessary to improve performance. ○ A greater understanding of team tactics and strategies in offensive and defensive situations. ○ A greater understanding of the value of positive team attitudes. ○ An ability to reflect, evaluate, and record personal performance after competitions. | <p>The Players will demonstrate:</p> <ul style="list-style-type: none"> ○ Same as Phase 1, 2 and 3 plus; ○ An ability to cope with the mental and physical challenges of competition. ○ An ability to execute the correct team offensive and defensive tactics and strategies during intense competition. ○ An ability to reflect and evaluate personal growth of softball skills and knowledge at the completion of the season. |



Training Phase Instructional Objectives

| PHASE 1 OUTCOMES | PHASE 2 OUTCOMES | PHASE 3 OUTCOMES | PHASE 4 OUTCOMES |
|--|---|---|---|
| <ul style="list-style-type: none"> ○ To assess, teach and improve player's physical capacities: <ul style="list-style-type: none"> ■ Stamina ■ Strength ■ Speed ■ Suppleness ■ ABC's (Agility, Balance and Co-ordination) ○ To assess, teach and improve fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing / Receiving ■ Fielding ■ Hitting ■ Bunting ■ Baserunning ■ Sliding ○ To develop warm-up routines that integrate practicing individual fundamental skills and improving fitness for softball: <ul style="list-style-type: none"> ■ Dynamic warm-up ■ CRASH ■ Everyday ○ To assess and develop team tactics. ○ To develop positional skills. ○ To introduce mental skills and techniques. ○ To develop team rules of conduct (with player input) that are coach approved. ○ To develop an understanding of the rules of play. ○ To enhance team bonding and develop leadership qualities in players. | <ul style="list-style-type: none"> ○ To further develop individual fundamental skills and tactics. ○ To further develop team tactics and strategies: <ul style="list-style-type: none"> ■ Pick-offs ■ 1st & 3rd defense ■ Bunt defense (including squeeze bunts) ■ Bases loaded defense ■ Relay/Cut-offs ■ Pass ball defense ■ Delayed double steal (offense and defense) ■ Rundowns ■ Winning run on 3rd defense ■ Team signals ○ To further develop positional skills and tactics with specialization in 1-2 positions. ○ To refine all pre-game and practice warm-up routines. ○ To maintain fitness. ○ To continue to develop individual mental skills and positive team attitudes: <ul style="list-style-type: none"> ■ Focus / Concentration ■ Visualization / Mental rehearsal ■ Confidence/Self Esteem ■ Relaxation ■ Distraction control ○ To further develop leadership qualities in all players. ○ To continue to balance having fun with working hard. | <ul style="list-style-type: none"> ○ To consolidate fundamental skills and tactics. ○ To execute fundamental skills and tactics under competition pressure and with greater speed of execution. ○ To understand, apply and refine the skills necessary to successfully execute defensive and offensive tactics and strategies to take advantage of weaknesses in the opposing team: <ul style="list-style-type: none"> ■ Pick-offs ■ 1st and 3rd ■ Bunt defense (including squeeze bunts) ■ Bases loaded ■ Relay/Cut-offs ■ Pass balls ■ Delayed double steal ■ Rundowns ■ Intentional walks ■ Infield in ■ Winning run on 3rd ○ To consolidate positional skills and tactics. ○ To continue to develop player autonomy. ○ To further develop leadership qualities in all players. ○ To continue to balance having fun and working hard. | <ul style="list-style-type: none"> ○ To refine all fundamental skills and tactics. ○ To execute skills with greater intensity and speed of execution. ○ To refine positional skills and tactics. ○ To correctly execute the skills necessary to perform defensive and offensive tactics take advantage of weakness in the opposing team: <ul style="list-style-type: none"> ■ Pick offs ■ 1st & 3rd options ■ Bunt situations (including squeeze bunts) ■ Bases loaded ■ Relay/Cut-offs ■ Pass ball ■ Delayed double steal ■ Rundowns ■ Intentional walks ■ Infield in ■ Runner on 3rd with less than 2 outs ■ Winning run in the bottom of the 7th ○ To continue to develop leadership qualities in all players. ○ To develop players' autonomy. <ul style="list-style-type: none"> ■ Allow players to select favourite drills to include in some practices. ○ To continue to balance having fun and working hard. |



3 U17 PRACTICE PLANS

3.1 LEGEND

The following symbols are applicable to the drills and practices plans illustrated in this guide.

| | |
|-------------------|---------------------------------|
| - Head Coach | - Player |
| - Assistant Coach | - Player's New Position |
| - First Baseman | - Movement of Player With Slide |
| - Second Baseman | - Movement of Player |
| - Third Baseman | - Path of Hit Ball |
| - Shortstop | - Path of Thrown Ball |
| - Left Fielder | - Ball |
| - Center Fielder | - Base |
| - Right Fielder | - Pitching Machine |
| - Pitcher | - Ball Bucket |
| - Catcher | - Batting Tee |
| - Infield | - Protective Screen |
| - Outfield | - Cone |
| - Batter | - Home Plate |
| - Runner | - Speed Ladder |
| - Shagger | - Batting Net |
| - Tossler | |
| - Fielder | |



3.2 PHASE 1 – PRACTICE OBJECTIVES AND PRACTICE PLANS

| | Practice Objectives | Skill Focus | Required |
|--------------------|---|---|--|
| Practice #1 | <p>Practice #1 Objectives:</p> <ul style="list-style-type: none"> ○ To assess each player's pre-season physical capacities and fundamental softball skills. ○ To establish warm-up and cool down routines (dynamic warm-up, throwing everyday and fielding everyday, stretching routine). ○ To develop team bonding. ○ To develop player behavioural expectations and team rules. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Overhand throwing mechanics ○ Fielding (ground ball): <ul style="list-style-type: none"> ■ Ready position ■ Shuffle step | <ul style="list-style-type: none"> ○ Balls (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Cones ○ See Appendix G – Athletic Abilities Test Protocols for full list of required equipment for testing. |
| Practice #2 | <p>Practice #2 Objectives:</p> <ul style="list-style-type: none"> ○ To establish warm-up (dynamic warm-up, bat stretches, throwing everyday, fielding everyday and CRASH activities) and cool down routines. ○ To establish strength and conditioning routine. ○ To develop fundamental skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To develop pitching mechanics. ○ To develop team bonding. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Overhand throwing mechanics: <ul style="list-style-type: none"> ■ Footwork (pivots) ○ Fielding (ground ball): <ul style="list-style-type: none"> ■ Ready position ■ Shuffle step ■ Cross-over step ○ Pitching mechanics: <ul style="list-style-type: none"> ■ Warm-up routine ○ Catcher mechanics: <ul style="list-style-type: none"> ■ Blocking ○ Mental Skills: <ul style="list-style-type: none"> ■ Parking | <ul style="list-style-type: none"> ○ Balls (Indoor, Tennis Balls) ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Bases (Indoor) ○ Catcher's Equipment ○ Cones ○ Home Plates ○ Pitching Plates |



| | Practice Objectives | Skill Focus | Required |
|--------------------|---|--|---|
| Practice #3 | <p>Practice #3 Objectives:</p> <ul style="list-style-type: none"> ○ To develop player’s physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Baserunning ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To develop leadership skills. ○ To enhance team bonding. ○ To teach and review playing rules. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics <ul style="list-style-type: none"> ■ Overhand throwing ■ Underhand/backhand tosses ■ Footwork (pivots) ○ Baserunning: <ul style="list-style-type: none"> ■ Lead-offs from 1st, 2nd and 3rd Base ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching – warm-up routine ■ Catching- receiving and blocking ○ Hitting: <ul style="list-style-type: none"> ■ Sacrifice bunt ■ Hitting mechanics ○ Mental Skills: <ul style="list-style-type: none"> ■ Relaxation – deep breathing technique ○ Rules: <ul style="list-style-type: none"> ■ Lead-offs | <ul style="list-style-type: none"> ○ Balls (Indoor, Tennis Balls) ○ Bases (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Catcher’s Equipment ○ Cones ○ Bats ○ Helmets ○ Home Plates ○ Pitching Plates ○ Pool Noodles |
| Practice #4 | <p>Practice #4 Objectives:</p> <ul style="list-style-type: none"> ○ To develop player’s physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Fielding ■ Baserunning ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To develop leadership skills. ○ To enhance team bonding. ○ To teach and review playing rules. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics <ul style="list-style-type: none"> ■ Overhand throwing ■ Underhand/backhand tosses ■ Footwork (pivots) ○ Fielding <ul style="list-style-type: none"> ■ Ready position ■ Shuffle step ■ Cross-over step ■ Charging slow rollers ■ Dead ball fielding ○ Baserunning: <ul style="list-style-type: none"> ■ Home to 1st Base ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching – warm-up routine ■ Catching- receiving and bunt fielding ○ Hitting: <ul style="list-style-type: none"> ■ Hitting mechanics ○ Mental Skills: <ul style="list-style-type: none"> ■ Focus –wide/narrow ■ Concentration | <ul style="list-style-type: none"> ○ Balls (Indoor, Regular, Tennis Balls) ○ Bases (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Cones ○ Hitting Nets ○ Home Plates ○ Pitching Plates ○ Stop Watch |



| | Practice Objectives | Skill Focus | Required |
|-------------|---|--|--|
| Practice #5 | <p>Practice #5 Objectives:</p> <ul style="list-style-type: none"> ○ To develop player's physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Fielding ■ Baserunning ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To develop leadership skills. ○ To enhance team bonding. ○ To teach and review playing rules. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics <ul style="list-style-type: none"> ■ Overhand throwing ■ Underhand/backhand tosses ■ Sidearm throw ■ ¾ arm throws ○ Fielding mechanics <ul style="list-style-type: none"> ■ Ready position ■ Shuffle step ■ Cross-over step ■ Backhand ○ Strategies: <ul style="list-style-type: none"> ■ Run downs ○ Baserunning: <ul style="list-style-type: none"> ■ Round the base and jamming ■ Tagging up ○ Hitting: <ul style="list-style-type: none"> ■ Hitting mechanics ■ Sacrifice bunt ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching – mechanics ■ Catching- receiving, framing, catching foul pop-ups ○ Mental Skills: <ul style="list-style-type: none"> ■ Visualization ○ Rules: <ul style="list-style-type: none"> ■ Tagging Up | <ul style="list-style-type: none"> ○ Balls (Indoor, Whiffle Balls) ○ Bases (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Catcher's Equipment ○ Cones ○ Helmets ○ Hitting Net ○ Home Plates ○ Painter's Tape ○ Pool Noodles |



| | Practice Objectives | Skill Focus | Required |
|-------------|--|--|--|
| Practice #6 | <p>Practice #6 Objectives:</p> <ul style="list-style-type: none"> ○ To develop player’s physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Fielding ■ Baserunning ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To develop team defensive tactics/strategies: <ul style="list-style-type: none"> ■ Rundowns ○ To develop leadership skills. ○ To enhance team bonding. ○ To teach and review playing rules. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics <ul style="list-style-type: none"> ■ Overhand throwing ■ Underhand/backhand tosses ■ Sidearm ■ ¾ arm throws ■ Dart throw ○ Fielding mechanics <ul style="list-style-type: none"> ■ Shuffle step ○ Team tactic: <ul style="list-style-type: none"> ■ Run downs ○ Baserunning: <ul style="list-style-type: none"> ■ Home to 1st Base, round 1st and jam ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching – mechanics ■ Catching- receiving, signalling, and tagging at Home ○ Mental Skills: <ul style="list-style-type: none"> ■ Confidence – positive self talk ○ Rules: <ul style="list-style-type: none"> ■ Obstruction ■ Interference | <ul style="list-style-type: none"> ○ Balls (Indoor) ○ Bases (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Catcher’s Equipment ○ Cones ○ Helmets ○ Home Plates ○ Painter’s Tape ○ Pool Noodles |
| Practice #7 | <p>Practice #7 Objectives:</p> <ul style="list-style-type: none"> ○ To train player’s physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Fielding ■ Baserunning ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To develop leadership skills. ○ To enhance team bonding. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics <ul style="list-style-type: none"> ■ Overhand throwing ■ Underhand/backhand tosses ■ Sidearm ■ ¾ arm throws ■ Dart throw ○ Fielding mechanics: <ul style="list-style-type: none"> ■ Footwork – pivots ■ Going back on fly ball over fielder’s head ○ Baserunning: <ul style="list-style-type: none"> ■ Retreat slide (dive back) ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching – mechanics ■ Catching- receiving, signalling, and blocking ○ Mental Skills: <ul style="list-style-type: none"> ■ Anxiety control – positive self talk | <ul style="list-style-type: none"> ○ Balls (Indoor, Tennis Balls) ○ Bats (Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Catcher’s Equipment ○ Cones ○ Helmets ○ Home Plates ○ Painter’s Tape ○ Pool Noodles |



| | Practice Objectives | Skill Focus | Required |
|-------------|--|--|---|
| Practice #8 | <p>Practice #8 Objectives:</p> <ul style="list-style-type: none"> ○ To develop player's physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Fielding ■ Baserunning ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To develop team defensive tactics/strategies: <ul style="list-style-type: none"> ■ Bunt defense ■ Double plays ○ To develop leadership skills. ○ To enhance team bonding. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics <ul style="list-style-type: none"> ■ Overhand throwing ■ Underhand/backhand tosses ■ Sidearm ■ ¾ arm throws ■ Dart throw ○ Fielding mechanics: <ul style="list-style-type: none"> ■ Shuffle step ■ Backhand fielding ■ Cross-over step ■ Underhand/backhand tosses ○ Team tactics: <ul style="list-style-type: none"> ■ Bunt defense ■ Double plays ○ Baserunning: <ul style="list-style-type: none"> ■ Bent leg slide ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching – mechanics ■ Catching- receiving, signalling, and footwork for throws to bases ○ Mental Skills: <ul style="list-style-type: none"> ■ Routines: <ul style="list-style-type: none"> ● On the bench <ul style="list-style-type: none"> ● In the hole ● On deck ● In batter's box | <ul style="list-style-type: none"> ○ Balls (Indoor & Whiffle Balls) ○ Bases (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Catcher's Equipment ○ Helmets ○ Hitting Net ○ Home Plates ○ Painter's Tape ○ Pool Noodles |



| | Practice Objectives | Skill Focus | Required |
|---------------------|---|--|---|
| Practice #9 | <p>Practice #9 Objectives:</p> <ul style="list-style-type: none"> ○ To develop player’s physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Fielding ■ Baserunning ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To develop team defensive tactics/strategies: <ul style="list-style-type: none"> ■ Bunt defense ■ Communication ○ To develop leadership skills. ○ To enhance team bonding. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics <ul style="list-style-type: none"> ■ Overhand throwing ■ Underhand/backhand tosses ■ Sidearm ■ ¾ arm throws ■ Dart throw ■ Long throws ○ Fielding mechanics <ul style="list-style-type: none"> ■ Pivots ■ Fielding dead balls ○ Hitting mechanics ○ Team tactic: <ul style="list-style-type: none"> ■ Bunt defense ■ Communication ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching – mechanics ■ Catching- receiving, signalling, framing, fielding pass balls with play at Home ○ Mental Skills: <ul style="list-style-type: none"> ■ Visualization | <ul style="list-style-type: none"> ○ Ball Buckets ○ Balls (Indoor) ○ Bases (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Catcher’s Equipment ○ Cones ○ Helmets ○ Home Plates ○ Painter’s Tape ○ Pool Noodles |
| Practice #10 | <p>Practice #10 Objectives:</p> <ul style="list-style-type: none"> ○ To re-access player’s physical capacities. ○ To consolidate warm-up routines (dynamic warm-up, bat stretches, throwing everyday and fielding everyday) and cool-down routines. ○ To develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Hitting ■ Fielding ○ To develop position-specific skills: <ul style="list-style-type: none"> ■ Pitching ■ Catching ○ To enhance team bonding. ○ To review mental skills. ○ To review rules of behaviour for team. ○ To discuss next steps as team moves to outdoor practices. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics ○ Fielding mechanics ○ Hitting mechanics ○ Positional skills: <ul style="list-style-type: none"> ■ Pitching mechanics ■ Catching mechanics: <ul style="list-style-type: none"> ● Receiving ● Signalling ● Framing ○ Mental Skills: <ul style="list-style-type: none"> ■ Distraction control ■ Parking ■ Concentration – focus ■ Confidence – positive self talk ■ Visualization ■ Anxiety control – relaxation – deep breathing | <ul style="list-style-type: none"> ○ Ball Buckets ○ Balls (Indoor) ○ Bats (Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Helmets ○ Hitting Nets ○ Painter’s Tape ○ Pool Noodles ○ See Appendix G – Athletic Abilities Test Protocols for full list of required equipment for testing. |



| PRACTICE PLAN #1 | | DATE: | |
|--------------------------------|---|--|------------------------------------|
| Location: | | # of Athletes: | |
| Absent Athletes: | | | |
| Support Staff: | | | |
| Objectives of Practice: | 1 To assess personal pre-season physical capacities and fundamental softball skills | 2 To establish warm-up routines 3 To discuss behavioral expectations and team rules | 4 To begin to develop team bonding |

WARM-UP

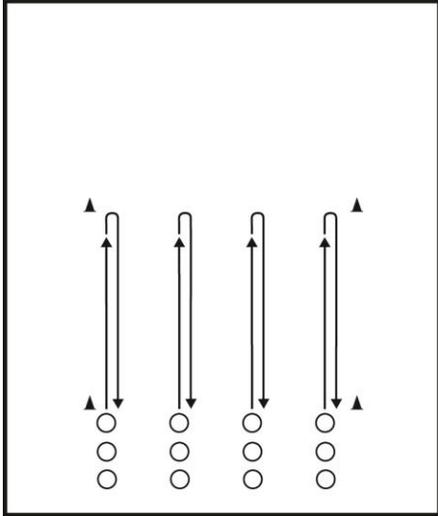
DRILL: DYNAMIC WARM-UP

Time: 15 minutes
Equipment: Cones
Objective(s) of Drill:

- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description: See Appendix B for full descriptions of each movement

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- Players will complete 8-10 of the following exercises selected by the Coach:
 - Jumping Jacks
 - Horizontal Arm Swing or "Self-Hug"
 - Shoulder Rotation
 - Horizontal Elbow Swing
 - Bent Over Swing
 - Iron Cross
 - Scorpion
 - Inchworm
 - Cowboys Squats
 - Backward Moving Toe Touch
 - Side Lunge
 - Lunge and Twist
 - Deep Lunge and Reach
 - High Knees
 - Butt Kicks



Key Teaching Points:

1 _____

2 _____

3 _____

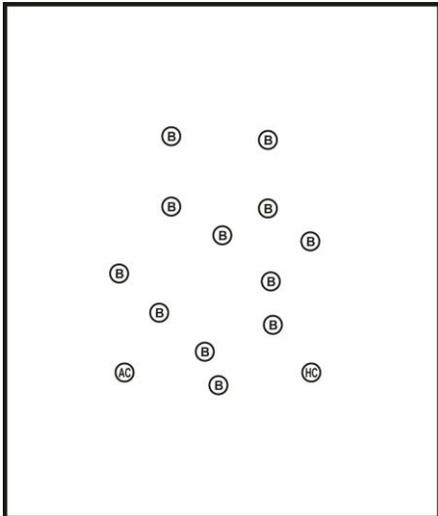
DRILL: NEMO BAT STRETCHES

Time: 5 minutes
Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)
Objective(s) of Drill:

- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)



Key Teaching Points:

1 _____

2 _____

3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 15 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- To assess abilities of players
- To teach proper overhand throwing technique
- To review proper use of glove in receiving technique

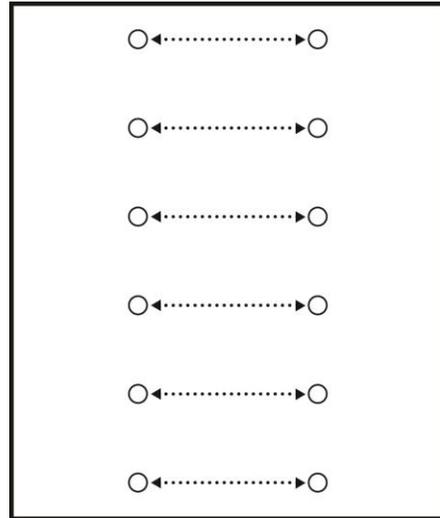
Drill Description:

- The Coach will review key teaching points for throwing and receiving (glove position) while demonstrating the throwing progressions listed below.
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):

- Wrist snaps
- 2 foot stationary throwing position or One Knee Drill
- K position
- K position with step or stride
- Pre-stride into K position
- Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS

Time: 10 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- To teach the infield and outfield ready position
- To teach the fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics
- To teach the shuffle step (left and right)

Drill Description:

○ **Ground balls (with a partner) – 5 minutes**

- Without gloves, roll a ground ball a few feet to the left and right of your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
- With gloves, roll a ground ball a few feet to the left and right of your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.

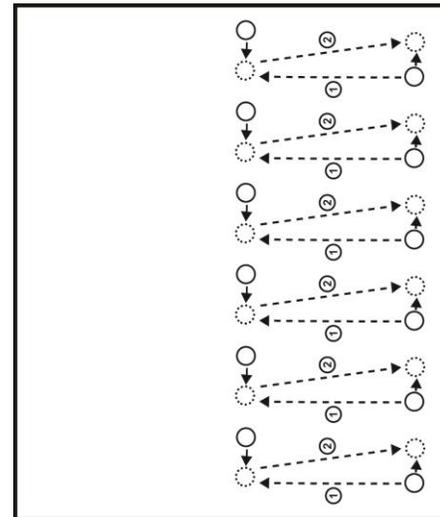
○ **Fly balls (with a partner) – 5 minutes**

- Without a glove and using a tennis or softie ball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.
- With a glove and using a softball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.

- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





MAIN PART

DRILL: PLAYER TESTING

Time: 40 minutes

Equipment: See Appendix G – Athletic Abilities Test Protocols for full list of required equipment for testing.

Objective(s) of Drill:

- To assess players' athletic abilities

Drill Description:

- See Appendix G – Athletic Abilities Test Protocols for full descriptions of each test.
- Pair players up with a partner. Be sure to assign players to different partners to ensure more team interaction.
- The team will perform one athletic abilities test at a time.
- Depending on the test protocol, either:
 - One partner will perform the test while the other partner counts and/or encourages them.
 - Or all players will perform the test at the same time.
- Record scores.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|--|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <ul style="list-style-type: none"> ○ The Coach will lead the team in a cool-down and teach the stretching routine. <p>Debrief:</p> <ul style="list-style-type: none"> ○ Discuss team rules and give players homework to return next practice with 1 team rule they believe should be included in a set of team behaviour rules while at practice or at a game. For example, cell phones are turned off at games and practices. ○ Note: All team rule suggestions are subject to the Coach's approval. |
|-------------------|--|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
| | |



PRACTICE PLAN #2

DATE: _____

| | | | | | |
|--------------------------------|--|---|---|---------------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To establish warm-up routines 2 To teach physical conditioning activities | 3 To review fundamental softball skills | 4 To teach blocking technique for catchers 5 To enhance team bonding | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

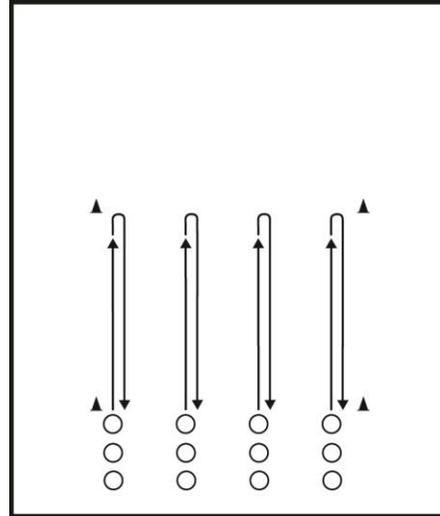
Equipment: Cones

Objective(s) of Drill:

- Warm-up the body
- To train balance, co-ordination, agility and strength

Drill Description: See Appendix B for full descriptions of each movement

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- Players will complete 8-10 of the following exercises selected by the Coach:
 - Jumping Jacks
 - Horizontal Arm Swing or "Self-Hug"
 - Shoulder Rotation
 - Horizontal Elbow Swing
 - Bent Over Swing
 - Iron Cross
 - Scorpion
 - Inchworm
 - Cowboys Squats
 - Backward Moving Toe Touch
 - Side Lunge
 - Lunge and Twist
 - Deep Lunge and Reach
 - High Knees
 - Butt Kicks



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

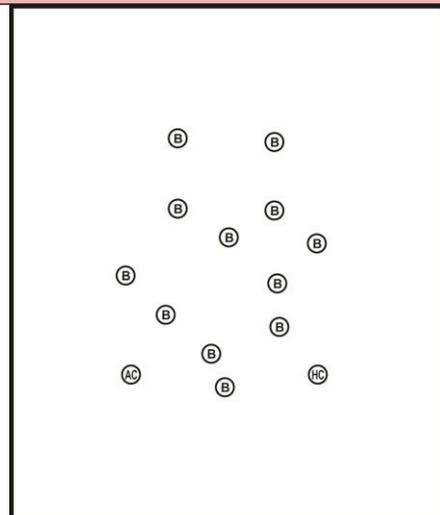
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- Assess throwing abilities of players
- Teach proper overhand throwing technique
- Teach proper use of glove and receiving technique

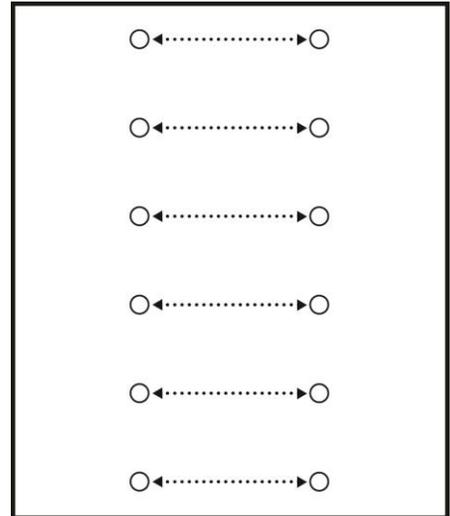
Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):

- Wrist snaps
- 2 foot stationary throwing position or One Knee Drill
- K position
- K position with step or stride
- Pre-stride into K position
- Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 10 minutes

Equipment: Indoor Balls, Cones or bases

Objective(s) of Drill:

- To reinforce proper overhand throwing technique
- To teach the pivot footwork
- To teach proper use of glove and receiving technique

Drill Description:

- Set up 4 bases about 40-50' apart.
- Divide players evenly and place a group at each base.
- The 1st player will throw the ball to next base and then go to the back of their line at their base.
- The receiver will then throw to the next base and then go to the back of their line at their base.
- Continue until all players have received and thrown the ball 3 times.

■ **Variation #1:**

- The player will throw to the next base, then follow their throw to next base ($\frac{1}{2}$ speed) and line up at the end of the line at that base.

■ **Variation #2:**

- Challenge:
 - ◆ Count the number of throws that can be made until either a bad throw or a missed catch.
 - ◆ Record this number for future reference.

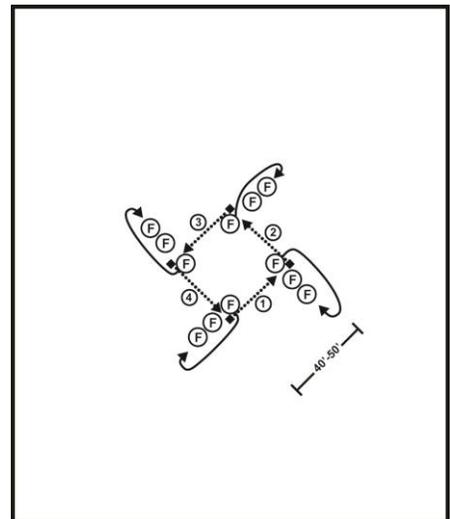
■ **Variation #3:**

- Reverse the direction of the ball after doing the drill several times so players are using different footwork to make a throw.

- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS

Time: 10 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

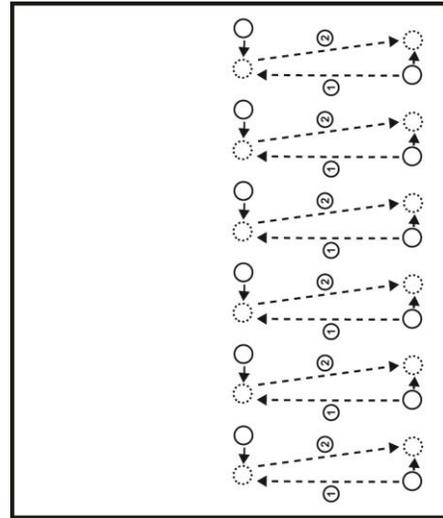
- To teach the ready position and fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics and pivot footwork
- To teach the shuffle step (left and right)
- To teach the cross-over step (left and right)

Drill Description:

- **Ground balls (with a partner) – 5 minutes**
 - Without gloves, first player rolls a ground ball a few feet to the left and right of their partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
 - With gloves, first player rolls a ground ball a few feet to the left and then the right of their partner who fields the ball and rolls a ground ball back. Field 6 ground balls each.
 - With gloves, first player randomly throws a ground ball a few feet to the left and right of their partner who fields the ball and throws it back to their partner. Field 8 ground balls each.
- **Fly balls (with a partner) – 5 minutes**
 - Without a glove and using a tennis or softie ball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.
 - With a glove and using a softball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH – CONE FIELDING

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

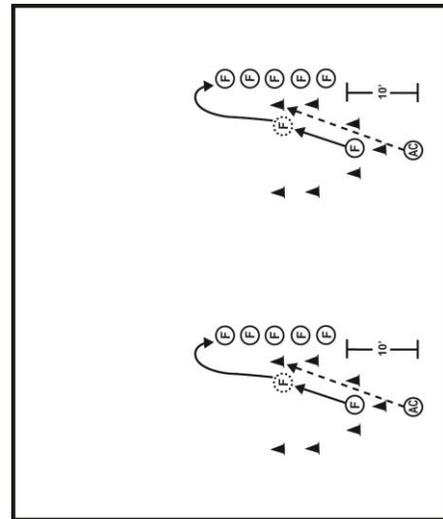
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Coach gathers team in semi-circle and will explain and demonstrate this drill.
- Divide the players into 2 groups of 6.
- Set up 2 stations each with the cones as follows:
 - To the left and right of player on a 60° angle behind player.
 - To the left and right just slightly behind the player.
 - One shuffle step to the left and right of the player and two steps in front of the player.
 - 10' behind the Coach and 5' to the left and right.
- When the Coach shouts "READY", the player will get into the ready position.
- The Coach then points to a cone position and the player performs the proper footwork to field an imaginary ground ball or fly ball, set and make a throw as follows:
 - Player performs a shuffle step to the left or right and moves into field visualized ball and sets to throw.
 - Player shuffles from ready position then charges ball as fielding on the run and completes throw.
 - Player performs cross-over step to field imaginary ball on forehand or backhand and sets to throw.
 - Player from ready position, pivots ball side then angles back at 60° to catch an imaginary fly ball on the run at the cone and then sets to make throw
- 5 reps per player.
- Coach provides feedback on fielding technique.
- Coach will provide feedback that draws player's focus to key teaching points for each activity.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





MAIN PART

DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 45 minutes

Equipment: n/a

Objective(s) of Drill:

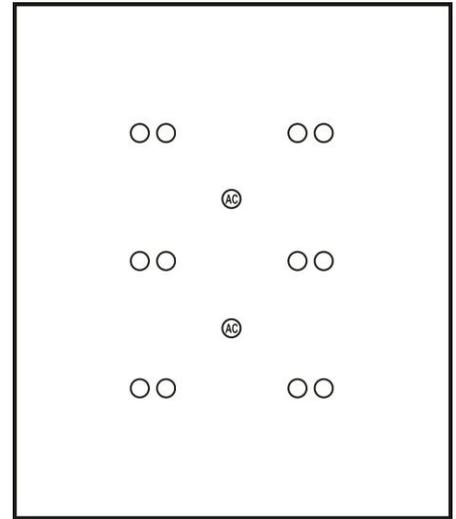
- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

- Have players partner up.
- Coach should alter groups weekly to allow for team bonding.
- Players work in partners.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.
- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



NOTE: The practice is now finished for all players except the Pitchers and Catchers who will complete the following Pitcher/Catcher Practice. The other players will begin their cool-down. Once the Pitchers/Catchers complete their practice they will complete their cool-down and participate in the practice debrief with the Coach.

DRILL: PITCHER / CATCHER PRACTICE

Time: 15 minutes

Equipment: Balls (Indoor, Tennis Balls), Pitching Plates, Home Plates, Catcher's Equipment

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers' blocking technique for wild pitches thrown to the left, right, and in front of home plate

Drill Description:

○ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.

○ **Catchers:**

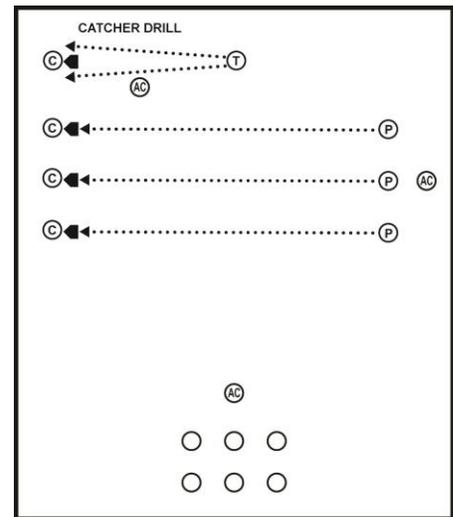
■ **Tennis Ball Blocking Drill (5 min.)**

- Coach or partner will throw wild pitches from 20-30' away from Catcher.
- Catcher practices blocking the wild pitches.
- 2 sets of 5 wild pitches per Catcher.
- After 1 set, Catchers switch.
- **Note:** Full catching equipment should be worn.

- Once catchers have completed blocking drill, they will catch for pitchers' practice
- Once pitchers and catchers have completed their practice, they will join the rest of the team for the cool-down.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| <p>10 minutes</p> | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> <ul style="list-style-type: none">○ Collect players' suggestions for team rules. Hand out copies of strength and conditioning exercises. Instruct players they are to complete this routine 1-2 times at home each week.○ Discuss the mental skill of Parking. |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| <p>What worked well:</p> | <p>What to change for next time:</p> |
|--------------------------|--------------------------------------|



PRACTICE PLAN #3

DATE: _____

| | | | | | |
|--------------------------------|---------------------------------------|---|--|---------------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To train athletic abilities (4 S's) | 2 To consolidate warm-up and cool-down routines including CRASH activities, throwing everyday, fielding everyday and static stretching routines | 3 To consolidate fundamental softball skills | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

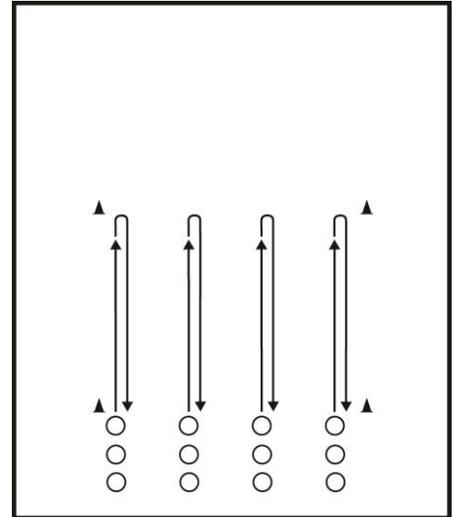
Equipment: Cones

Objective(s) of Drill:

- Warm-up the body
- To train balance, co-ordination, agility and strength

Drill Description: See Appendix B for full descriptions of each movement

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- Players will complete 8-10 of the following exercises selected by the Coach:
 - Jumping Jacks
 - Horizontal Arm Swing or "Self-Hug"
 - Shoulder Rotation
 - Horizontal Elbow Swing
 - Bent Over Swing
 - Iron Cross
 - Scorpion
 - Inchworm
 - Cowboys Squats
 - Backward Moving Toe Touch
 - Side Lunge
 - Lunge and Twist
 - Deep Lunge and Reach
 - High Knees
 - Butt Kicks



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

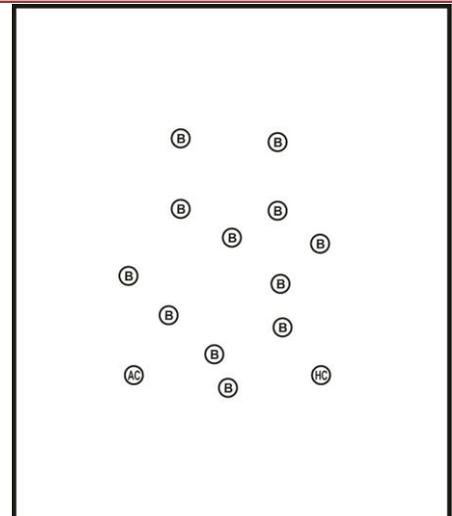
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH – LAST ROUND UP

Time: 5 minutes

Equipment: n/a

Objective(s) of Drill:

- Softball-specific warm-up and conditioning

Drill Description:

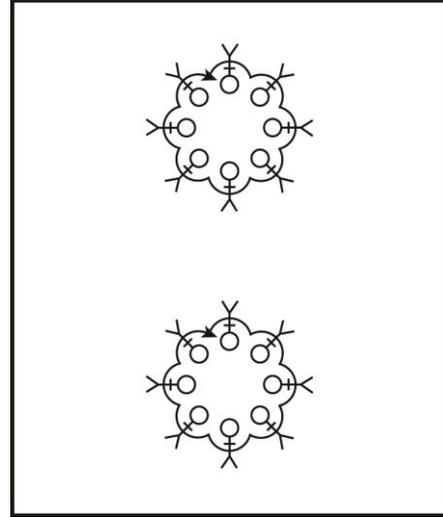
- Divide players into 2 groups of 6.
- Players lay on their stomach in a circle leaving 1-2 meters between each player.
- Heads should be on the inside of the circle (facing in).
- On Coach’s command, chosen player gets up quickly and runs left or right, jumping over each player in the circle. As the runner jumps over the player, that player jumps up and runs around the circle jumping over all the players. Continue until all players have run around the circle and everyone has returned to their starting position.
- Repeat in the opposite direction.

○ **Variations:**

- Repeat but players will bound (two foot jump) over other players.
- Repeat but players will jump over other players with right foot only.
- Repeat but players will jump over other players with left foot only.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

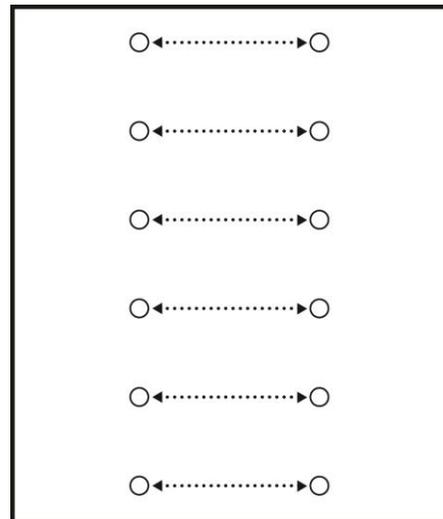
- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see

Appendix E for a full description):

- Wrist snaps
- 2 foot stationary throwing position or One Knee Drill
- K position
- K position with step or stride
- Pre-stride into K position
- Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: FOUR CORNER DRILL (TOSSES)

Time: 5 minutes

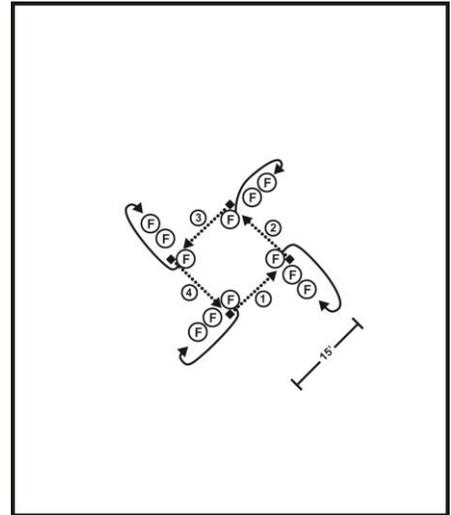
Equipment: Indoor Balls, Cones or Indoor Bases

Objective(s) of Drill:

- To teach the pivot footwork
- To teach underhand toss and backhand toss throwing mechanics

Drill Description:

- Set 4 bases about 15' apart.
- Divide players evenly and place a group at each base.
- First player in line at Home tosses ball to 1st player at 1st Base who receives throw, pivots and tosses to player at 2nd Base. Continue tossing to each base. Players will use either an underhand or backhand toss to throw the ball to the next base.
- The type of toss (underhand or backhand) is dictated by the tosser's throwing hand (i.e. if the receiver at 1st Base is right handed they will backhand toss to 2nd Base. If they are left handed, they will underhand toss to 2nd Base).
- Once a toss is made, the player rotates to the back of the line at their base.
- Reverse direction of tosses.
- Ensure each player performs 5 underhand and backhand tosses.
- **Variation:**
 - Same as above except the player will follow their throw to the next base and line up at the end of the line at the next base.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: BASERUNNING DRILL (LEAD-OFFS)

Time: 10 minutes

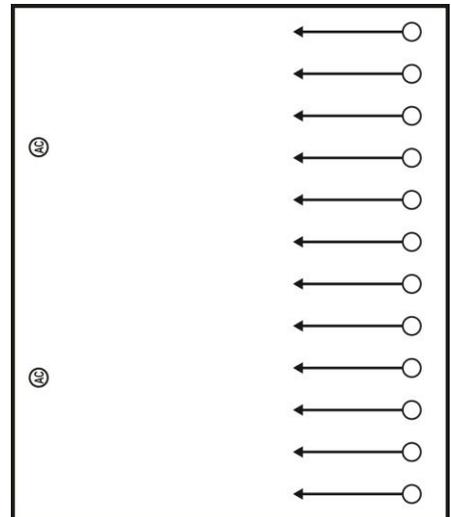
Equipment: Indoor Bases

Objective(s) of Drill:

- To teach lead-off technique (rolling start) and cues

Drill Description:

- Gather players in semi-circle around Coach using indoor base.
- Coach will demonstrate taking a lead-off and review the rules associated with lead-offs:
 - How to take position on base in preparation for lead-off.
 - How to use the 12 o'clock arm position as the cue to begin lead-off.
 - The 3 step lead-off from 1st Base, how to look inside to find ball, and how to jam in a good athletic position ready to return to the base.
- The Coach will explain that:
 - The lead-off is the same at 3rd Base except the player will ensure they lead-off into foul territory to avoid being hit by ball (safety and interference).
 - A 5 step lead-off is may be used at 2nd Base because they are further from the Catcher so have more time to get back to the base if not advancing to 3rd Base.
- Players will line up along one side of the gym and assume a rolling start position on an imaginary base.
- Coach acts as pitcher and when the pitching arm reaches the 12 o'clock position, the players will perform a 3 step lead-off.
- 10 reps from 3rd Base.
- The players will then perform the 5 step lead-off from 2nd Base (10 reps).



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 40 minutes

Equipment: n/a

Objective(s) of Drill:

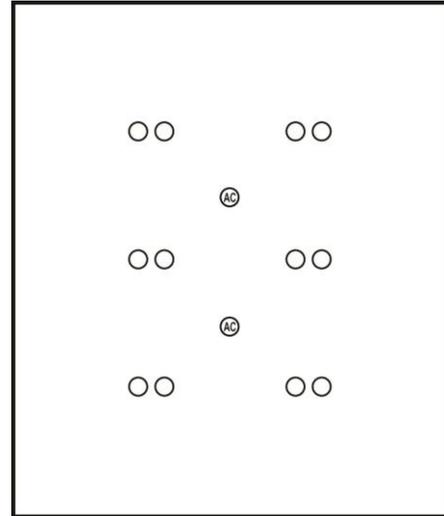
- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

- Divide team into groups of 2.
- Coach should alter groups weekly to allow for team bonding.
- Players work in groups of 2.
- Coach should alter groups weekly to allow for bonding with each other.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.
- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.

Key Teaching Points:

- _____
- _____



DRILL: SACRIFICE BUNTING DRILL

Time: 15 minutes

Equipment: Indoor Balls, Bats, Home Plates, Helmets

Objective(s) of Drill:

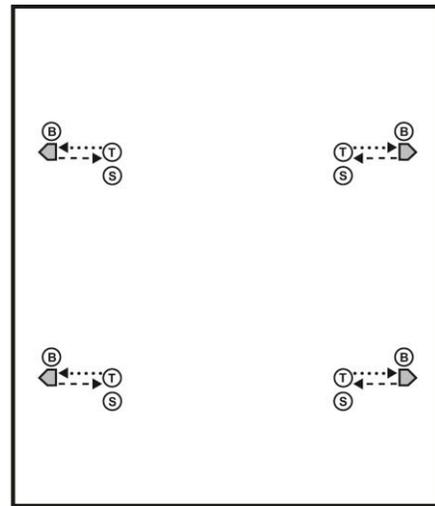
- To teach the technique of the sacrifice bunt (pivot)

Drill Description:

- Coach explains and demonstrates the technique for the Pivot Sacrifice Bunt.
- Spread players around gym in 4 groups of 3 players:
 - One player will be the tosser
 - One player will be a shagger.
 - And one player will be the bunter.
- The Tossers will pitch to the bunter from about 10'.
- 3 sets of 5 reps per player. Players switch after each set.
- Coaches walk around and provide feedback on players' technique.

Key Teaching Points:

- _____
- _____
- _____



DRILL: POOL NOODLE DRILL

Time: 10 minutes

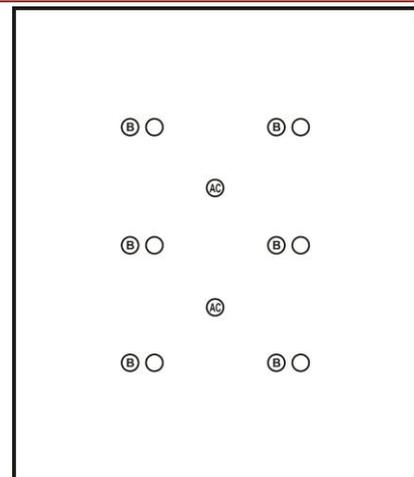
Equipment: Bats, Helmets, Pool Noodles

Objective(s) of Drill:

- To consolidate hitting mechanics

Drill Description:

- Gather players in semi-circle.
- Coach reviews and demonstrates good hitting mechanics including:
 - Stance
 - Load
 - Soft step
 - Swing
 - Follow through
- Form 6 groups of 2 players (adjustments to group size may need to be made based on size of gym):
 - One player is the hitter.
 - One player holds the pool noodle so one end is in the strike zone.
- 3 sets of 5 swings.
- Players rotate positions after 1 set.





Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

NOTE: The practice is now finished for all players except the Pitchers and Catchers who will complete the following Pitcher/Catcher Practice. The other players will begin their cool-down. Once the Pitchers/Catchers complete their practice they will complete their cool-down and participate in the practice debrief with the Coach.

DRILL: PITCHER / CATCHER PRACTICE

Time: 15 minutes

Equipment: Balls (Indoor, Tennis Balls), Pitching Plates, Home Plates, Catcher’s Equipment

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers’ framing technique of pitches

Drill Description:

○ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.

○ **Catchers:**

■ **Framing Drill (5 min.)**

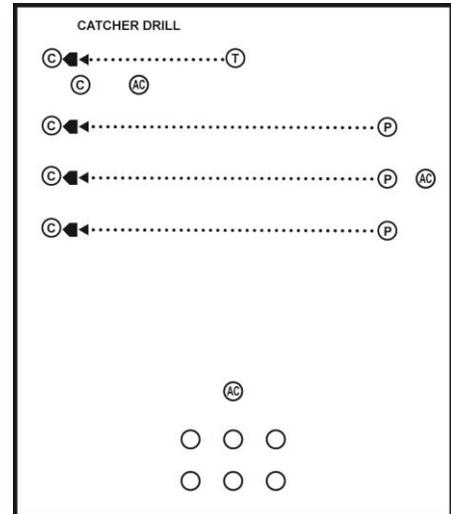
- The Coach will explain and demonstrate how to frame a pitch.
- One catcher will be receiving the pitch, one Catcher will act as a pitcher and the other Catcher will observe.
- The Pitcher will stand 20’ away from catcher and pitch to catcher who practices framing.
- 2 sets of 5 pitches per catcher.
- After 1 set, Catchers switch roles.
- **Note:** Full catching equipment should be worn.

- Once Catchers have completed framing drill, they will catch for pitchers’ practice and practice framing the pitch.

- Once pitchers and catchers have completed their practice, they will join the rest of the team for the cool-down.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|-------------------|--|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> <ul style="list-style-type: none"> ○ Handout to players a copy of Team Rules of Behaviour as developed by the team and players review them for understanding. |
|-------------------|--|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
| | |



PRACTICE PLAN #4

DATE:

| | | | |
|-------------------------|---|---|---|
| Location: | # of Athletes: | Length of Practice | |
| Absent Athletes: | | | |
| Support Staff: | | | |
| Objectives of Practice: | 1 To train athletic abilities 2 To consolidate fundamental softball skills | 3 To consolidate warm-up and cool-down routines including everyday, CRASH activities and static stretching routines | 4 To enhance team bonding and provide opportunities to develop leadership qualities |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

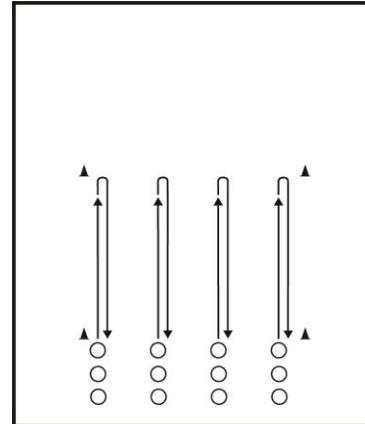
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

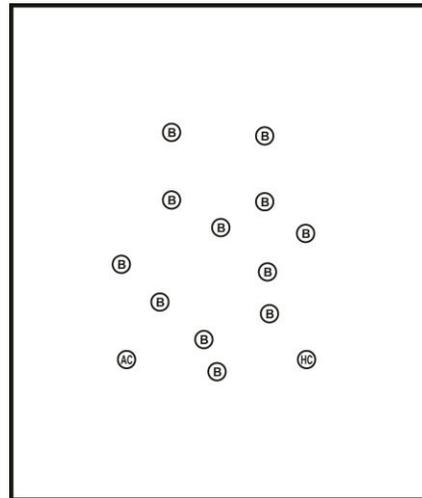
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____



DRILL: THROWING EVERYDAYS

Time: 6 minutes

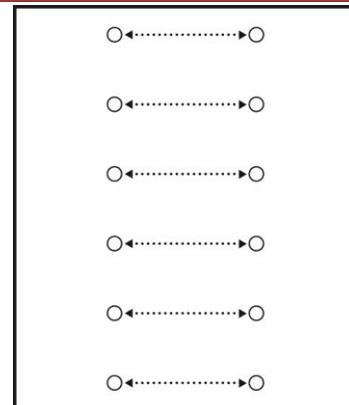
Equipment: Indoor Balls

Objective(s) of Drill:

- To reinforce proper overhand throwing technique
- To teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion





Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: WALL DRILL

Time: 15 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- To teach technique for fielding a ground ball including footwork to make throw

Drill Description:

- Pair up players.
- Each pair will have 10' of wall space for drill and will start 10' away from wall.

○ **Drill #1**

- Player 1 assumes ready position with ball in throwing hand.
- Player underhand tosses ball to themselves against wall so it rebounds straight back and bounces 1-2 times.
- Player fields the ball using proper ground ball fielding technique making sure to rotate their upper body 90° into throwing "K" position as they pretend to throw towards target directly in front of them freezing for 3 seconds in that position to self check overhand throwing form.
- 5 reps and then alternate with partner.

○ **Drill #2**

- Same as Drill #1 except the player will pivot after fielding the ball to make a pretend throw to a target that is 45° to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like a 2nd Base throwing to 1st Base). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 5 reps and then alternate with partner.

○ **Drill #3**

- Same as Drill #1 except that after fielding the ball the player performs a crow hop to pretend throw to a target that is 45° angle to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like an Outfielder fielding a ground ball and making a long throw). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 5 reps and then alternate with partner.

○ **Drill #4**

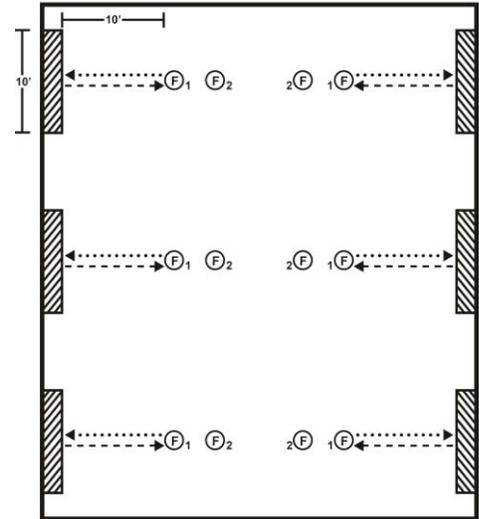
- Same as Drill #1 except the player tosses the ball so it bounces to their backhand.
- Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 5 reps and then alternate with partner.

○ **Drill #5**

- Same as Drill #1 except the player tosses the ball so it bounces a few feet to their left or right so they have to shuffle step to field the ball.
- Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 5 reps and then alternate with partner.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 40 minutes

Equipment: n/a

Objective(s) of Drill:

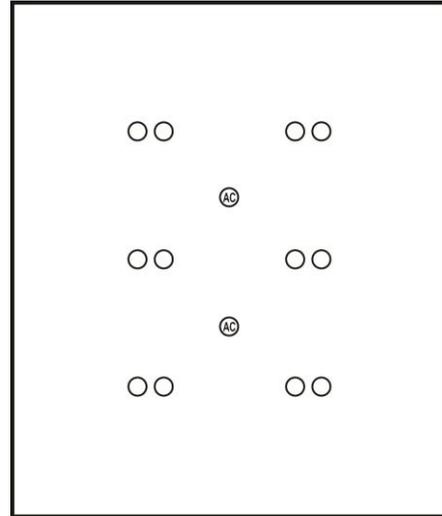
- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

- Divide team into groups of 2.
- Coach should alter groups weekly to allow for team bonding.
- Players work in groups of 2.
- Coach should alter groups weekly to allow for bonding with each other.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.
- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.

Key Teaching Points:

- _____
- _____
- _____



DRILL: DEAD BALL BUNT FIELDING DRILL

Time: 15 minutes

Equipment: Indoor Balls, Hitting Nets

Objective(s) of Drill:

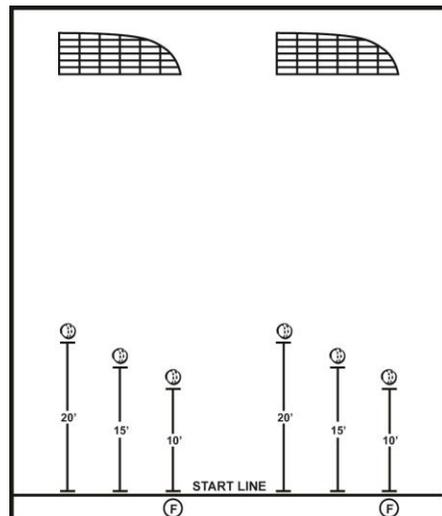
- To teach scoop action and bare hand pick up of dead ball in fair territory with throw to target

Drill Description:

- Coach gathers players into semi-circle and demonstrates how to pick up a ball that has come to rest or is spinning in one spot in fair territory (i.e. a bunt).
- Coach demonstrates setting body to align with target over ball in centre of body. 1) Bring hands together with open glove and gripping ball in throwing hand as you take short shuffle step with instep of pivot foot pointing towards target as you throw to net. 2) Second method is to field ball by scooping ball with ball closed into bare hand and short step (shuffle) as you throw to net. 3) Method is to pick up ball with bare hand as you settle over ball just inside pivot foot by pressing ball into ground as you pick it up and throw it to target with no shuffle step. This is used against a fast runner when there is little time to set to throw. Key teaching point – Do not pick up the ball with the glove, then attempt to transfer ball to throwing hand. This tactic is one that all possible bunt fielders should be taught and practiced.
- Place 3 balls staggered at 10', 15' and 20' from starting line
- Set up one target (hitting net) 50-60' from start line at one end of gym for each station you set up.
- On signal from Coach, player runs to ball 1 (10'), scoops it and throws to net, then quickly returns to touch start line and goes to field ball #2 (15'), throwing it to net, and once again returns to touch start line and goes back to field ball #3, throw it at net and quickly returns to cross start line.
- Depending on size of gym, additional stations can be set up and run at the same time.
- Variation:**
 - Time each player to add an element of pressure and competition.
 - Add time for bad throws or bobbles when fielding.
 - Total time for a group to complete drill and compare group times.

Key Teaching Points:

- _____
- _____
- _____





DRILL: GROUP WORK

Time: 15 minutes

Equipment: Balls (Regular, Tennis Balls), Pitching Plates, Home Plates, Indoor bases, Stop Watch, Bats

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers' bunt fielding technique and framing technique
- To teach getting out of the batter's box and running through 1st base

Drill Description:

○ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.

○ **Catchers:**

■ **Bunt Fielding Drill (5 min.)**

- Catcher takes receiving position behind home plate.
- The Coach stands behind the Catcher and tosses ball out in front of Catcher to simulate a bunt.
- The Catcher springs out of their stance to position themselves to field the ball and pretends to throw to 1st Base.
- 5-6 reps per Catcher then rotate Catchers.

■ **Note:** Full catching equipment should be worn.

- Once Catchers have completed their drills, they will catch for pitchers' practice and practice framing the pitch.

- Once Pitchers and Catchers have completed their practice, they will complete the Baserunning Drill (see drill description below) and then join the rest of the team for the cool-down.

○ **All Other Players (10 minutes)**

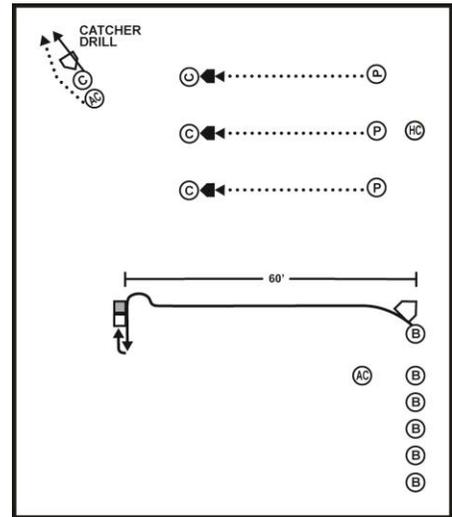
■ **Baserunning Drill (H to 1st)**

- The Coach will review the rules for the safety base.
- Players line up behind home plate with one player in batter's box.
- Player swings bat and runs to 1st Base touching orange base and then quickly stopping and returning to 1st Base.
- The Coach will time the player from the time contact is made until they touch the base.
- 3-5 reps per player.

- Once all the other players complete the Baserunning Drill, they will complete the cool-down.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|------------|--|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> <ul style="list-style-type: none"> ○ Review mental skills of Relaxation (deep breathing) and Focus (wide and narrow) when entering the batter's box. |
|------------|--|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #5

DATE: _____

| | | | | | |
|-----------|-------|----------------|-------|--------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
|-----------|-------|----------------|-------|--------------------|-------|

Absent Athletes: _____

Support Staff: _____

| | | | |
|-------------------------|--|---|---|
| Objectives of Practice: | 1 To train athletic abilities | 3 To consolidate warm-up and cool-down routines including everyday, CRASH activities and static stretching routines | 4 To enhance team bonding and provide opportunities to develop leadership qualities |
| | 2 To consolidate fundamental softball skills | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

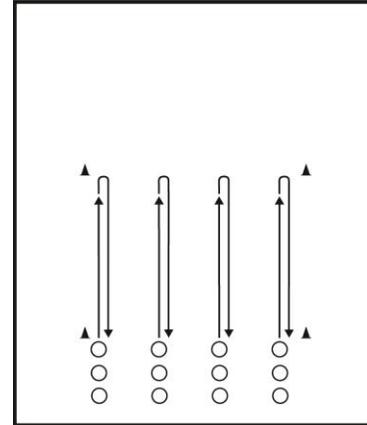
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See Appendix B – Dynamic Warm-Up for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

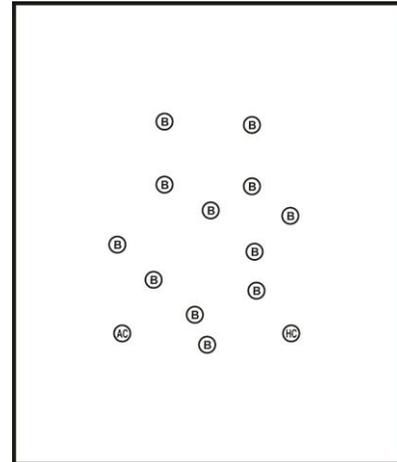
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____



DRILL: THROWING EVERYDAYS

Time: 5 minutes

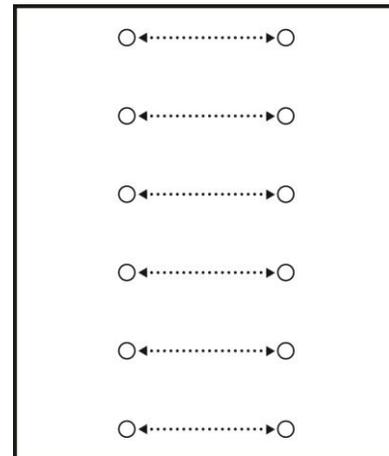
Equipment: Indoor Balls

Objective(s) of Drill:

- To reinforce proper overhand throwing technique
- To reinforce proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see Appendix E for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Dart Throws
 - Side Arm Throws





Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: WALL DRILL

Time: 10 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- To teach technique for fielding a ground ball including footwork to make throw

Drill Description:

- Pair up players.
- Each pair will have 10' of wall space for drill and will start 10' away from wall.

○ Drill #1

- Player 1 assumes ready position with ball in throwing hand.
- Player underhand tosses ball to themselves against wall so it rebounds straight back and bounces 1-2 times.
- Player fields the ball using proper ground ball fielding technique making sure to rotate their upper body 90° into throwing "K" position as they pretend to throw towards target directly in front of them freezing for 3 seconds in that position to self check overhand throwing form.
- 3 reps and then alternate with partner.

○ Drill #2

- Same as Drill #1 except the player will pivot after fielding the ball to make a pretend throw to a target that is 45° to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like a 2nd Base throwing to 1st Base). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 3 reps and then alternate with partner.

○ Drill #3

- Same as Drill #1 except that after fielding the ball the player performs a crow hop to pretend throw to a target that is 45° angle to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like an Outfielder fielding a ground ball and making a long throw). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 3 reps and then alternate with partner.

○ Drill #4

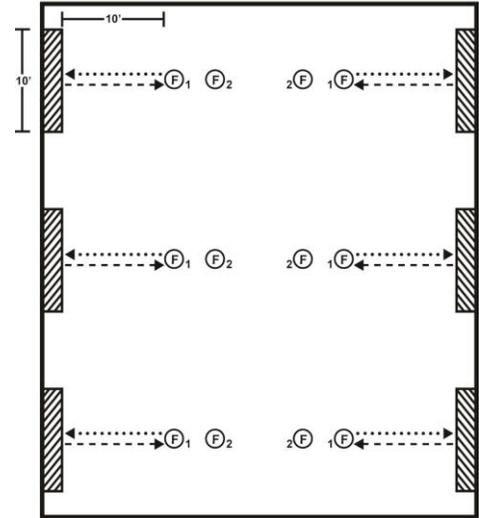
- Same as Drill #1 except the player tosses the ball so it bounces to their backhand.
- Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 3 reps and then alternate with partner.

○ Drill #5

- Same as Drill #1 except the player tosses the ball so it bounces a few feet to their left or right so they have to shuffle step to field the ball.
- Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- 3 reps and then alternate with partner.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH – TAGGING UP AT 3RD BASE

Time: 5 minutes

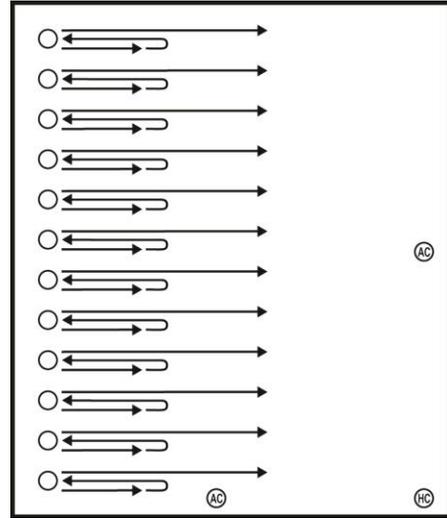
Equipment: Indoor Bases, Indoor Balls

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- The Coach will gather the team in a semi-circle formation to review the rules for tagging up and advancing on a fly ball.
- The Coach will demonstrate the ready position for lead-offs at 3rd Base and the procedure for tagging up.
- The Coach reminds players that if:
 - A ball is hit to left field, the player will tag up and watch the Coach, who will move up the line, for a signal to proceed home or draw a throw.
 - A ball is hit to centre or right field, the player will tag up and should watch the ball and make the decision when and if to break for home while listening for any Coach's commands to stay or advance.
- All players will line up along one side of the gym using one line as the edge of the base and assume the lead-off ready position for the rocker start.
- One Coach will act as the pitcher and complete the pitching motion.
- Using the 12 o'clock arm position of the pitcher as the cue, the players will take a lead-off from the base.
- Another Coach will position themselves so all players can see him and will indicate a fly ball by pointing to the ceiling and yelling "Tag, Tag". This Coach will also indicate the direction the pretend fly ball was hit (left, centre or right field) by pointing or verbally telling the players.
- The players will quickly return to the base, re-set in the lead-off ready position, and depending on the direction of the fly ball, will either watch the Coach for a signal or pretend they have read when the fly ball was caught and take a lead-off.
- 3-4 reps



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 40 minutes

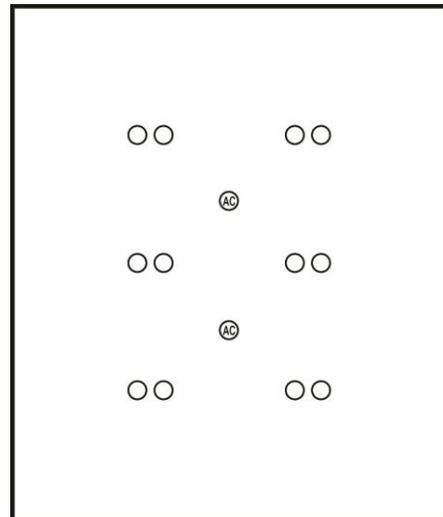
Equipment: n/a

Objective(s) of Drill:

- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

- Divide team into groups of 2.
- Coach should alter groups weekly to allow for team bonding.
- Players work in groups of 2.
- Coach should alter groups weekly to allow for bonding with each other.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.
- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: HITTING CIRCUIT

Time: 16 minutes

Equipment: Batting Tees, Pool Noodles, Balls (Indoor & Whiffle Balls), Indoor Bases, Bats, Helmets, Pool Noodles, Hitting Net, Home Plate

Objective(s) of Drill:

- To improve hitting mechanics and sacrifice bunting technique

Drill Description:

- Divide team into 4 groups of 3 with one group at each station. Rotate every 4 minutes on the Coach's command.

Station #1 – Tee Work

- Players will take turns hitting balls off of a batting tee into a net.
- 2 sets of 5 swings each.

Station #2 – Pool Noodle Drill

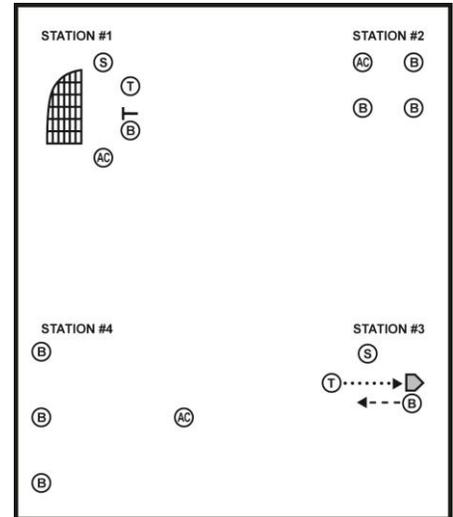
- A Coach will hold a pool noodle at various positions in the strike zone and the players take turns swinging and contacting the pool noodle.
- 3 sets of 5 swings each.

Station #3 – Sacrifice Bunting

- Player takes pivot position in batter's box.
- The Coach will toss a ball from 10' in front of player who will bunt the ball.
- The two other players will shag the balls.
- Rotate all players.
- 2 sets of 5 bunts

Station #4 – Wall Swings

- Spread out all three players along the wall so they are hitting at the same time. Player takes stance with back foot against wall.
- Player swings at an imaginary ball using the proper hitting sequence:
 - Load
 - Soft stride
 - Swing
 - Follow through
- If done correctly, the player will not make contact with the wall.
- The Coach will observe and provide feedback.



Key Teaching Points:

- _____
- _____
- _____

DRILL: WALL FIELDING GAME

Time: 5 minutes

Equipment: Indoor Balls, Painter's Tape

Objective(s) of Drill:

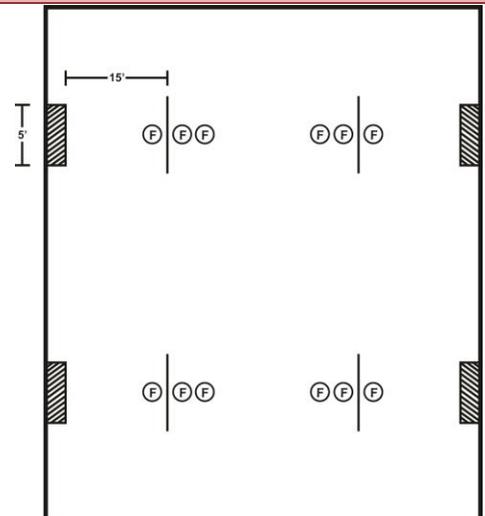
- To develop fielding technique in a competition situation

Drill Description:

- Divide players into groups of 3 each with their gloves on lined up in a single file line about 15' from a target on the wall.
- Create targets on the wall using Painter's tape which are 5' by 5' and 1' off the ground.
- The 1st player has an indoor ball and will start the game by throwing the ball overhand so it hits the target on the wall and rebounds straight back.
- The 1st player moves out of the way and goes to the back of their line.
- The 2nd player fields the bouncing ball, throws the ball from where it was fielded against the wall again, moves out of the way and goes to the back of their line.
- Next player fields the ball and repeats the action.
- Continue until time is completed.

Challenges:

- 1-2-3 Count - if you miss the ground ball, you get a number. First miss, you get #1. Second miss you get #2, Third miss and you get #3. Once you get #3, you must complete 5 push ups and then rejoin the line. Once all players, but one gets the #3, the game is finished and this person wins the game.
 - If the thrower misses the target and the fielder cannot field the ball, they get a number.
- Count the number of successful catches/throws for the group. The group with the highest number after a set period of time wins the game.



Key Teaching Points:

- _____
- _____
- _____

DRILL: GROUP WORK

Time: 15 minutes

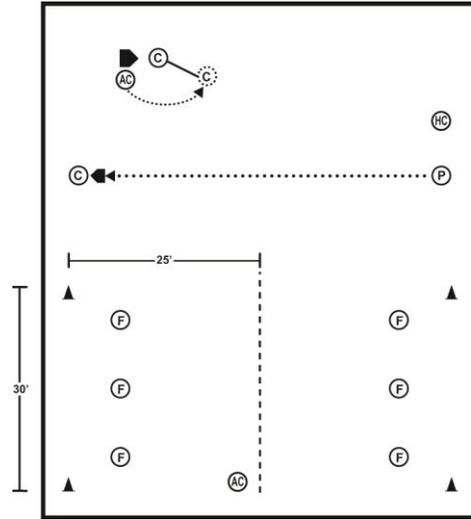
Equipment: Cones, Indoor Balls, Home Plates, Catcher's Equipment

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers' fielding technique for foul pop-up fly balls and framing of pitches
- To improve fielding ability under competitive conditions
- To train the ability to recognize pitches while batting

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
- Each group will use ½ of the gym and complete their activities at the same time.
- **Group #1 – Pitcher & Catcher Practice**
 - **Pitchers (15 minutes):**
 - Pitchers will complete a pitching workout using drills selected by the Coach from Appendix 1 - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
 - While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.
 - **Catchers:**
 - **Foul Pop Ups Drill (5 min.)**
 - ◆ Catcher takes receiving position behind home plate with Coach standing in the batter's box and tossing or hitting a foul ball pop up.
 - ◆ The Catcher springs out of their stance to position themselves to catch the pop up.
 - ◆ 5-6 reps per Catcher then rotate Catchers.
 - **Note:** Full catching equipment should be worn.
 - Once Catchers have completed this drill, they will catch for pitchers' practice and practice framing the pitch.
- Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.
- **Group #2**
 - **Drill #1 – Goal Fielding Drill (10 minutes)**
 - Using ½ the gym as the field, place a set of cones against the wall about 30' apart to act as goals. Designate a line or place cones to indicate the midline.
 - Divide players into 2 teams.
 - Players on each team position themselves on their half of the field and must remain on their half of the field.
 - One player will throw a ground ball to the other team who tries to field the ball before it hits the wall (their goal).
 - **Drill Rules:**
 - ◆ A thrown ball must bounce at least once on the throwing team's side of the field.
 - ◆ After fielding the ball, a team can either immediately throw a return ground ball to the other team or they may throw to ball to a teammate using an underhand or backhand toss who will then throw the ball at the opposite team's goal.
 - ◆ Score 1 point for each time the ball hits the wall between the cones on the opponent's side.
 - **Drill #2 – Pitch Recognition Drill (5 minutes)**
 - Once the 10 minutes for the Goaltending Drill is up, players from Group #2 will put helmets on and act as batters for the pitchers' practice.
 - The batters do not swing but track the pitch from the pitcher's release point and indicate if the pitch was a ball or strike when the ball is about 10' from home plate.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|--|
| | <p>Static Stretching Routine (See Appendix C)</p> |
| 10 minutes | <p>Debrief:</p> <ul style="list-style-type: none"> ○ The Coach will talk to players about using visualization as both a relaxation technique and a mental practice activity. |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #6

DATE: _____

| | | | | | |
|--------------------------------|---|-----------------------------------|---|---------------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To train athletic abilities (4 S's) 2 To consolidate warm-up routines and introduce new CRASH activities | 3 To teach "run down" team tactic | 4 To enhance team bonding and provide opportunities to develop leadership qualities | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

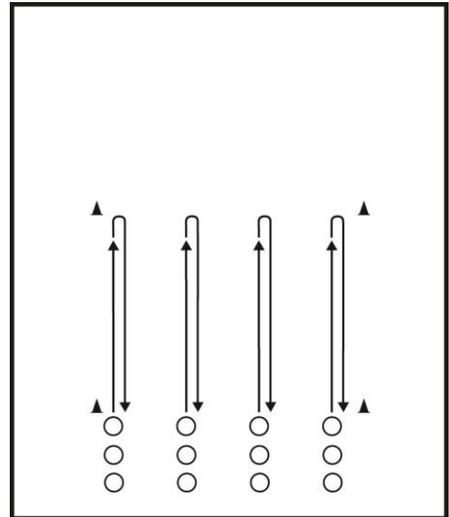
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

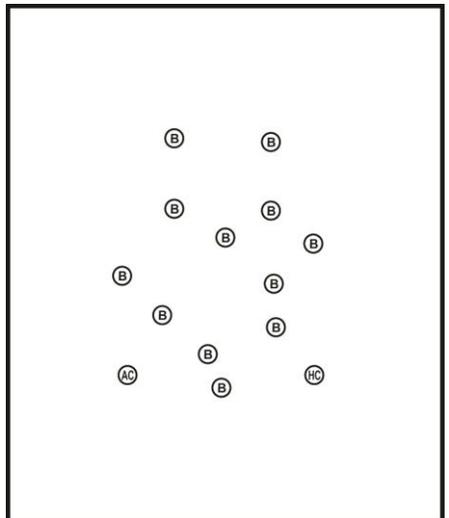
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: THROWING/RECEIVING EVERYDAYS

Time: 7 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

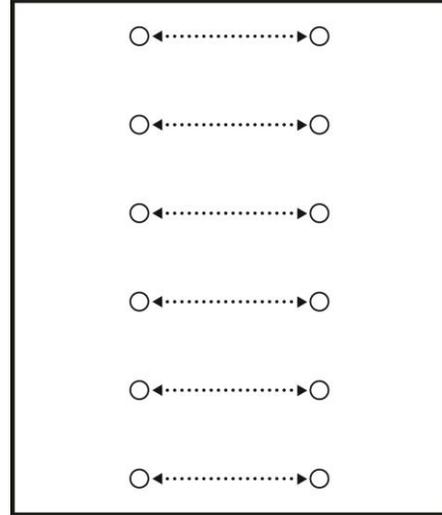
Drill Description:

- Review receiving key teaching points.
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):

- Wrist snaps
- 2 foot stationary throwing position or One Knee Drill
- K position
- K position with step or stride
- Pre-stride into K position
- Full motion
- Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 10 minutes

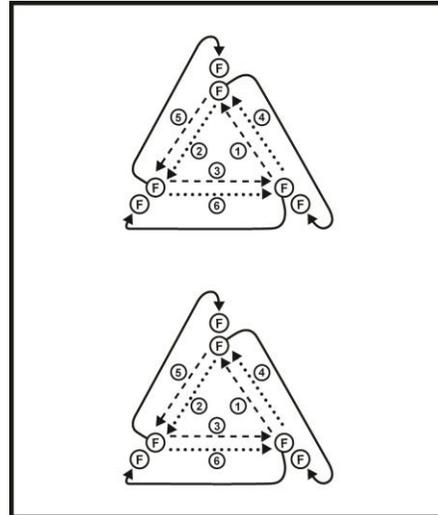
Equipment: Indoor Balls

Objective(s) of Drill:

- To teach proper fielding technique, pivot footwork and throwing mechanics

Drill Description:

- Form 2 groups of 6 players who stand in a triangle formation with 30' between corners and two players at each corner. Space triangles to use entire gym.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right. The player that throws the ball will move to the corner that is opposite the direction of their throw.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left. The player that throws the ball will move to the corner that is opposite the direction of their throw.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: RUN DOWN DRILL

Time: 15 minutes

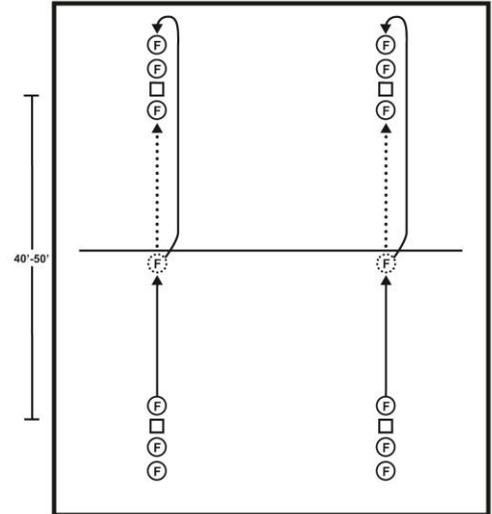
Equipment: Indoor Balls

Objective(s) of Drill:

- To teach run down tactics and review skills needed when challenging a runner caught between bases

Drill Description:

- Divide team into 2 groups of 6.
- Set up 2 bases 40-50' apart with a line in the middle of the 2 bases and 3 players at each base.
- One player has a ball.
- Defensive player with ball runs (at half speed) towards line in middle of bases (ball visible by their ear.)
- When the player reaches the line, they complete a dart throw to the defensive player at the far base. The thrower moves off the base path, follows their throw and lines up at the far base.
- Slow it down at first so players are doing it correctly.
- Receiver will then simulate putting a tag on the imaginary baserunner and then immediately take the ball in their throwing hand and move it to the dart throw position and repeats the drill in the opposite direction.
- 5 reps per player.
- Repeat drill but now at full speed.
- 6-8 reps per player.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: CRASH – GET UP AND GO

Time: 8 minutes

Equipment: n/a

Objective(s) of Drill:

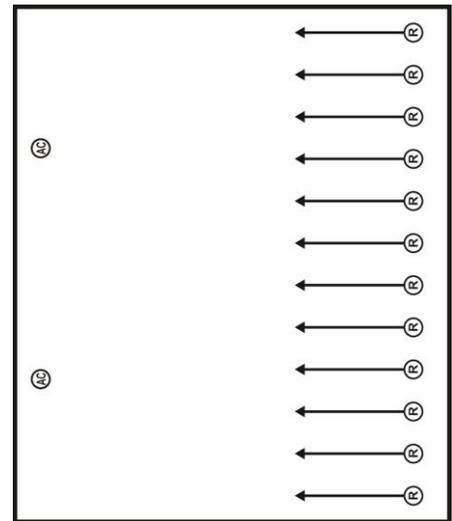
- To train agility and reaction
- Review of fundamental softball skills using game simulations

Drill Description:

- Coach will gather players in a semi-circle to demonstrate the finish position of the retreat slide.
- All players will line up along the length of the gym and will assume the finish position of just completing a retreat slide back to the Base (use a line as the edge of the base).
- On the Coach's command ("Go"), the players will get up as quickly as possible and take 4-6 steps running hard towards the next base.
- 4 reps per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





MAIN PART

DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 40 minutes

Equipment: n/a

Objective(s) of Drill:

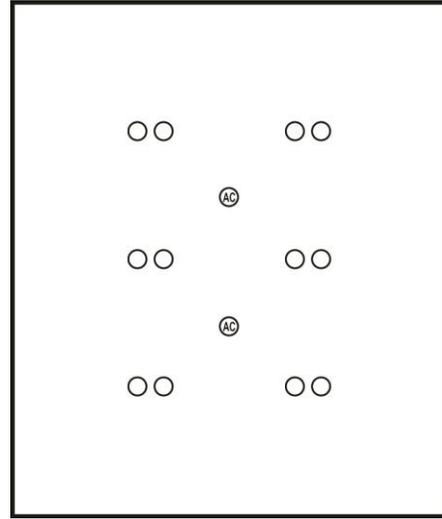
- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

- Divide team into groups of 2.
- Coach should alter groups weekly to allow for team bonding.
- Players work in groups of 2.
- Coach should alter groups weekly to allow for bonding with each other.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.
- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: BASERUNNING DRILL

Time: 5 minutes

Equipment: Painter's Tape (for bases) or Indoor Bases

Objective(s) of Drill:

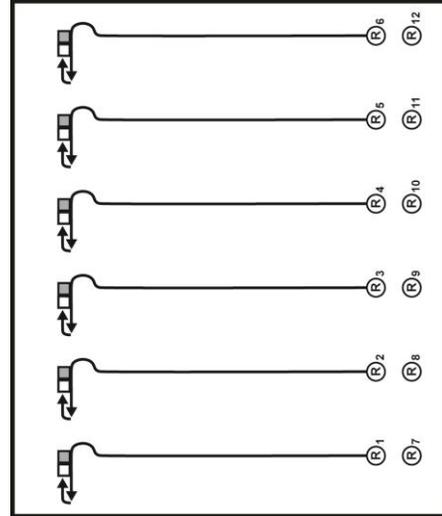
- To teach rounding a base and jamming to return to the base.

Drill Description:

- Coach will gather players in a semi-circle and demonstrate the technique to round a base, jam and return to the base.
- Divide players into 2 groups of 6.
- First group will line up along one wall of the gym with the second group behind them.
- On Coach's command ("Go"), the first group will pretend to hit a ball, run to a base on the opposite side of the gym, round the base, jam and return to the base.
- Players should use a line on the gym floor to simulate the baseline.
- Players will jog around the outside of gym so they do not interfere with the next group.
- Stress good running technique.
- 5 reps per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: GROUP WORK

Time: 15 minutes

Equipment: Indoor Balls, Painter's Tape, Pool Noodles, Bats, Helmets, Home Plates, Catcher's Equipment

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers' ability to tag a runner out at home and framing of pitches
- To improve fielding technique under competitive conditions
- To improve hitting technique

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
- Each group will use ½ of the gym and complete their activities at the same time.



Group #1 – Pitcher & Catcher Practice

Pitchers (15 minutes):

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.

Catchers:

Tagging Runner at Home Drill (5 min.)

- ◆ One player will assume the Catcher position behind home plate. Another player will stand 20-30' from home plate and make an overhand throw to the Catcher. A third player will stand 15' up the 3rd Base line and roll a ball along the baseline to simulate a runner coming home.
- ◆ On the Coach's command, the Catcher will spring out of their stance to position themselves in front of home plate to receive a throw. Once they catch the ball, they will make a tag on the rolling ball coming down the 3rd Base line.
- ◆ .5-6 reps per Catcher then rotate Catchers.
- **Note:** Full catching equipment should be worn.
- Once Catchers have completed this drill, they will catch for pitchers' practice and practice framing the pitch.

- Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.

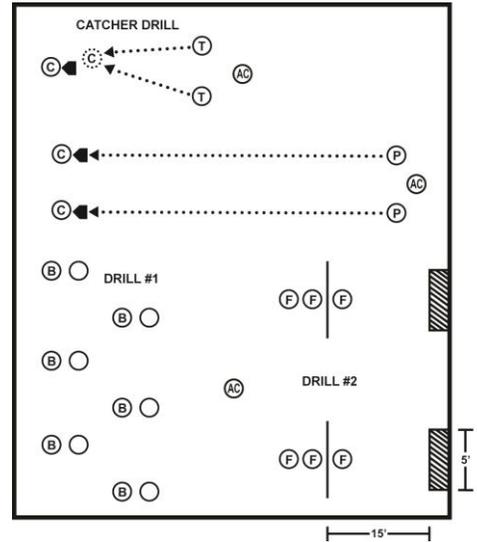
Group #2

Drill #1 – Pool Noodle Drill (5 minutes)

- Player swings bat at the pool noodle at various points in the strike zone held by their partner.
- Coach observes technique and provides feedback.
- 2 sets of 10 swings per player.

Drill #2 – Wall Fielding Game (10 minutes)

- Divide players into groups of 3 each with their gloves on lined up in a single file line about 15' from a target on the wall.
- Create targets on the wall using Painter's tape which are 5' by 5' and 1' off the ground.
- The 1st player has an indoor ball and will start the game by throwing the ball overhand so it hits the target on the wall and rebounds straight back.
- The 1st player moves out of the way and goes to the back of their line.
- The 2nd player fields the bouncing ball, throws the ball from where it was fielded against the wall again, moves out of the way and goes to the back of their line.
- Next player fields the ball and repeats the action.
- **Challenges:**
 - ◆ 1-2-3 Count - if you miss the ground ball, you get a number. First miss, you get #1. Second miss you get #2, Third miss and you get #3. Once you get #3, you must complete 5 push ups and then rejoin the line. Once all players, but one gets the #3, the game is finished and this person wins the game. If the thrower misses the target and the fielder cannot field the ball, they get a number.
 - ◆ Count the number of successful catches/throws for the group. The group with the highest number after a set period of time wins the game.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #7

DATE:

| | | | | | |
|--------------------------------|--|---|---|---------------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To consolidate fundamental softball skills | 2 To train athletic abilities (4 S's) 3 To teach the retreat slide | 4 To enhance team bonding and provide opportunities to develop leadership qualities | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

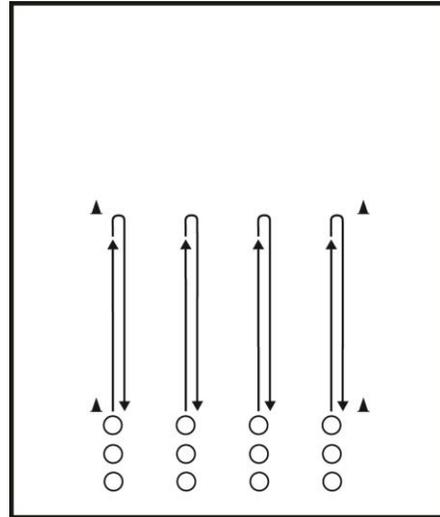
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

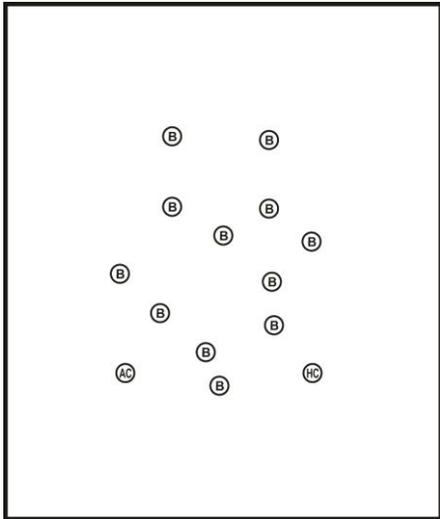
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____





DRILL: CRASH – CONE FIELDING

Time: 10 minutes

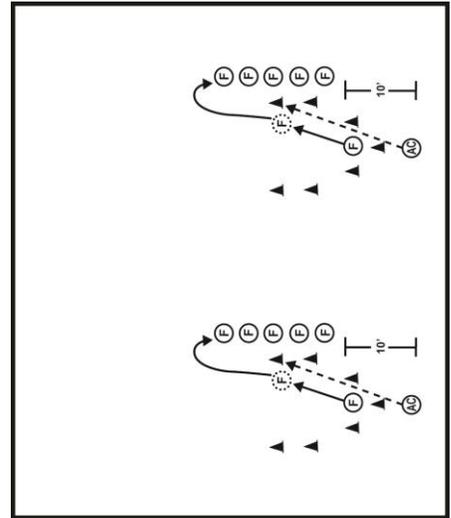
Equipment: Indoor Balls, Cones

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 2 groups of 6 and set up 2 stations.
- Player lines up 10' in front of Coach.
- Coach will give the player a visual cue to indicate an imaginary ground ball or fly ball that they must pretend to field.
- Set up flat cones to indicate which type of footwork is required to field the following types of hits:
 - A ground ball 1 shuffle step to the left or right of the fielder and slightly in front of them (Coach Cue: Ball in the hand at Coach's side).
 - A ground ball 5' in front of the fielder who must charge the ball (Coach Cue: Ball held in both hands in front of Coach).
 - A ground ball 5' to either side and behind the player who completes a cross-over step to field a forehand or backhand at 30-45 degrees (Coach Cue: Ball is hand with arm extended out to side).
 - A fly ball 10' to either side and behind the player on an angle of 60 degrees (Coach Cue: Ball in hand and arm raised above Coach's head).
- 5 reps per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

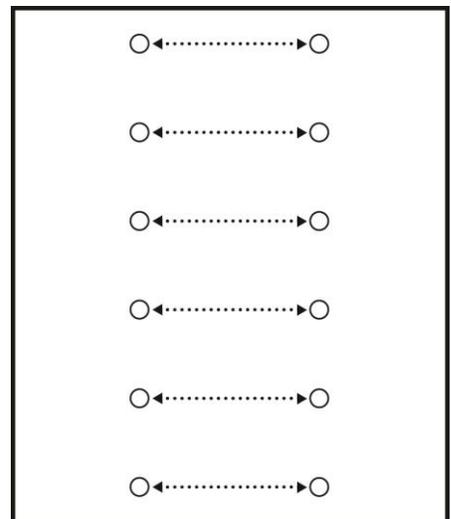
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points.
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOOTBALL DRILL

Time: 10 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

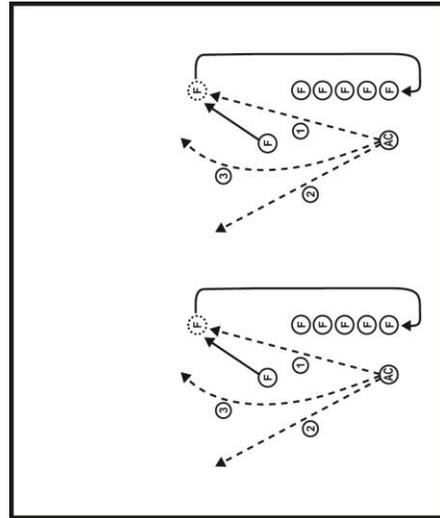
- To teach pivot footwork and going back for fly ball
- To refine catching a fly ball

Drill Description:

- Coach will gather players in a semi-circle to explain and demonstrate technique to move to catch a fly ball from outfielder ready position.
- The Coach acts as the quarterback throwing to the players.
- Each player should have their own ball that they will flip to Coach when they assume the ready position.
- Player assumes outfielder ready position about 10' in front of Coach.
- On Coach's signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - Right on 60 degree angle.
 - Left on 60 degree angle.
 - Over the player's head.
- Player makes catch, stops quickly, pretends to make overhand throw back to the Coach and then moves to the back of the line.
- 4 reps per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: RETREAT SLIDE DRILL

Time: 10 minutes

Equipment: n/a

Objective(s) of Drill:

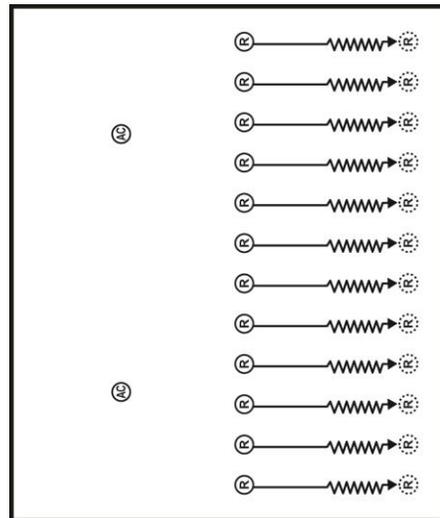
- To teach the retreat slide technique

Drill Description:

- The Coach will gather the players in a semi-circle around a throw down base to review taking a lead-off from a base and how to jam in an athletic stance. The Coach will then explain and demonstrate how to perform the dive back or retreat slide (Note: If the Coach cannot perform this slide have someone available who can).
- Players will line up along one side of the gym.
- Each player will take a balanced athletic stance as if they've just lead off and jammed.
- On first rep, have players complete the retreat slide in slow motion so they understand the movement.
- On Coach's signal ("GET BACK"), the players perform a retreat slide back to the Base (use a line on the gym as the imaginary base).
- Coaches will circulate and give feedback on players' technique.
- 5-10 reps per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 40 minutes

Equipment: n/a

Objective(s) of Drill:

- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

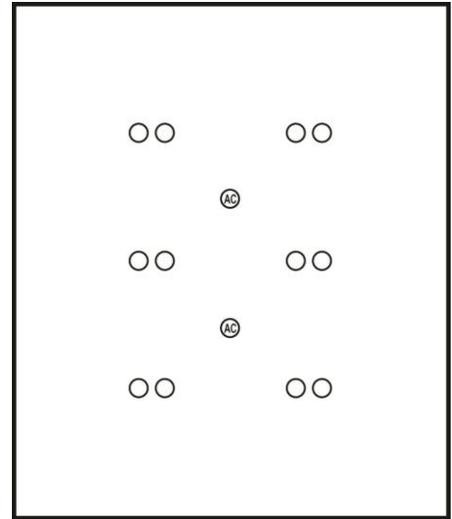
- Divide team into groups of 2.
- Coach should alter groups weekly to allow for team bonding.
- Players work in groups of 2.
- Coach should alter groups weekly to allow for bonding with each other.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.



- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: GROUP WORK

Time: 15 minutes

Equipment: Balls (Indoor, Tennis Balls), Painter’s Tape, Pool Noodles, Bats, Helmets, Catcher’s Equipment, Home Plates

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers’ blocking technique and framing of pitches
- To improve fielding technique using proper pivots to make throws
- To improve hitting technique

Drill Description:

- Divide players into 2 groups with each group using ½ of the gym to complete their activities at the same time:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players

Group #1 – Pitcher & Catcher Practice

■ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.

■ **Catchers:**

● **Tennis Ball Blocking Drill (5 min.)**

- ◆ Coach or partner will throw wild pitches from 20-30’ away from Catcher.
- ◆ Catcher practices blocking the wild pitches.
- ◆ 2 sets of 5 wild pitches per Catcher.
- ◆ After 1 set, Catchers switch.

● **Note:** Full catching equipment should be worn.

● Once Catchers have completed this drill, they will catch for pitchers’ practice and practice framing the pitch.

■ Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.

Group #2 – All Other Players

■ **Drill #1 – Pool Noodle Drill (5 minutes)**

- Partner players.
- Player swings bat at the pool noodle at various points in the strike zone held by their partner.
- Coach observes technique and provides feedback.
- 2 sets of 10 swings per player.

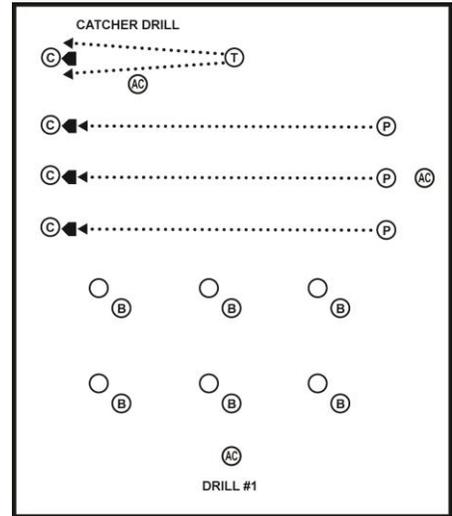
■ **Drill #2 – Wall Drill (10 minutes)**

- Pair up players.
- Each pair will have 10’ of wall space for drill and will start 10’ away from wall.

◆ **Wall Drill #1**

- Player 1 assumes ready position with ball in throwing hand.
- Player underhand tosses ball to themselves against wall so it rebounds straight back and bounces 1-2 times.
- Player fields the ball using proper ground ball fielding technique making sure to rotate their upper body 90° into throwing “K” position as they pretend to throw towards target directly in front of them freezing for 3 seconds in that position to self check overhand throwing form.
- 5 reps and then alternate with partner.

◆ **Wall Drill #2**





- o Same as Drill #1 except the player will pivot after fielding the ball to make a pretend throw to a target that is 45° to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like a 2nd Base throwing to 1st Base). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- o 5 reps and then alternate with partner.

◆ **Wall Drill #3**

- o Same as Drill #1 except that after fielding the ball the player performs a crow hop to pretend throw to a target that is 45° angle to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like an Outfielder fielding a ground ball and making a long throw). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- o 5 reps and then alternate with partner.

◆ **Wall Drill #4**

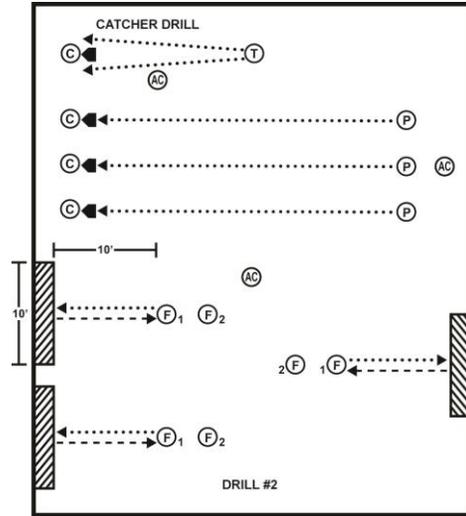
- o Same as Drill #1 except the player tosses the ball so it bounces to their backhand.
- o Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- o 5 reps and then alternate with partner.

◆ **Wall Drill #5**

- o Same as Drill #1 except the player tosses the ball so it bounces a few feet to their left or right so they have to shuffle step to field the ball.
- o Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
- o 5 reps and then alternate with partner.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|-------------------|--|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> <ul style="list-style-type: none"> o The Coach will discuss the mental skill called positive self-talk. |
|-------------------|--|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #8

DATE: _____

| | | | | | |
|--------------------------------|---|---------------------------------------|---------------------------|------------------------------|---|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To consolidate fundamental softball skills and warm-up routines | 2 To train athletic abilities (4 S's) | 3 To teach bent leg slide | 4 To teach positional skills | 5 To enhance team bonding and provide opportunities to develop leadership qualities |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

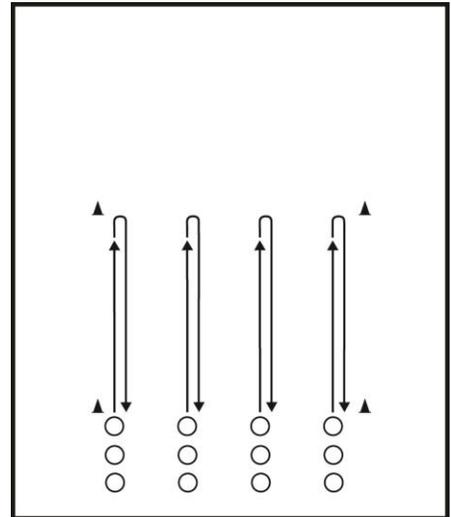
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

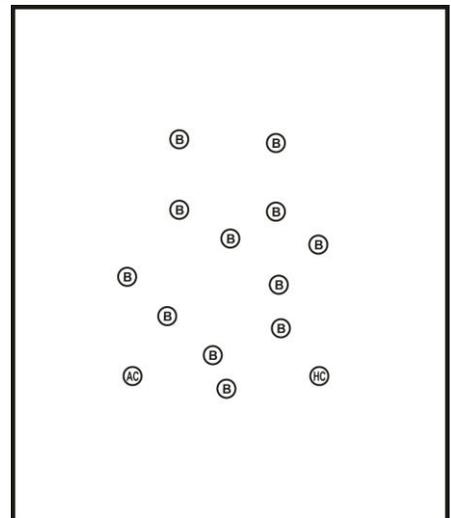
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

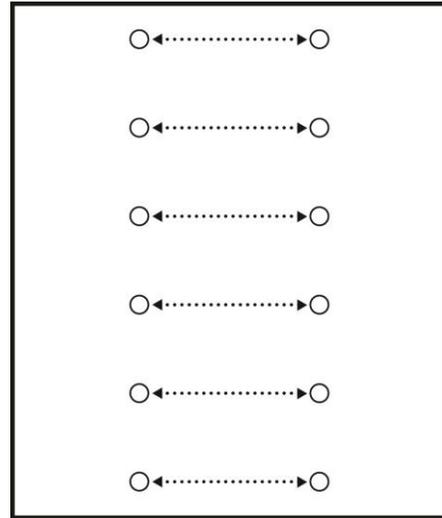
- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see

Appendix E for a full description):

- Wrist snaps
- 2 foot stationary throwing position or One Knee Drill
- K position
- K position with step or stride
- Pre-stride into K position
- Full motion
- Quick Exchange Drill
 - Challenge: Count the number of throws made in 30 seconds.
 - Repeat

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: STAR DRILL

Time: 5 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

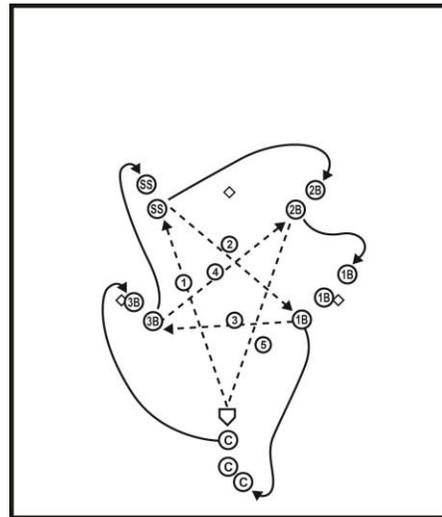
- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position.
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: 3 CORNER FIELDING DRILL

Time: 10 minutes

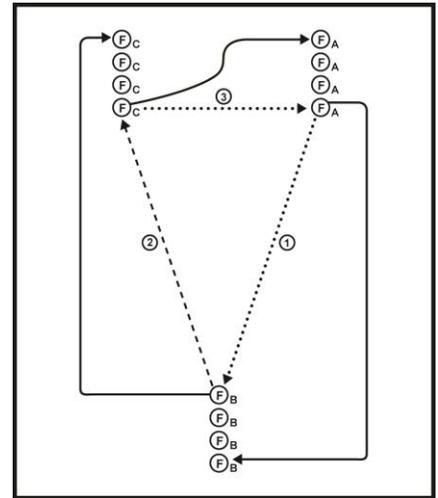
Equipment: Indoor Balls

Objective(s) of Drill:

- To teach proper fielding technique , overhand throwing and pivots
- To teach forehand/backhand tosses

Drill Description:

- Divide players into 3 groups of 4 players who stand in a triangle formation about 50'-60' apart using whole gym.
- The 1st player in Group A will overhand throw to the 1st player in Group B and then follow their throw and finish up at the end of Group B's line.
- The 1st player in Group B will receive the overhand throw acting as a 1st Base and then throw a ground ball to the 1st player in Group C. They will follow their throw and finish up at the end of Group C's line.
- The 1st player in Group C will field the ground ball and underhand or backhand toss to the 1st player in Group A. They will follow their throw and finish up at the end of Group A's line.
- The first player in Group A will receive the toss from Group C and perform a proper pivot and again overhand throw to the 1st player in Group B to repeat the circuit.
- After 2-3 complete circuits (1st player in Group A returns to be 1st player again), change the direction of the drill and repeat.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Challenge:

- Count the number of complete circuits without a fielding or throwing error. 1 point for every time ball cleanly returns to Group A.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: BENT LEG SLIDE DRILL

Time: 15 minutes

Equipment: Bats, Helmets, Indoor Bases

Objective(s) of Drill:

- To review the bent leg slide

Drill Description:

- The Coach will review and demonstrate the Bent Leg Slide technique using the following progressions:
 - Determine each player's bent or tucked leg:
 - Have players form a circle around the Coach.
 - Have the players sit down cross legged.
 - They will naturally tuck one leg underneath their body which will be the natural slide leg.
 - Demonstrate the final position and have players copy that position:
 - One leg straight but not locked
 - Other leg tucked
 - Arms thrown above head
 - Chin tucked into chest.
 - Final Position with Movement
 - Using a volunteer player who is lying in the final position, grasp their foot and pull them to simulate the movement of the slide.
 - Standing in Final Position
 - While standing, get the players to get into the final position. Be sure they throw their hands back over their head and tuck their chin on their chest.
 - Sliding with Support
 - With the aid of two strong coaches, have them hold the slider's arms or hold a bat for the player to grasp and gently lower the player into the Final Position
 - Sliding with Support while Jogging
 - Same as above but the player does a slow jog first from about 10 meter and then grabs the bat held by 2 coaches to lower themselves to the ground.
 - Sliding with Support while Sprinting -Same as above but from a sprint
- If players have a good grasp of the bent leg slide technique, the Coach can introduce the Pop Up Slide.

Key Teaching Points:

- 1 _____
- 2 _____

DRILL: CRASH – BUNT READ DRILL

Time: 5 minutes

Equipment: Indoor Bases

Objective(s) of Drill:

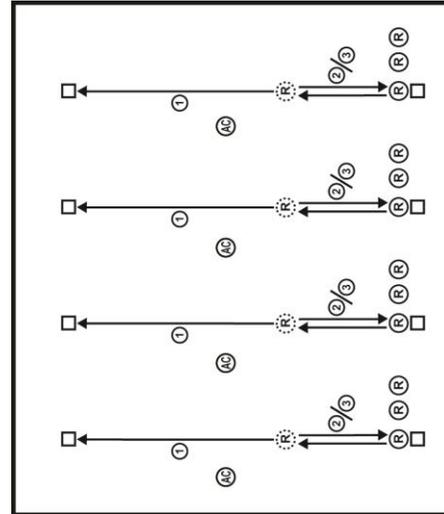
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills
- Read sacrifice bunt and react to positioning of ball to advance or not

Drill Description:

- Divide players into 4 groups of 3 players.
- Coach in pitcher's position pretends to pitch.
- Player at 1st Base takes a lead off when pitcher gets to the 12 o'clock arm position.
- The Coach will give a visual cue so the player must read what they must do:
 - Coach drops ball - baserunner reads that the bunt is down and must run to 2nd Base.
 - Coach throws a pop up - baserunner must read a pop up and return to Base.
 - Coach gets into overhand throwing position - baserunner must read pick-off and dive back to Base.
- 5 reps per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 40 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

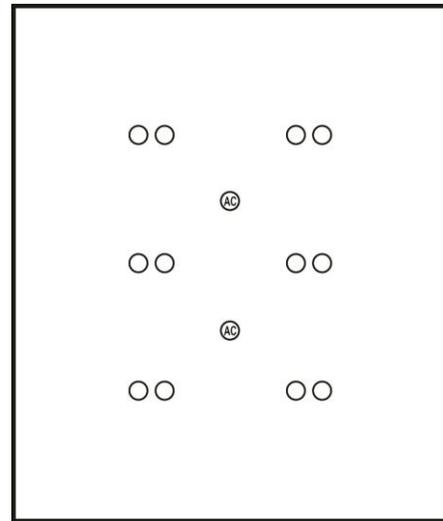
- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

- Divide team into groups of 2.
- Coach should alter groups weekly to allow for team bonding.
- Players work in groups of 2.
- Coach should alter groups weekly to allow for bonding with each other.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.
- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: HITTING CIRCUIT

Time: 12 minutes

Equipment: Batting Tee, Pool Noodles, Balls (Indoor & Whiffle Balls), Indoor Bases, Bats, Helmets, Hitting Net, Home Plate

Objective(s) of Drill:

- To improve hitting mechanics
- To improve sacrifice bunting technique

Drill Description:

- Divide team into 4 groups of 3.
- Each group will start at a station and rotate every 3 minutes on the Coach's command.

○ **Station #1 – Tee Work**

- Players will take turns hitting balls off of a batting tee into a net.
- 2 sets of 5 swings each.

○ **Station #2 – Pool Noodle Drill**

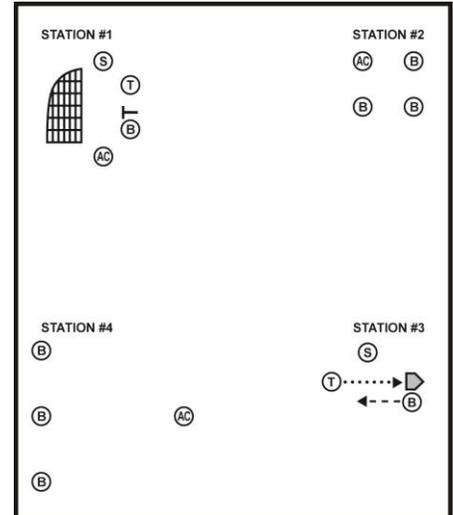
- A Coach will hold a pool noodle at various positions in the strike zone.
- Players take turns swinging and contacting the pool noodle.
- 2 sets of 5 swings each.

○ **Station #3 – Sacrifice Bunting**

- Player takes pivot position in batter's box.
- The Coach will toss a ball from 10' in front of player who will bunt the ball.
- The two other players will shag the balls.
- Rotate all players.
- 2 sets of 5 bunts.

○ **Station #4 – Wall Swings**

- Player takes stance with back foot against wall.
- Player swings at an imaginary ball using the proper hitting sequence:
 - Load
 - Soft stride
 - Swing
 - Follow through
- If done correctly, the player will not make contact with the wall.
- Spread out all three players so they are hitting at the same time.
- The Coach will observe and provide feedback.
- 3 sets of 7 swings.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: GROUP WORK

Time: 15 minutes

Equipment: Indoor Balls, Painter's Tape, Bats, Helmets, Home Plates, Catcher's Equipment, Cones

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers' throwing technique to the bases and framing of pitches
- To improve fielding technique under competitive conditions

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
- Each group will use ½ of the gym and complete their activities at the same time.

○ **Group #1 – Pitcher & Catcher Practice**

■ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.

■ **Catchers:**

● **Catcher Throwing Drill (10 min.)**

- ◆ Coach or partner will pitch to Catcher from 15' in front of Catcher.
- ◆ Catcher will receive pitch and then perform the proper footwork to pivot and throw to 1st, 2nd and then 3rd Base but does not throw the ball. After one set, rotate Catchers.
- ◆ Another Catcher will stand in the batter's box switching from the left to the right side on each pitch.
- ◆ 2 sets per Catcher.

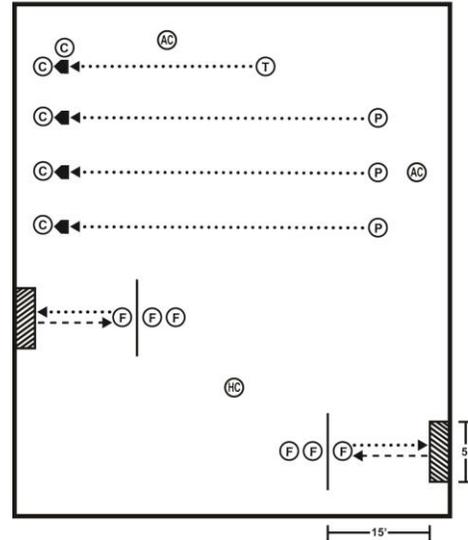
- **Note:** Full catching equipment should be worn.

- Once Catchers have completed this drill, they will catch for pitchers' practice and practice framing the pitch.
- Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.

○ **Group #2 – All Other Players**

■ **Wall Fielding Game (15 minutes)**

- Divide players into groups of 3 each with their gloves on lined up in a single file line about 15' from a target on the wall.
- Create targets on the wall using Painter's tape which are 5' by 5' and 1' off the ground.
- The 1st player has an indoor ball and will start the game by throwing the ball overhand so it hits the target on the wall and rebounds straight back. The player moves out of the way.
- The 2nd player fields the bouncing ball, throws the ball from where it was fielded against the wall again, and moves out of the way.
- The 3rd player fields the ball and repeats the action.
- Change groupings and complete game several times.
- **Challenges:**
 - ◆ 1-2-3 Count - if you miss the ground ball, you get a number. First miss, you get #1. Second miss you get #2, Third miss and you get #3. Once you get #3, you must complete 5 push ups and then rejoin the line. Once all players, but one gets the #3, the game is finished and this person wins the game. If the thrower misses the target and the fielder cannot field the ball, they get a number.
 - ◆ Count the number of successful catches/throws for the group. The group with the highest number after a set period of time wins the game.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

10 minutes

Static Stretching Routine (See Appendix C)

Debrief:

- The Coach will gather the team in a semi-circle to complete their cool-down and explain what mental skills to do while waiting to bat in a game (while on the bench, in the hole, on deck and when stepping into the batter's box):
 - **On the Bench:**
 - Watch the Pitcher and try to pick up habits or patterns for pitches.
 - **In the Hole:**
 - Put your helmet and batting gloves on. Then continue to focus on the pitcher's motion.
 - **On Deck:**
 - Relax (take deep breathes)
 - Use positive self-talk.
 - Develop a routine and time practice swings with Pitcher's motion.
 - **Stepping in the Batter's Box:**
 - Clear your mind and narrow focus to pitcher's release point (See the ball, hit the ball).
 - A player should not be thinking about specific mechanics while in the box but only concentrating on the pitcher's release point and letting the body react to the ball.

PRACTICE EVALUATION

What worked well:

What to change for next time:



PRACTICE PLAN #9

DATE: _____

| | | | | | |
|--------------------------------|--|--|---|---------------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To consolidate fundamental softball skills and warm-up routines 2 To train athletic abilities (4 S's) | 3 To teach positional skills: <ul style="list-style-type: none"> ■ Outfielder long throws ■ Picking up dead balls in outfield ■ Catcher tosses from fence to home | 4 To enhance team bonding and provide opportunities to develop leadership qualities | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

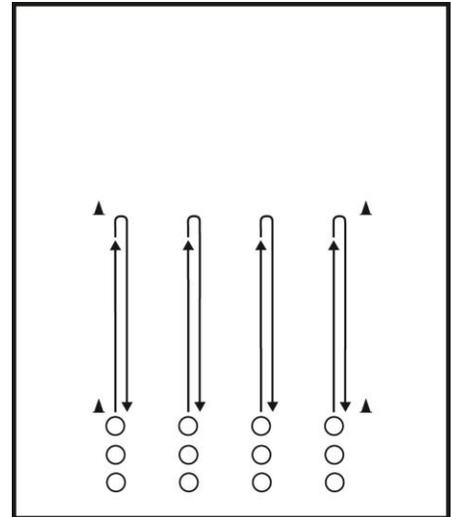
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

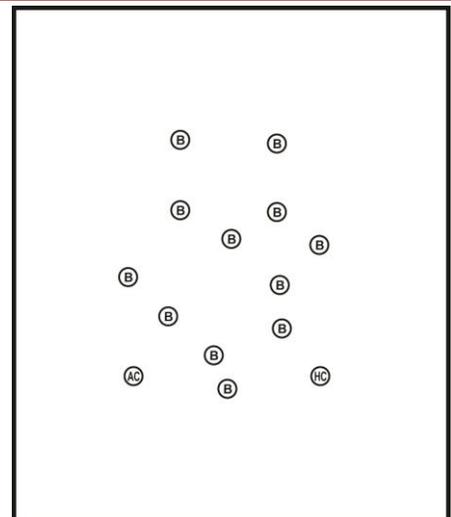
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Indoor Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

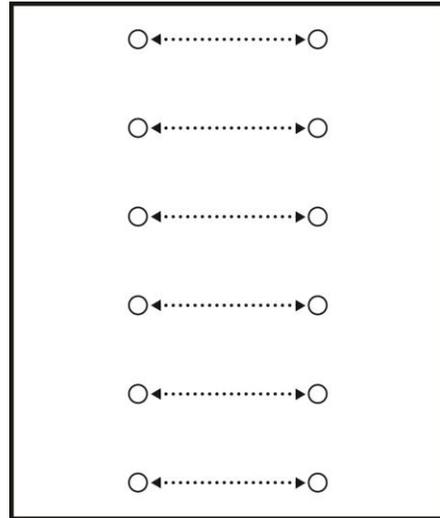
Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):

- Wrist snaps
- 2 foot stationary throwing position or One Knee Drill
- K position
- K position with step or stride
- Pre-stride into K position
- Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 10 minutes

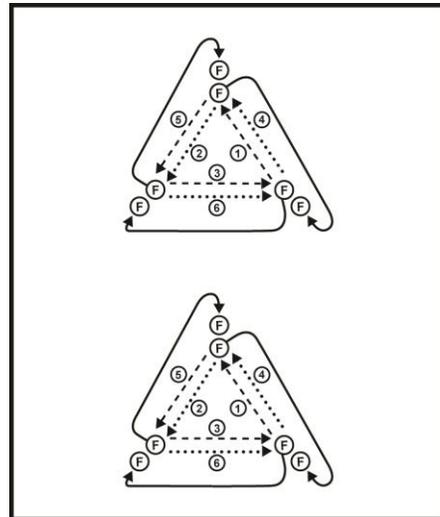
Equipment: Indoor Balls

Objective(s) of Drill:

- To teach proper fielding technique, pivot footwork and throwing mechanics

Drill Description:

- Form 2 groups of 6 players who stand in a triangle formation with 30' between corners and two players at each corner. Space triangles to use entire gym.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right. The player that throws the ball will move to the corner that is opposite the direction of their throw.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left. The player that throws the ball will move to the corner that is opposite the direction of their throw.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: CRASH – FOOTWORK SQUARE DRILL

Time: 5 minutes

Equipment: Cones

Objective(s) of Drill:

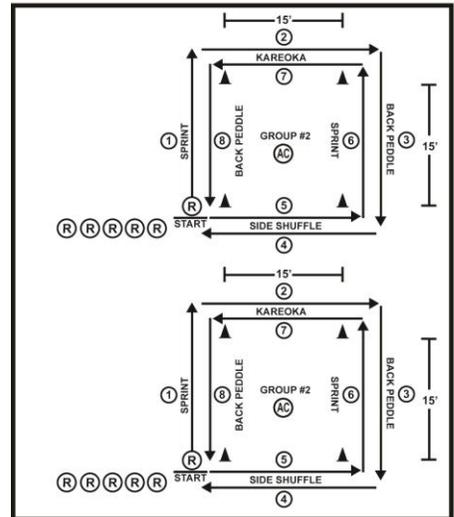
- To develop agility
- To develop fitness

Drill Description:

- Divide players into 2 groups of 6 players.
- Set-up two stations with one group at each station:
 - Set-up a square using cones with corners about 15' apart.
 - One player will complete the drill one at a time always facing the same direction by:
 - Sprinting from the 1st cone to the 2nd cone.
 - Kareokaing from the 2nd cone to the 3rd cone.
 - Back peddling from the 3rd cone to the 4th cone.
 - Side shuffling from the 4th cone back to the 1st cone.
 - And then immediately reversing direction and performing the movements in the opposite direction.
 - Next player in line completes the drill.
 - 3 reps per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: PHYSICAL CONDITIONING ROUTINE

Time: 40 minutes

Equipment: n/a

Objective(s) of Drill:

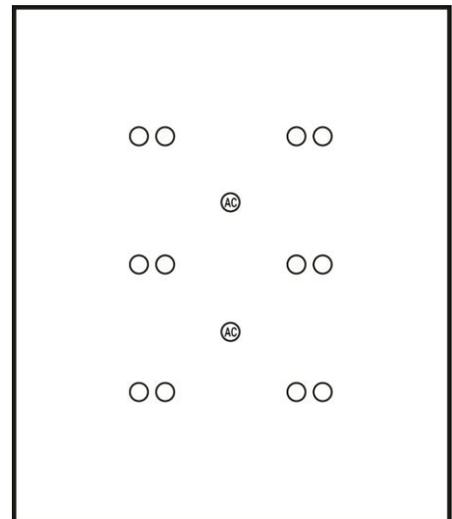
- To improve strength, stamina and suppleness

Drill Description – See Appendix H - Strength & Conditioning Training Exercises:

- Divide team into groups of 2.
- Coach should alter groups weekly to allow for team bonding.
- Players work in groups of 2.
- Coach should alter groups weekly to allow for bonding with each other.
- This is a simple set of exercises that does not require any equipment and can also be done at home in a very limited space.
- This routine should be performed by each player on the team 1 or 2 additional times per week.
- Players will start by attempting to do 8 repetitions of each exercise.
- The player will complete 2 sets of the exercise with approximately 1-2 minutes of rest between sets.
- Their partner will act as encourager while resting.
- The player will rest after completing a set and while their partner performs their reps.
- It is important to do each exercise with proper form and posture.
- Coaches circulate to ensure players are performing exercises with proper form.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: OUTFIELD POSITIONAL SKILLS

Time: 10 minutes

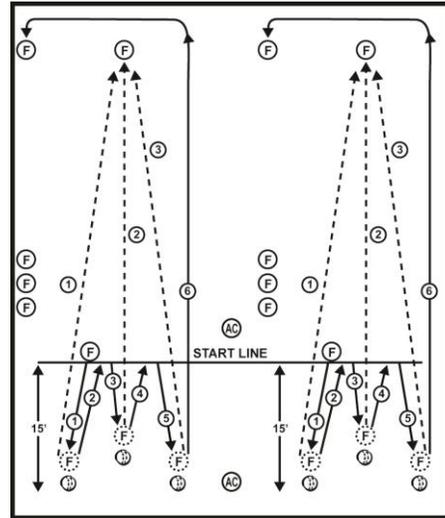
Equipment: Indoor Balls

Objective(s) of Drill:

- To teach the technique for long throws
- To teach the technique to pick dead balls in the outfield

Drill Description:

- Divide players into 2 groups of 6:
 - One player on start line which is 15' from wall standing in the outfielder's ready position facing away from the wall/balls.
 - 3 Players against side wall with first player in line ready to step into drill
 - 2 players at far end of gym at least 60'-75' away to receive throws.
- Each group will perform this drill at the same time.
- Place 3 balls per group on ground in a triangle formation (2 balls about 1' from wall and 1 ball about 6' from wall).
- On Coach's command ("GO"), player pivots and runs to 1st ball, picks up ball on the inside of the back foot, aligns body for throw to far end of gym, performs a crow hop/kick through and performs proper technique for a long throw.
- Player then sprints back to start line and repeats the sequence to field and throw the 2nd and 3rd ball.
- Once sequence is completed, player sprints down to opposite end of gym and goes to the back of the receiving line.
- 1st player in line on the side moves to start line and completes the drill. 1st player in receiving line moves to back of line at side wall.
- 3-5 reps per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: BUNT FIELDING COMMUNICATION DRILL

Time: 15 minutes

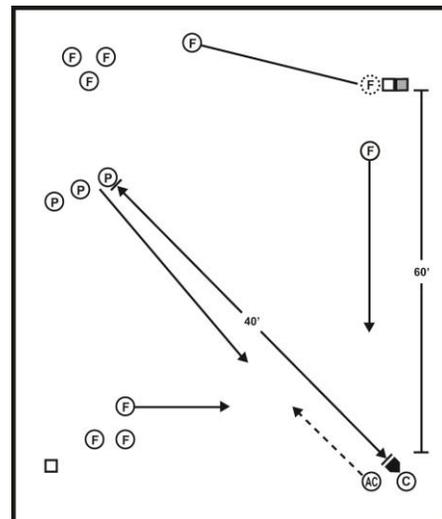
Equipment: Home Plate, Indoor Balls, Indoor Bases

Objective(s) of Drill:

- To develop bunt fielding technique and team communication for plays

Drill Description:

- Set up a diamond with a Home Plate, 1st Base, and 3rd Base.
- Place players in the following positions:
 - Catcher behind Home plate with a Coach in the batter's box.
 - Pitcher 40' from Home Plate.
 - 3rd Base
 - 1st Base
 - All other players who don't play the above positions will be in the 2nd Basemen position.
- To start the drill, the Pitcher will pretend to pitch a ball using the full motion.
- The Coach at Home Plate will then toss a ball to various locations on the diamond to simulate a bunt and the players in all positions must read and react to the bunt including communicating who will field the ball and which base to throw to.
- Rotate players to new positions, if appropriate, to ensure players practice in all positions they play.
- Half way through time of drill, move home plate to opposite corner of gym to practice fielding bunts and making plays to 3rd Base with Short Stop covering 3rd Base.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: GROUP WORK

Time: 15 minutes

Equipment: Indoor Balls, Ball Buckets, Painter's Tape, Pool Noodles, Bats, Helmets, Catcher's Equipment, Cones, Home Plates

Objective(s) of Drill:

- To develop Pitcher and Catcher mechanics
- To develop fielding technique under game conditions

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
- Each group will use ½ of the gym and complete their activities at the same time.

Group #1 – Pitcher & Catcher Practice

■ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.

■ **Catchers:**

● **Catcher Retrieving Pass Ball Drill (10 min.)**

- ◆ Place a Home Plate in the corner or on the side of the gym about 15-20' away from the walls.
- ◆ Place a set of 3 balls along the wall.
- ◆ Catcher will take the receiving position behind home plate.
- ◆ On the Coach's signal ("GO"), they will pivot left or right to pick up ball at wall (fence) and toss (underhand, backhand toss or side arm throw) the ball to the Coach at home plate. Be sure Catcher aligns body for toss as they pick up ball and doesn't pick up ball with back to plate.

◆ **Variation:**

- ▶ Use a Pitcher to pitch a wild ball so it goes to the wall and who then covers home plate for the toss.

- ◆ 2 sets of 5 per Catcher.
- ◆ After 1 set, Catchers switch.

- **Note:** Full catching equipment should be worn.
- Once Catchers have completed this drill, they will catch for pitchers' practice and practice framing the pitch.

- Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.

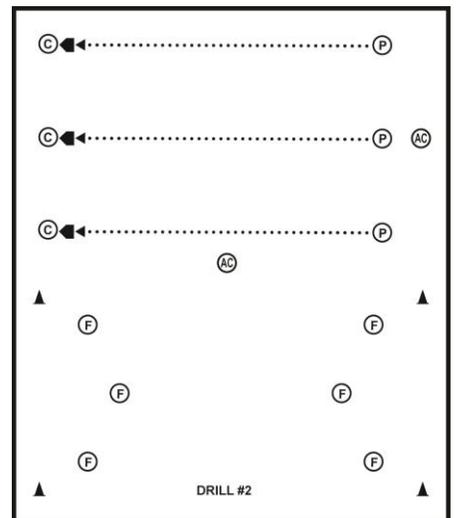
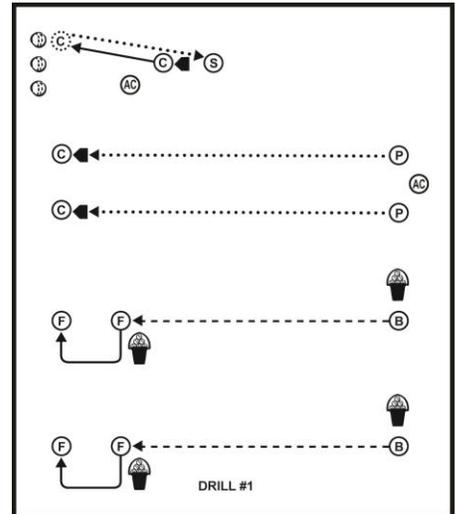
Group #2 – All Other Players

■ **Drill #1 – Bucket Game (5 minutes)**

- Divide players into 2 groups of 3.
- Each group will have a batter with a bucket and 6 balls at one end of the gym with two fielders and a bucket at the other end.
- The game starts on the Coach's signal and ends when all players have batted a bucket of 6 balls.
- The batter will hit grounders to their fielders until bucket is empty.
- The fielders will field the ball and drop it in their bucket. When the 6th ball is dropped into the bucket, one of the fielders picks up the bucket and sprints to replace the batter. The batter runs their empty bucket and joins the fielding line.
- First team finished is the winner.

■ **Drill #2 – Goal Fielding Game (10 minutes)**

- Using ½ the gym as the field, place a set of cones against the wall about 30' apart to act as goals. Designate a line or place cones to indicate the midline.
- Divide players into 2 teams.
- Players on each team position themselves on their half of the field and must remain on their half of the field.
- One player will throw a ground ball to the other team who tries to fields the ball before it hits the wall (their goal).
- **Rules:**
 - ◆ A thrown ball must bounce at least once on the throwing team's side of the field.
 - ◆ After fielding the ball, a team can either immediately throw a return ground ball to the other team or they may throw to ball to a teammate using an underhand or backhand toss who will then throw the ball at the opposite team's goal.
 - ◆ Score 1 point for each time the ball hits the wall between the cones on the opponent's side.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) Debrief: <ul style="list-style-type: none"><input type="radio"/> Coach will review the mental skill, Visualization, used for practice.<input type="radio"/> Coach will review Third Strike Dropped rule. |
|------------|---|

PRACTICE EVALUATION

| | |
|-------------------|-------------------------------|
| What worked well: | What to change for next time: |
|-------------------|-------------------------------|



PRACTICE PLAN #10

DATE: _____

| | | | | | |
|-----------|-------|----------------|-------|--------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
|-----------|-------|----------------|-------|--------------------|-------|

Absent Athletes: _____

Support Staff: _____

| | | | |
|-------------------------|---|--|---|
| Objectives of Practice: | 1 To consolidate fundamental softball skills and warm-up routines | 3 To review: <ul style="list-style-type: none"> ■ Mental skills ■ Team Rules of Behaviour ■ Home work program | 4 To enhance team bonding and provide opportunities to develop leadership qualities |
| | 2 To assess physical capacities and evaluate progress | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

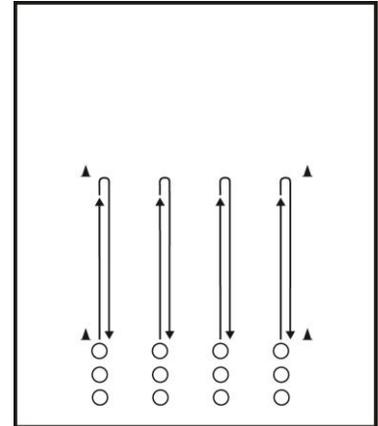
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up at one end of the gym. Set a cone at 40'. Players will perform exercises from the start line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

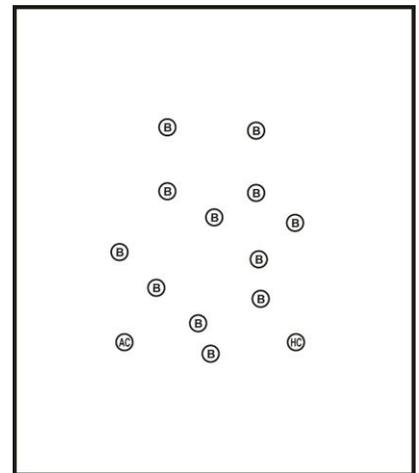
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

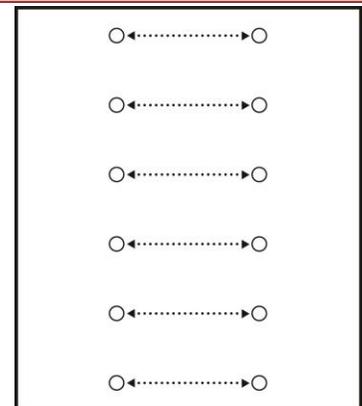
Equipment: Indoor Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: WALL DRILL

Time: 10 minutes

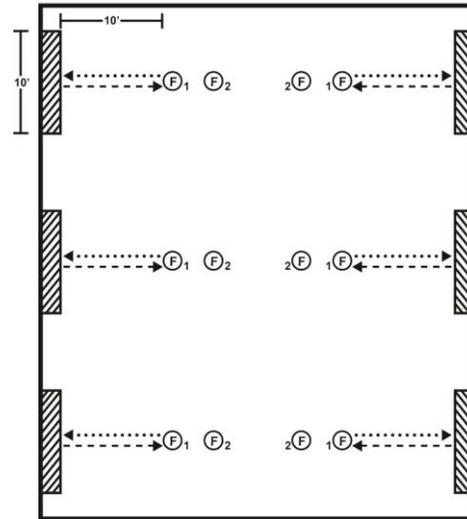
Equipment: Indoor Balls

Objective(s) of Drill:

- To teach technique for fielding a ground ball including footwork to make throw

Drill Description:

- Pair up players.
- Each pair will have 10' of wall space for drill and will start 10' away from wall.
- **Drill #1**
 - Player 1 assumes ready position with ball in throwing hand.
 - Player underhand tosses ball to themselves against wall so it rebounds straight back and bounces 1-2 times.
 - Player fields the ball using proper ground ball fielding technique making sure to rotate their upper body 90° into throwing "K" position as they pretend to throw towards target directly in front of them freezing for 3 seconds in that position to self check overhand throwing form.



- 3 reps and then alternate with partner.
- **Drill #2**
 - Same as Drill #1 except the player will pivot after fielding the ball to make a pretend throw to a target that is 45° to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like a 2nd Base throwing to 1st Base). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
 - 3 reps and then alternate with partner.
- **Drill #3**
 - Same as Drill #1 except that after fielding the ball the player performs a crow hop to pretend throw to a target that is 45° angle to their glove side again freezing in overhand throwing "K" position for 3 seconds (i.e. like an Outfielder fielding a ground ball and making a long throw). The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
 - 3 reps and then alternate with partner.
- **Drill #4**
 - Same as Drill #1 except the player tosses the ball so it bounces to their backhand.
 - Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
 - 3 reps and then alternate with partner.
- **Drill #5**
 - Same as Drill #1 except the player tosses the ball so it bounces a few feet to their left or right so they have to shuffle step to field the ball.
 - Player fields ground ball and pivots to make a pretend throw to a target that is 45° to their glove side. The player alternates pretend throwing to a target that is 45° to their glove side and then throwing hand side.
 - 3 reps and then alternate with partner.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: PLAYER TESTING

Time: 40 minutes

Equipment: See Appendix G – Athletic Abilities Test Protocols for full list of required equipment for testing.

Objective(s) of Drill:

- To assess players' athletic abilities

Drill Description:

- See Appendix G – Athletic Abilities Test Protocols for full descriptions of each test.
- Pair players up with a partner. Be sure to assign players to different partners to ensure more team interaction.
- The team will perform one athletic abilities test at a time.
- Depending on the test protocol, either:
 - One partner will perform the test while the other partner counts and/or encourages them.
 - Or all players will perform the test at the same time.
- Record scores.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: GROUP WORK

Time: 15 minutes

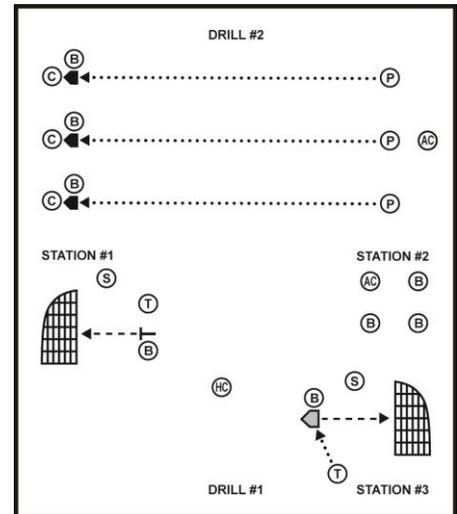
Equipment: Indoor Balls, Ball Buckets, Painter's Tape, Pool Noodles, Bats, Helmets, Hitting Nets, Batting Tees

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers' framing of pitches
- To improve hitting technique and the ability to read pitches

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
- Each group will use ½ of the gym and complete their activities at the same time.
- **Group #1 – Pitcher & Catcher Practice**
 - **Pitchers (15 minutes):**
 - Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
 - While Catchers are completing their practice, the Pitchers will either throw to themselves against the wall or will throw to each other.
 - **Catchers:**
 - Catchers will join Group #2 to complete hitting activities (10 min.)
 - Once Catchers have completed their hitting, they will catch for Pitchers' practice and practice framing the pitch.
 - Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.
- **Group #2 – All Other Players**
 - Divide players into 2 groups of 3.
 - Each group will complete the following hitting drills.
 - **Drill #1 - Hitting Circuit**
 - **Station #1 – Tee Work**
 - ◆ Players will take turns hitting balls off of a batting tee into a net.
 - ◆ 2 sets of 5 swings each.
 - **Station #2 – Pool Noodle Drill**
 - ◆ A Coach will hold a pool noodle at various positions in the strike zone.
 - ◆ Players take turns swinging and contacting the pool noodle.
 - ◆ 2 sets of 5 swings each.
 - **Station #3 – Side Toss Drill**
 - ◆ 1 batter, 1 tosser (Coach), and 2 shaggers.
 - ◆ Batter will hit a side toss from the Coach into the net.
 - **Drill #2 – Pitch Recognition Drill (5 minutes)**
 - Once the players complete the Hitting Circuit, players from Group #2 will then put helmets on and act as batters for the Pitchers' practice.
 - The batters do not swing but track the pitch from the Pitcher's release point and indicate if the pitch was a ball or strike and indicate the type of pitch thrown by Pitcher when the ball is about 10' from home plate.
 - Batters will switch every 5 pitches.





Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: BAT RELAYS

Time: 5 minutes

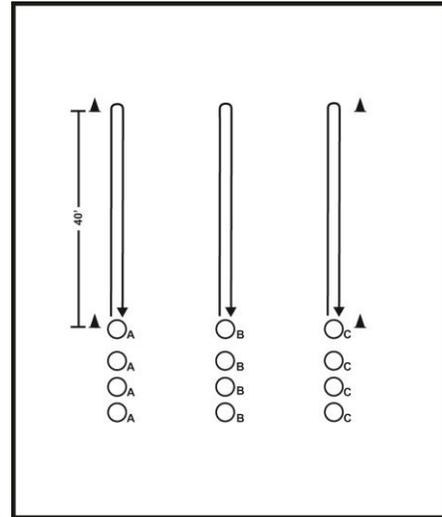
Equipment: Bats, Cones

Objective(s) of Drill:

- Fun activity
- To enhance team bonding

Drill Description:

- Set up cones 40' apart.
- Divide players into 3 groups of 4 with each group forming a single file line.
- Bat Relay #1**
 - 1st player in line has a bat that they balance in their palm.
 - The player runs with bat to the cone, touches the bat on the ground and runs back again balancing the bat in their palm.
 - Player gives bat to next player in line who repeats the run.
 - If the bat falls, the player must do a physical activity (2 burpees, 2 push-ups, etc.) before continuing.
- Bat Relay #2**
 - 2 players holding the bat with their right hand (one player must face forwards and the other must face backwards)
 - Players must always face the same direction they started facing. This way they both run forwards and backwards.
 - Together they run to the cone, touch the ground with their left hand and then return to the start and pass the bat to the other two players who repeat the run.
- Bat Relay #3**
 - 1st player in line runs with the bat to the cone, touches the bat on the ground and then runs back to the start.
 - When the 1st player gets back to the start, the 1st player picks up the 2nd player in the line with both players holding the bat. Together they run to the cone and back and then pick up the 3rd player in the line. Repeat and pick up the 4th player. Once the 4 players return to the start the 1st player is dropped off. The players continue to run to the cone and back until all players are dropped off (reverse order 1st, then 2nd, then 3rd and finally 4th player).



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING ON THE RUN RELAYS

Time: 5 minutes

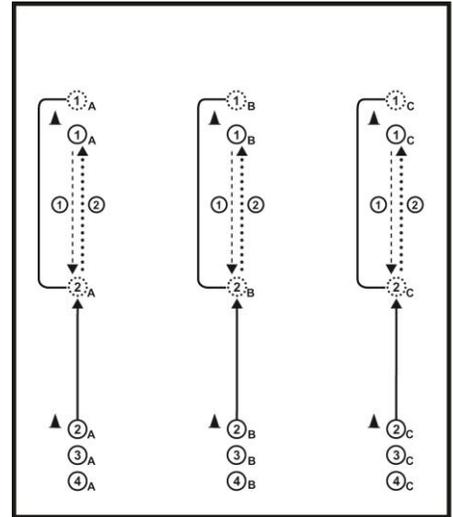
Equipment: Indoor Balls, Cones

Objective(s) of Drill:

- Fun activity to practice underhand tosses and throwing on the run.

Drill Description:

- Set up 3 stations with a set of cones 40'-60' apart.
- Divide players into 3 groups of 4 and number each player 1, 2, 3 or 4.
 - #1's will start at far end of gym with a ball.
 - #2, #3 and #4's will line up on opposite side of gym.
- #1's will roll ball to their #2's.
- #2 will charge the ball, field it (scoop it or bare hand it), underhand toss the ball back to #1 and then line up behind #1.
- #1 repeats this for #3 and #4.
- Once #4 has tossed the ball to #1, #1 gives the ball to #2 and all player (#1, #3 and #4) run back to far cone and repeat the process.
- This will continue until all players have been the tosser.
- 2-3 reps.
- **Challenge:**
 - First team to complete the drill is the winner.



Key Teaching Points:

- _____
- _____
- _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> <ul style="list-style-type: none"> ○ Coach reviews Mental Skills of distraction control (parking), concentration (focus), confidence (positive self-talk), mental practice (visualization), anxiety control (relaxation – deep breathing). ○ Coach reviews team rules. ○ Coach review next steps as practices move outdoors. |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
| | |



3.3 PHASE 2 – PRACTICE OBJECTIVES AND PRACTICE PLANS

| | Practice Objectives: | Skill Focus | Required |
|--------------|--|---|--|
| Practice #11 | <p>Practice #11 Objectives:</p> <ul style="list-style-type: none"> ○ To refine warm-up and practice routines. ○ To develop athletic abilities. ○ To further develop fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing ■ Fielding ■ Hitting ■ Baserunning ○ To further develop positional skills <ul style="list-style-type: none"> ■ Infield ■ Outfield ○ To develop team bonding. ○ To further develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Quick exchange of ball to throwing hand ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Shuffle step ■ Cross-over step ■ Pivots ■ Forehand/backhand ○ Baserunning: <ul style="list-style-type: none"> ■ Lead-offs ■ Retreat slide ○ Hitting mechanics ○ Positional Play: <ul style="list-style-type: none"> ■ Infield skills & positioning (1st, 2nd, 3rd and SS) ■ Outfield skills & positioning ○ Defensive tactics: <ul style="list-style-type: none"> ■ Infield tactics ■ Bunt defence ■ Relays and cut-offs | <ul style="list-style-type: none"> ○ Balls (Indoor or Tennis Balls, Regular) ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Bases ○ Cones |
| Practice #12 | <p>Practice #12 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities. ○ To further develop fundamental softball skills. <ul style="list-style-type: none"> ■ Throwing ■ Fielding ■ Hitting ■ Baserunning ○ To further develop position skills: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ○ To develop team bonding. ○ To further develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Ready position ■ Shuffle step ■ Cross-over step ■ Pivots ■ Underhand / backhand tosses ■ Charging slow rollers ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ○ Hitting mechanics ○ Baserunning <ul style="list-style-type: none"> ■ Bent leg slide ○ Pitching mechanics ○ Catching mechanics <ul style="list-style-type: none"> ■ Blocking ■ Framing | <ul style="list-style-type: none"> ○ Balls (Regular, Softie or Tennis Balls, Whiffle Golf Balls) ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Frisbees or CDs ○ Helmets ○ Home Plates ○ Pool Noodles |



| | Practice Objectives: | Skill Focus | Required |
|--------------|--|---|---|
| Practice #13 | <p>Practice #13 Objectives:</p> <ul style="list-style-type: none">○ To develop athletic abilities.○ To further develop fundamental softball skills.<ul style="list-style-type: none">■ Throwing■ Fielding■ Hitting■ Baserunning○ To further develop team defensive tactics/strategies using game simulations.○ To develop team bonding.○ To further develop players' leadership qualities. | <ul style="list-style-type: none">○ Athletic Abilities:<ul style="list-style-type: none">■ Strength■ Suppleness■ Stamina■ ABCs (Agility, Balance, Coordination and Speed)○ Throwing mechanics:<ul style="list-style-type: none">■ Overhand■ Long throw mechanics■ Underhand / backhand tosses○ Fielding (ground ball and fly ball):<ul style="list-style-type: none">■ Shuffle step■ Cross-over step■ Drop step■ Pivots■ Backhand/forehand○ Baserunning<ul style="list-style-type: none">■ Rounding base■ Tagging up■ Bent leg slide○ Hitting mechanics<ul style="list-style-type: none">■ Bat speed■ Against live pitching○ Defensive tactics / strategies:<ul style="list-style-type: none">■ Relays | <ul style="list-style-type: none">○ Ball Buckets○ Balls (Regular, Plastic Hockey Balls)○ Bases○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats)○ Cones○ Helmets |



| | Practice Objectives: | Skill Focus | Required |
|--------------|---|---|--|
| Practice #14 | <p>Practice #14 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities. ○ To further develop fundamental softball skills. <ul style="list-style-type: none"> ■ Throwing ■ Fielding ■ Hitting ■ Baserunning ○ To further develop team defensive tactics and strategies. ○ To develop an understanding of the rules of the game. ○ To develop an understanding of nutrition and hydration. ○ To develop team bonding. ○ To further develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Shuffle step ■ Cross-over step ■ Backhand/forehand ○ Baserunning <ul style="list-style-type: none"> ■ Retreat slide ■ Situational baserunning ■ Reading Coach's baserunning signals ○ Hitting mechanics <ul style="list-style-type: none"> ■ Hitting sequence ■ Inside / outside swing ■ Sacrifice bunt ■ Hitting focus ○ Rules <ul style="list-style-type: none"> ■ Interference / Obstruction rule ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ Relays & cut-offs ■ Getting lead runner ■ Getting closest out ■ Force plays ■ Infield in | <ul style="list-style-type: none"> ○ Balls (Regular, Whiffle Golf Balls) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Bean Bags ○ Cones ○ Helmets |
| Practice #15 | <p>Practice #15 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities. ○ To further develop fundamental softball skills. <ul style="list-style-type: none"> ■ Throwing ■ Fielding ■ Hitting ■ Baserunning ○ To further develop positional skills using game simulations: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ○ To further develop team defensive tactics/strategies using game simulations. ○ To develop team bonding. ○ To further develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Underhand / backhand tosses ■ Dart throw ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Pivots ■ Cross-over step ■ Backhand ■ Drop step ○ Hitting mechanics <ul style="list-style-type: none"> ■ Against live pitching ■ Tracking pitches ○ Pitching mechanics <ul style="list-style-type: none"> ■ Against live batters ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ Relays & cut-offs | <ul style="list-style-type: none"> ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Balls ○ Bases ○ Cones ○ Helmets |



| | Practice Objectives: | Skill Focus | Required |
|--------------|--|--|--|
| Practice #16 | <p>Practice #16 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities. ○ To further develop fundamental softball skills. <ul style="list-style-type: none"> ■ Throwing ■ Fielding ■ Hitting ■ Baserunning ○ To further develop positional skills: <ul style="list-style-type: none"> ■ Catcher skills: <ul style="list-style-type: none"> ● Throws to bases ● Fielding pop-ups ● Fielding bunts ■ Pitcher mechanics ○ To develop positioning and skills for special defensive plays. ○ To develop team bonding. ○ To further develop players' leadership qualities. ○ To have fun using competitive activities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Dart throw ○ Baserunning <ul style="list-style-type: none"> ■ Sprinting technique ■ Rundowns ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Shuffle / Cross-over steps ■ Forehand / backhand ■ Pivots ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ Pass ball at Home ■ Bunt and slap defence ■ Pick-offs ■ 1st and 3rd ■ Squeeze bunts ■ Run downs ■ Steal attempts ■ Bases loaded | <ul style="list-style-type: none"> ○ Cones ○ Balls ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Catcher's Equipment ○ Cones ○ Helmets ○ Home Plates |
| Practice #17 | <p>Practice #17 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities. ○ To further develop fundamental softball skills. <ul style="list-style-type: none"> ■ Throwing ■ Fielding ■ Hitting ■ Baserunning ○ To further develop team defensive and offensive tactics/strategies. ○ To develop team bonding. ○ To further develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ■ Exchange ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Shuffle / Cross-over step ■ Forehand / backhand ■ Pivots ○ Hitting mechanics <ul style="list-style-type: none"> ■ Against live pitching ■ Sacrifice bunt ■ Drag bunt ■ Running Slap from left side ○ Baserunning <ul style="list-style-type: none"> ■ Bent leg slide ■ Pop up slide ■ Situational baserunning ○ Defensive tactics / strategies using game simulations | <ul style="list-style-type: none"> ○ Balls ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Cones ○ Helmets ○ Home Plates ○ Pool Noodles ○ Agility ladders |



| | Practice Objectives: | Skill Focus | Required |
|--------------|---|--|---|
| Practice #18 | <p>Practice #18 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities. ○ To further develop fundamental softball skills. <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To further develop positional skills and positional play: <ul style="list-style-type: none"> ■ Outfielder ○ To further develop defensive and offensive tactics/strategies. ○ To develop mental skills for hitting. ○ To develop team bonding. ○ To further develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ■ Underhand / backhand tosses ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Ready position ■ Shuffle step ■ Cross-over step ■ Drop step ■ Forehand / backhand ■ Glove positioning ○ Hitting mechanics <ul style="list-style-type: none"> ■ Hitting sequence ■ Focus ■ Bat speed ■ Inside / outside swing ■ Sacrifice bunt ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ Pass ball at Home ■ Force plays at all bases ■ Relays/Cut-offs ■ 1st and 3rd ■ Pick-offs ■ Bunt coverages ■ Rundowns between all bases ○ Baserunning <ul style="list-style-type: none"> ■ Situational baserunning ○ Mental Skills <ul style="list-style-type: none"> ■ Relaxation (Deep breathing) ■ Distraction control (Parking, concentration, focus) ■ Confidence (Positive self-talk, routines, visualization) ■ Focus (wide to narrow) | <ul style="list-style-type: none"> ○ Balls (Regular, Whiffle Balls, Plastic Hockey Balls) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Fence or Nets ○ Helmets |



PRACTICE PLAN #11

DATE: _____

| | | | | | |
|-------------------------|---|--|--|--------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To refine warm-up and practice routines | 2 To further develop fundamental softball skills | 3 To further develop positional skills | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

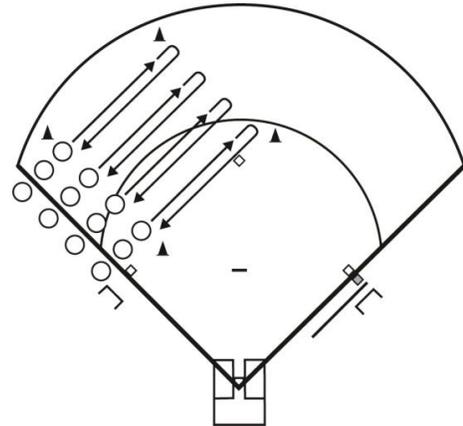
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

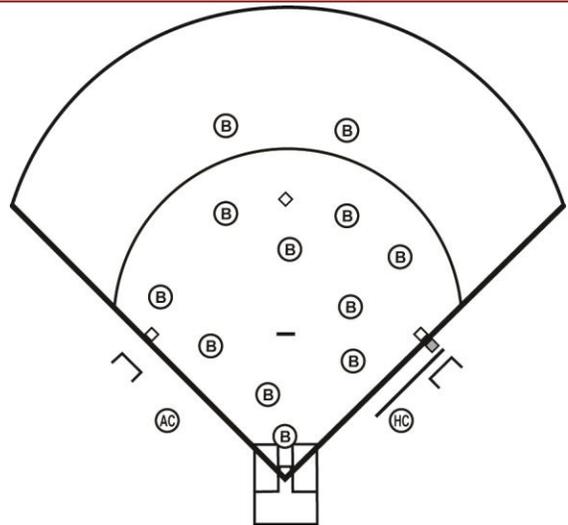
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bases or Cones, Balls, Bats (Heavy, Regular and Wooden Dowel or Broomstick Bats)

Objective(s) of Drill:

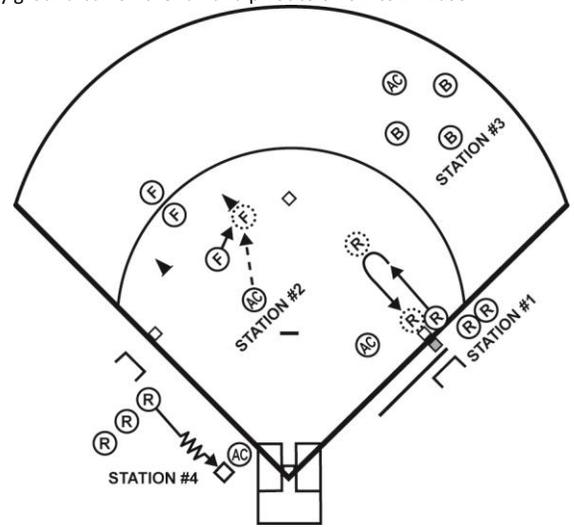
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Divide players into 4 groups of 3 with one group at each station.
- Set-up 4 stations with 2 minutes per station.
- **Station #1 – Reaction (Lead-offs)**
 - Coach will give a short explanation and demonstration of a lead-off.
 - Players will assume the Rolling Start-position on the base with a Coach in the Pitcher position pretending to deliver a pitch.
 - When the Pitcher's arm is at the 12 o'clock position, the baserunner will take their lead-off, jam, and return to the base.
 - This drill can be done on the infield dirt or with a base pegged in the outfield grass.
 - 3 reps per player.
- **Station #2 – Reaction (Cone Fielding)**
 - Player assumes the ready position and lines up in front of the Coach on the infield with a cone at a 45 degree angle to their right and left and 12-15' away.



- On Coach's signal, the player will perform a cross-over step, field an imaginary ground ball on the run and pivot to throw to 1st Base.
- No balls or gloves required for the drill as players will visualize the ball and pretend to make the play.
- Player jogs to back of line and next player steps up.
- 4-6 reps per player.
- **Station # 3 – Hitting (Shadow Swings)**
 - Each player will perform 7 swings with each type of bat visualizing a pitched ball.
 - The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
 - The player will swing at the following speeds using each type of bat:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.
- **Station #4 – Reaction (Retreat Slide or Dive Back)**
 - The Coach explains and demonstrates how to perform the retreat slide or dive back (Note: If the Coach cannot perform this slide have someone available who can).
 - Player takes balanced athletic stance as if they've just lead off the base and jammed.
 - On Coach's signal ("GET BACK"), the player performs a retreat slide back to the Base.
 - 3-4 reps per player.
- Groups switch stations after 2 minutes



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

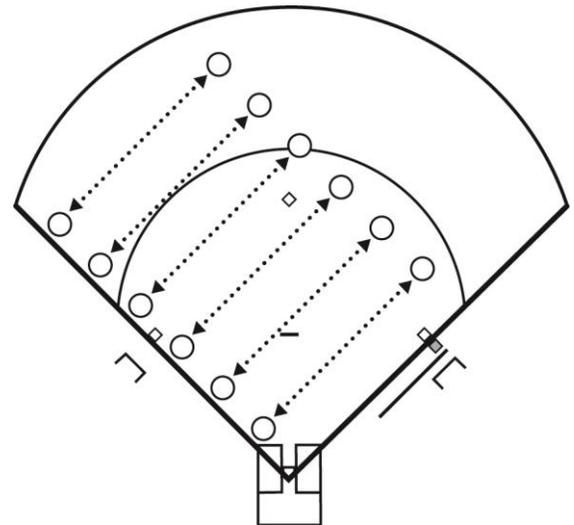
Equipment: Balls

Objective(s) of Drill:

- To assess abilities of players
- To teach proper overhand throwing technique
- To teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points.
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill
 - **Challenge:** Count the number of throws made in 30 seconds.
 - Repeat.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS

Time: 5 minutes

Equipment: Balls (Softie or tennis balls, Regular)

Objective(s) of Drill:

- To teach the fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics and pivot footwork
- To teach the shuffle step (left and right)

Drill Description:

○ **Ground balls (with a partner) – 5 minutes**

- Without gloves, roll a ground ball a few feet to the left and right of your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
- With gloves, roll a ground ball a few feet to the left and right of your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.

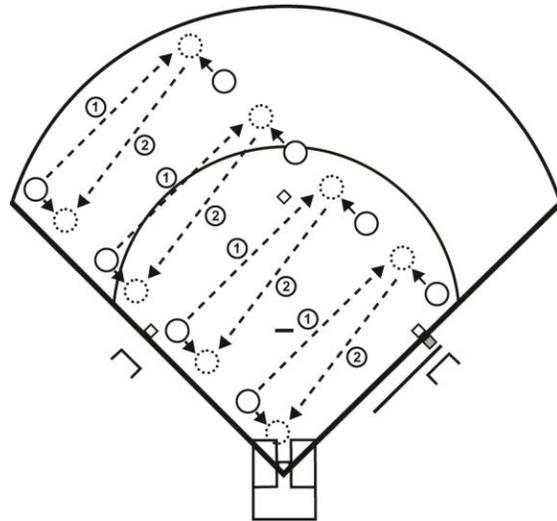
○ **Fly balls (with a partner) – 5 minutes**

- Without a glove and using a tennis or softie ball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.
- With a glove and using a softball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.

- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 10 minutes

Equipment: Balls, Cones or bases

Objective(s) of Drill:

- To reinforce proper overhand throwing technique
- To teach the pivot footwork
- To teach proper use of glove and receiving technique

Drill Description:

- Set up 4 bases about 40-50' apart.
- Divide players evenly and place a group at each base.
- The 1st player will throw the ball to next base and then go to the back of their line at their base.
- The receiver will then throw to the next base and then go to the back of their line at their base.
- Continue until all players have received and thrown the ball 3 times.

■ **Variation #1:**

- The player will throw to the next base, then follow their throw to next base (½ speed) and line up at the end of the line at that base.

■ **Variation #2:**

- **Challenge:**
 - ◆ Count the number of throws that can be made until either a bad throw or a missed catch.
 - ◆ Record this number for future reference.

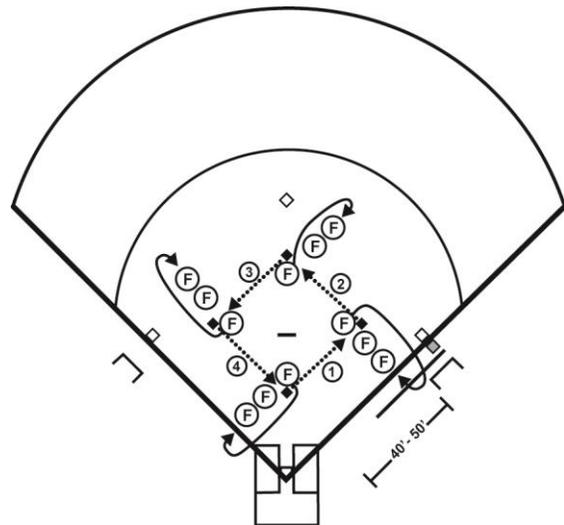
■ **Variation #3:**

- Reverse the direction of the ball after doing the drill several times so players are using different footwork to make a throw.

- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





MAIN PART

DRILL: INFIELDER SKILLS & TACTICS

Time: 30 minutes (10 minutes per station)

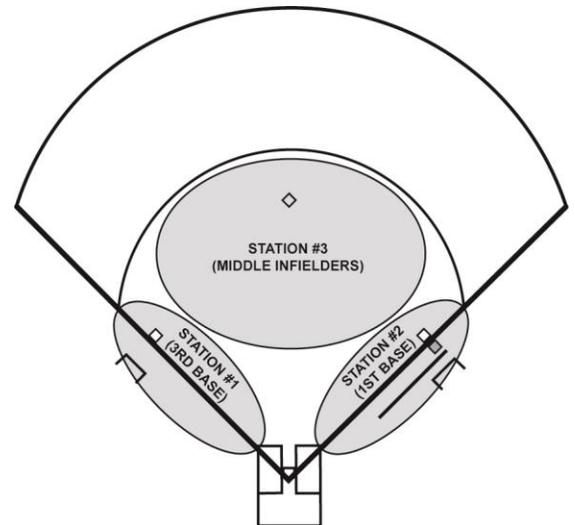
Equipment: Bases, Balls, Bats

Objective(s) of Drill:

- To teach 1st, 3rd, and middle infielder skills and positioning
- To teach infielder positioning for bunt defence

Drill Description:

- Divide players in to 3 groups of 4.
- Set up 3 infield stations with a group of 4 at each station.
- Rotate players so they complete each station.
- **Station #1 - 3rd Base**
 - The Coach will review and teach the following using various drills:
 - Positioning - regular, deep, and bunt situations.
 - Fielding – Footwork to the left, backhands, bunts, dead balls, and slow rollers (charging ball) with throws to 1st and 2nd Base for all these situations.
 - Underhand & backhand tosses to Home.
 - Pop up jurisdiction for 3rd Base.
- **Station #2 - 1st Base**
 - The Coach will review and teach the following using various drills:
 - Positioning - regular, deep, and bunt situations.
 - Fielding – Footwork to the right, backhands, bunt, dead ball, slow rollers with throws to 1st, 2nd and Home for all these situations.
 - Footwork back to 1st Base and on base to receive throws for force out at 1st Base.
 - Underhand and backhand tosses to 1st Base and Home.
 - Pop-up jurisdiction for 1st Base.
- **Station 3 - Middle Infielders (SS and 2nd Base)**
 - The Coach will review and teach the following using various drills:
 - Positioning - regular, deep, and in.
 - Fielding - Footwork to the left and right, charging slow rollers with throws to 1st and 2nd for all these situations.
 - Double Plays:
 - ◆ Feeds - underhand and backhand tosses to 2nd.
 - ◆ Footwork at 2nd Base for turning double plays.
 - Pop up jurisdiction for SS and 2nd Base.
 - Relay positioning and responsibilities.
- After 10 minutes, rotate players to next station.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: RELAYS/CUT-OFFS

Time: 30 minutes

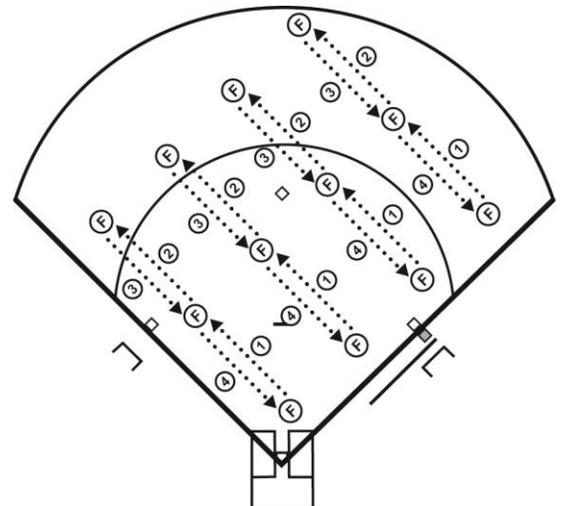
Equipment: Balls

Objective(s) of Drill:

- To teach the proper receiving technique to relay a ball from the outfield
- To teach cut-offs for a ball from the outfield

Drill Description:

- **Relay Drill #1**
 - Divide players into 4 groups of 3.
 - Each group of 3 players will form a straight line.
 - Player at one end starts with the ball and throws to middle player who catches the ball using proper technique to relay the ball to the third player.
 - Increase the distance between players to increase the challenge.
 - After 5 throws, rotate players so all have been in the middle.
- **Relay Drill #2 - Relay Race**
 - Divide players into 2 groups of 6.
 - Each group of 6 players will form a straight line.
 - With the ball starting at one end, players throw to next player in line until the ball gets to the end of the line and back to the first player.
 - The winning team is the one to throw to the end of line and then back the fastest.

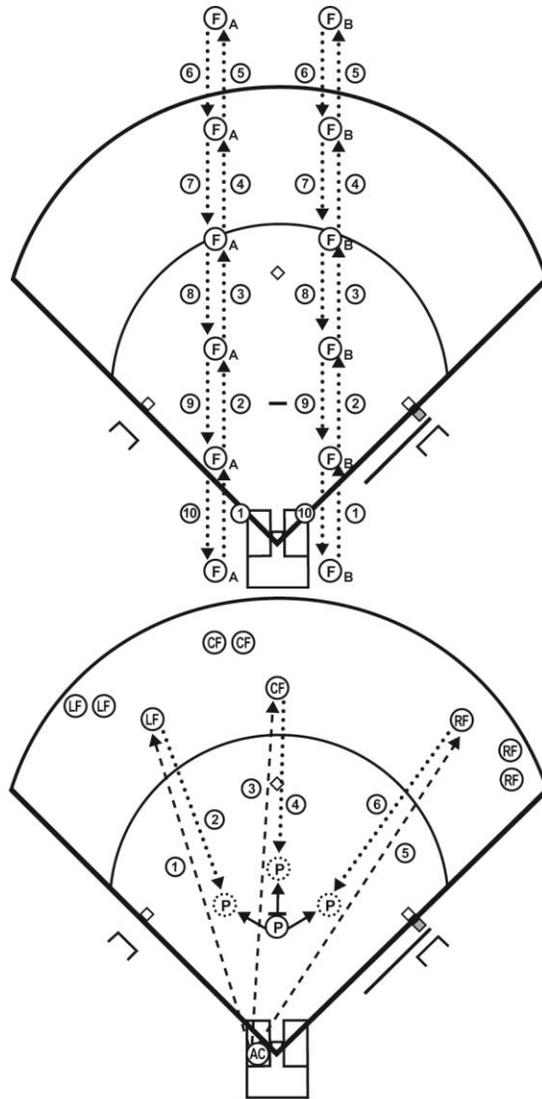


- Increase the distance between players to increase the challenge.
 - Race 2 or 3 times changing position of players each time.
- **Cut-offs**
- Set up 2-3 players in each position (LF, RF, CF, and at Pitcher or 1st Base).
 - The Coach determines who will be the cut-off person (typically the pitcher or 1st Base).
 - The Coach hits a ball to an outfielder who fields the ball and makes a throw to the cut-off person. Cut-off person receives throw and then pretends to throw to 1st or 2nd Base using proper footwork, then rolls the ball back to the Coach.
 - Cut-off person should be at a depth between the pitcher's mound and the back of the pitcher's circle and lined up with home plate.
 - At least 2 reps for each cut-off person from each outfielder.

Note: Coach's choice for what infielder to use as the cut-off person. It is a coach's decision based on their defensive philosophy and the skill level of their players.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|------------|---|
| 15 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> <ul style="list-style-type: none"> ○ The Coach will remind Pitchers that they need to practice workout routine twice per week in addition to team practice. ○ Review team rules |
|------------|---|

PRACTICE EVALUATION

| | |
|-------------------|-------------------------------|
| What worked well: | What to change for next time: |
|-------------------|-------------------------------|



PRACTICE PLAN #12

DATE:

| | | | | | |
|-------------------------|--------------------------------|---|--|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To develop hitting mechanics | 2 To developing proper fielding technique | 3 To develop pitching and catching mechanics | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

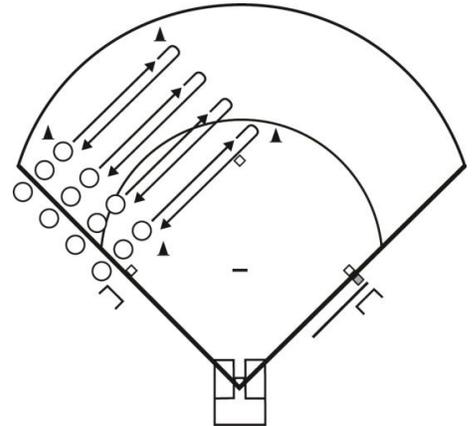
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

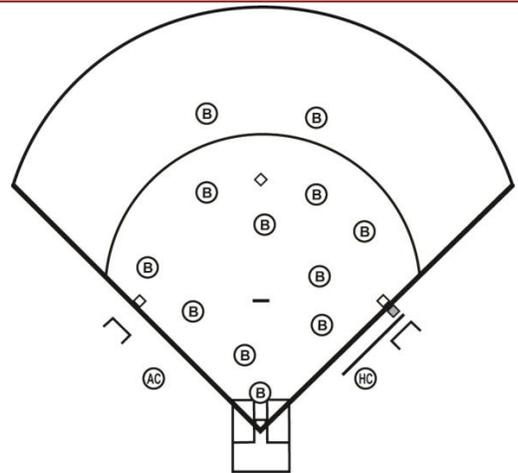
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bases or cones, Bats, Pool Noodles

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

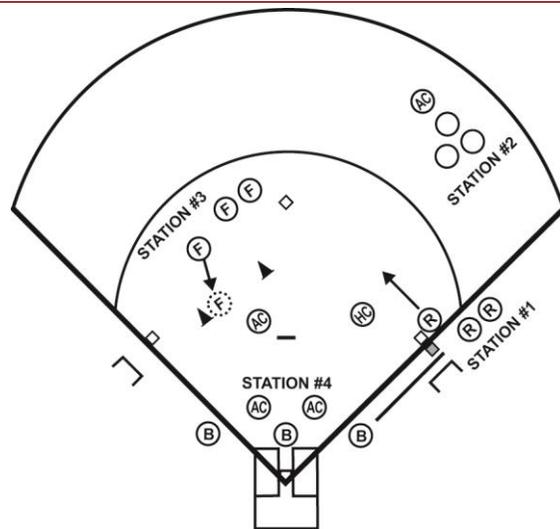
- Divide players into 4 groups of 3 with one group at each station.
- Set-up 4 stations.
 - **Station #1- Agility (Get Up and Go)**
 - One player at a time will assume the position of just completing a retreat slide back to the Base.
 - On the Coach's command ("Go"), the player gets up quickly and runs 4-6 steps towards next base.
 - 3 reps per player.
 - **Station #2 – Agility (Mirror Drill)**
 - Set up one player in an infielder or outfielder ready position in front and facing the other two players. This player will be the leader.
 - The leader makes any defensive technical move (i.e. Shuffle steps to the right to field a ground ball) and the other two players mirror the move made by the leader.

- 5 reps per leader (5 different moves) then players switch roles.
- **Station #3 – Reaction (Cone Fielding - Charging Slow Rollers)**
 - Set up flat cones 1 step to the right or left of the player's start position and 10' in front of Coach.
 - On Coach's visual command, the player charges towards cone pretending to field a ground ball and throw on the run.
 - 4-5 reps per player.
- **Station #4 - Hitting (Pool Noodle)**
 - Player swings bat at the pool noodle at various points in the strike zone held by their partner.
 - Coach observes technique and provides feedback.
 - 2 sets of 7 swings per player.

○ After 2-3 minutes, players rotate to next station.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

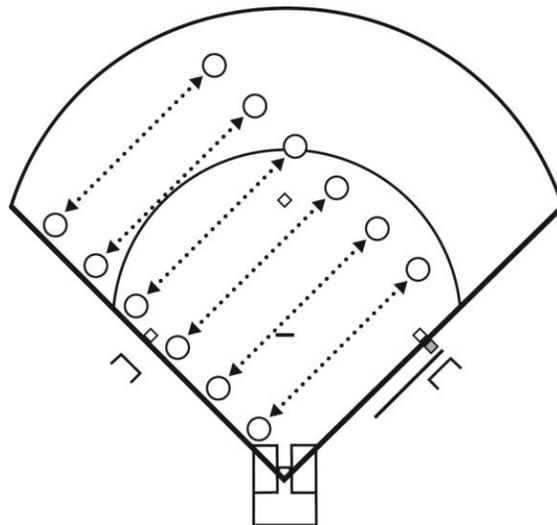
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS

Time: 15 minutes

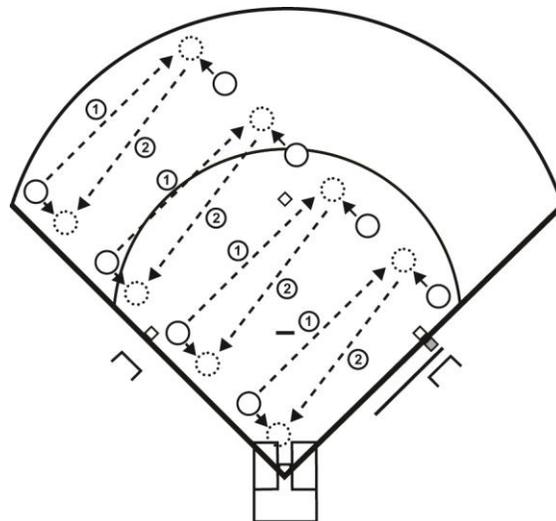
Equipment: Balls

Objective(s) of Drill:

- To teach the ready position and fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics and pivot footwork
- To teach the shuffle step (left and right)
- To teach the cross-over step (left and right)

Drill Description:

- **Ground balls (with a partner) – 8 minutes**
 - Without gloves, first player rolls a ground ball a few feet to the left and right of their partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
 - With gloves, first player rolls a ground ball a few feet to the left and then the right of their partner who fields the ball and rolls a ground ball back. Field 6 ground balls each.
 - With gloves, first player randomly throws a ground ball a few feet to the left and right of their partner who fields the ball and throws it back to their partner. Field 8 ground balls each.
- **Fly balls (with a partner) – 7 minutes**
 - Without a glove and using a tennis or softie ball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.





- With a glove and using a softball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FOUR CORNER DRILL

Time: 5 minutes

Equipment: Balls, Bases or cones

Objective(s) of Drill:

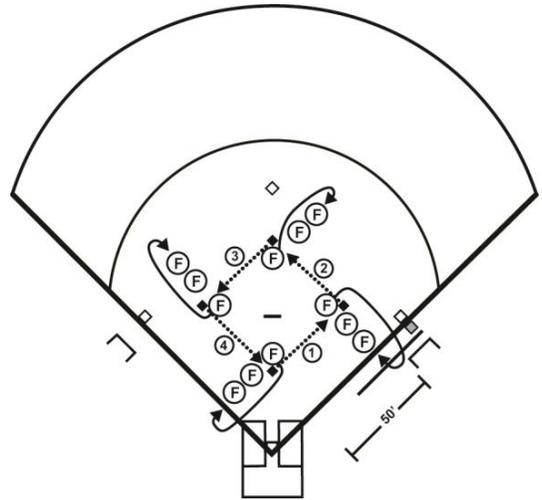
- To practice overhand throw mechanics and pivot footwork
- To practice underhand tosses
- To practice backhand tosses

Drill Description:

- Set up bases or cones in diamond formation.
- Divide players into 4 groups with 3 players per corner.

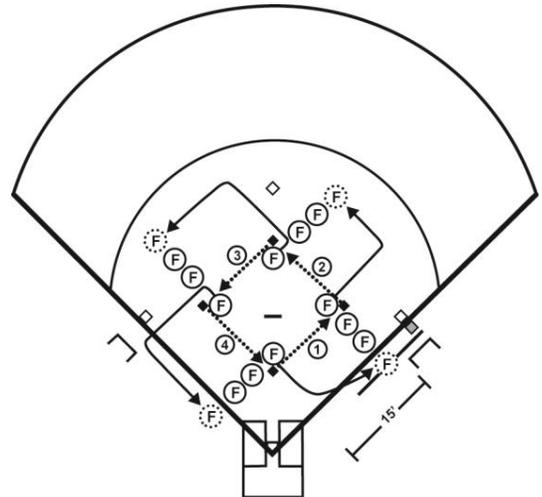
■ **Variation #1 - Pivot and Throw (6 minutes):**

- Set bases about 50' apart.
- First player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to first player at 2nd Base. Continue throwing to each base.
- Players will rotate to the end of their line at their corner after completing throw (go to back of their line).
- **Variations:**
 - ◆ Reverse direction of throws.
 - ◆ Add tag after receiving throw.
 - ◆ Add 2nd ball.



■ **Variation #2 - Underhand and Backhand Tosses (4 minutes)**

- Set bases about 15' apart.
- First player in line at Home tosses ball to 1st player at 1st Base who receives throw, pivots and tosses to first player at 2nd Base. Continue tossing to each base.
- The type of toss (underhand or backhand) is dictated by the tosser's throwing hand. If the receiver at 1st Base is right handed they will backhand toss to 2nd Base. If they are left handed, they will underhand toss to 2nd Base.
- Players will follow their throw and line up at next base.
- Reverse direction of throws.



- Have extra balls ready so players aren't chasing bad throws.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: HITTING CIRCUIT

Time: 30 minutes (5 min. per station)

Equipment: Batting Tees, Bats (Regular, Mini-Bat, Wooden Dowel/Broomstick), Balls (Regular, Tennis Balls, Whiffle Golf Balls), Frisbees or CDs, Cones

Objective(s) of Drill:

- To review hitting mechanics
- To review sacrifice bunting technique

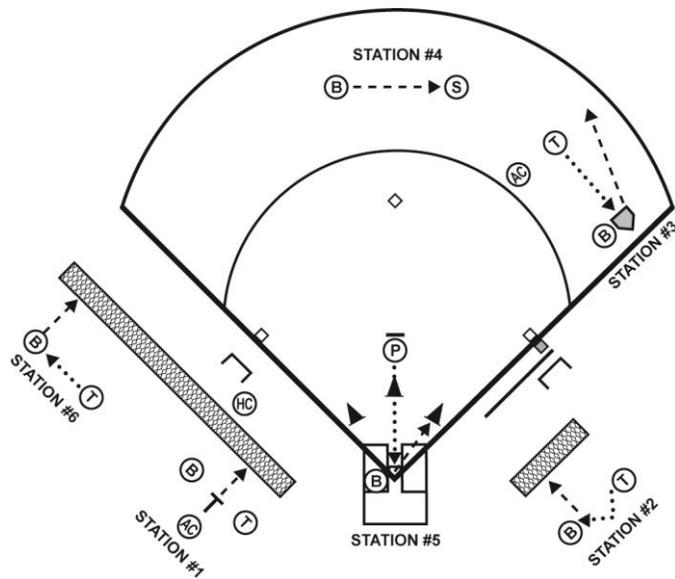
Drill Description:

- 2 players at each batting station.
- 2 sets of 5 swings per player per station.

○ **Station #1 – 1-2-3 Tee Drill**

- Batter hits ball off tee into fence as Coach loudly counts to 3.
- On hearing each number, the player will perform the following actions of the swing:
 - On the count of "1" - Load
 - On the count of "2" - Weight shift

- On the count of "3" - Swing and follow through
- After 1-2 reps, the Coach will increase the speed of the verbal count so players are swinging faster.
- 2 sets of 5 swings.
- **Station #2 – Bouncing Tennis Ball**
 - Partner to the side of batter bounces tennis ball and batter hits ball into fence.
 - 2 sets of 5 swings per player
 - Purpose: Hand-eye coordination, timing of weight shift.
- **Station #3 – Whiffle Golf Ball (Focus)**
 - Partner front tosses whiffle golf balls to batter.
 - 2 sets of 5 swings.
 - Incorporate a Coach giving signals to the batter. Batter will state what signal is on or say nothing when getting into the imaginary batter's box.
- **Station #4 – Pizza Swings**
 - One batter, one shagger.
 - Batter places CDs or Frisbees between their hands, makes a swing like they are batting and releases the CD or Frisbee.
 - The top and bottom hands should point to the sky and ground at impact. The hands should not turn over early.
 - 5 swings per batter.
- **Station #5 – Sacrifice Bunt to 3 targets**
 - Set up 3 target cones for batter to bunt a sacrifice bunt towards:
 - A cone just off the 3rd baseline.
 - A cone up the middle.
 - A cone just off the 1st baseline.
 - A Pitcher tosses a ball to the hitter who bunts to the designated target.
 - 1 point if bunt is placed towards the designated target.
 - Each bunter counts their points.
 - 5 pitches per batter.
 - Incorporate a Coach giving signals to the batter. Batter will state what signal is on or say nothing when getting into the imaginary batter's box.
- **Station #6 – One Hand Swing Drill**
 - Batter will use a Mini bat (i.e. a wooden bat cut at ~22") or light bat or choke up on regular bat and perform swings with the top hand only and then the bottom hand only.
 - 2 sets of 5 swings with each hand.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: BENT LEG SLIDE DRILL

Time: 20 minutes

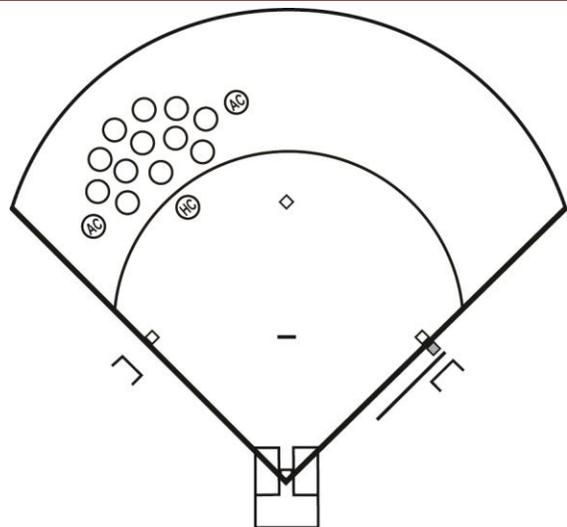
Equipment: Bats, Helmets, Bases

Objective(s) of Drill:

- To review the bent leg slide

Drill Description:

- The Coach will review and demonstrate the Bent Leg Slide technique using the following progressions:
 - Determine each player's bent or tucked leg:
 - Have players form a circle around the Coach.
 - Have the players sit down cross legged.
 - They will naturally tuck one leg underneath their body which will be the natural slide leg.
 - Demonstrate the final position and have players copy that position:
 - One leg straight but not locked
 - Other leg tucked
 - Arms thrown above head
 - Chin tucked into chest.
 - Final Position with Movement
 - Using a volunteer player who is lying in the final position, grasp their foot and pull them to simulate the movement of the slide.





- Standing in Final Position
 - While standing, get the players to get into the final position. Be sure they throw their hands back over their head and tuck their chin on their chest.
 - Sliding with Support
 - With the aid of two strong coaches, have them hold the slider's arms or hold a bat for the player to grasp and gently lower the player into the Final Position
 - Sliding with Support while Jogging
 - Same as above but the player does a slow jog first from about 10 meter and then grabs the bat held by 2 coaches to lower themselves to the ground.
 - Sliding with Support while Sprinting -Same as above but from a sprint
 - Sliding while Jogging - without aid
 - Sliding while Sprinting – without aid
- If players have a good grasp of the bent leg slide technique, the Coach can introduce the Pop Up Slide.

Key Teaching Points:

- 1 _____
- 2 _____

DRILL: GROUP WORK

Time: 15 minutes

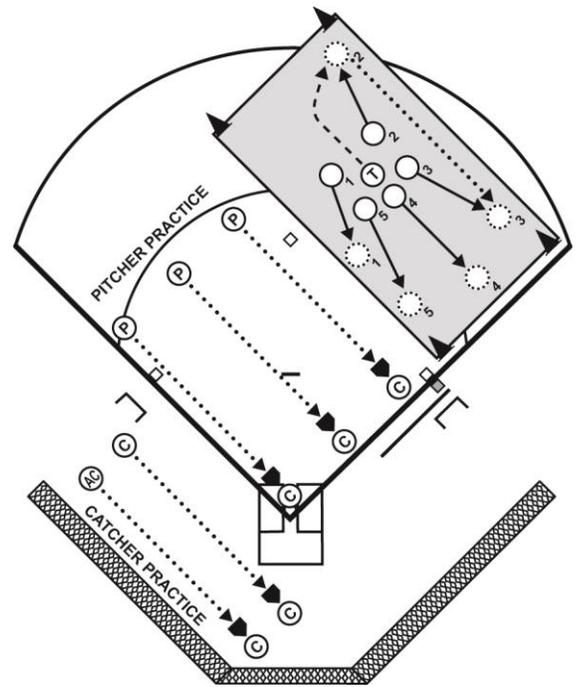
Equipment: Balls (Regular, Softie or Tennis Balls), Cones, Home Plates

Objective(s) of Drill:

- To practice fundamental pitching technique
- To improve catchers' blocking technique and framing of pitches
- To have fun while developing the proper mechanics to catch a fly ball

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
 - Each group completes their activities at the same time.
 - **Group #1 – Pitcher & Catcher Practice**
 - **Pitchers (15 minutes):**
 - Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
 - While Catchers are completing their practice, the Pitchers will throw to each other or with a Coach.
 - **Catchers:**
 - **Tennis Ball Blocking Drill (5 min.)**
 - ◆ Coach or partner will throw wild pitches from 20-30' away from Catcher.
 - ◆ Catcher practices blocking the wild pitches.
 - ◆ 2 sets of 10 wild pitches per Catcher.
 - ◆ After 1 set, Catchers switch.
 - **Note:** Full catching equipment should be worn.
 - Once Catchers have completed this drill, they will catch for pitchers' practice and practice receiving and framing the pitch.
 - Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.
- **Group #2 – All Other Players (15 min.)**
 - **Pop Fly Numbers Game**
 - Divide players into 2 groups of 6.
 - Create 2 playing areas for 2 games to be played at the same time.
 - Give each player a number.
 - One player starts game by tossing ball high in air and shouting number.
 - Player with that number runs to catch the fly ball. On the catch, player yells "Freeze".
 - Player then rolls ball on ground and tries to hit a frozen player.
 - ◆ If hit, that player is given an "EGG".
 - ◆ When a player gets 3 "EGGs", they have to do 5 push-ups.
 - ◆ If player misses with the throw, they have to do 10 push-ups.
 - Player whose number was called is the next fly ball tosser.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|------------|--|
| 10 minutes | Static Stretching Routine (See Appendix C) Debrief: |
|------------|--|

PRACTICE EVALUATION

| | |
|-------------------|-------------------------------|
| What worked well: | What to change for next time: |
|-------------------|-------------------------------|



PRACTICE PLAN #13

DATE:

| | | | | | |
|-------------------------|---|--|---|---------------------|--|
| Location: | | # of Athletes: | | Length of Practice: | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To develop the outfielder's long throw and fielding technique | 2 To develop team defensive tactics and strategies | 3 To develop proper footwork for fielding | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

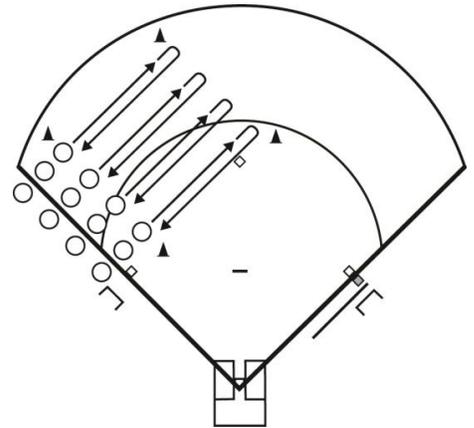
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

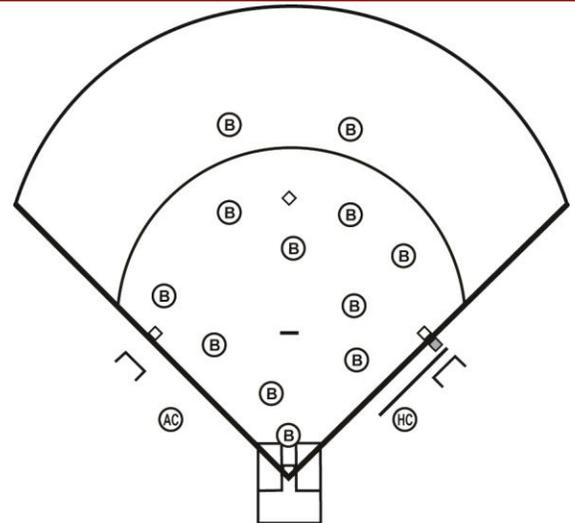
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time: 8 minutes

Equipment: Bases, Cones, Balls (Regular, Plastic Hockey Balls), Bats

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Divide players into 4 groups of 3 with one group at each station (be sure to switch up players so they are with different teammates each practice).
- Set-up 4 stations with 2 minutes per station.
- Station #1 – Hitting (Rapid Fire Soft Toss)**
 - One batter, two shaggers, and one Coach pitcher.
 - Using plastic orange hockey balls or whiffle balls, Coach will soft toss 5 balls from the side in rapid succession to the batter.
 - Batter hits balls into fence. Shaggers retrieve balls when batter is finished. Switch hitters.
 - Rotate players so everyone hits and shags.
 - 2 sets of 5 swings per player.
- Station #2 – Reaction (Tag-up at 3rd)**
 - A Coach acts as the Pitcher and stands 10' in front of baserunner.

- Player assumes Rolling Start position on 3rd base.
- Player takes lead-off when pitcher's arm is at 12 o'clock position and reads the Coach's visual cue:
 - The Coach points up to indicate a fly ball has been hit.
 - ◆ If it's a fly ball, the player returns to the base, waits for the Coach's cue (visual and verbal) that ball has been caught, then runs hard taking 5-6 steps towards next base and then goes to back of line.
 - The Coach points down to indicate the hit is on the ground.
 - ◆ If it's a ground ball, the player runs hard towards next base taking 5-6 steps and then goes to back of line.
- 3 reps per player.

○ **Station #3 – Reaction (Cone Fielding)**

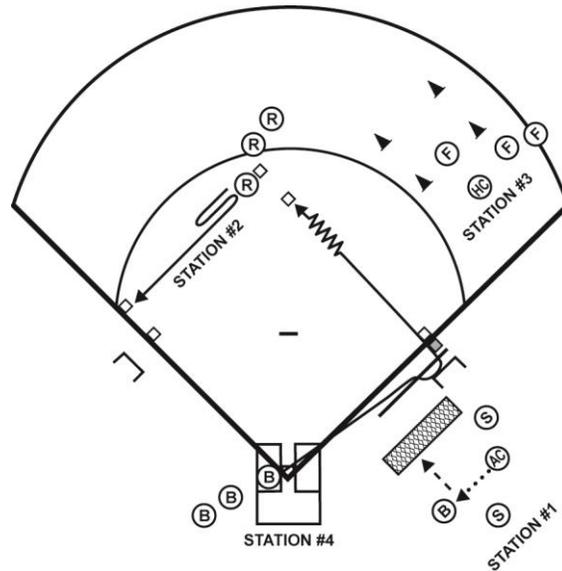
- Players line up in front of Coach with flat cones placed 10' left and right of the player's starting position and 2 other cones back 10' at a 60° angle on the left and right.
- The player will read the visual cue given by the Coach:
 - ◆ The Coach points up and to which cone (left or right, parallel or back) to indicate a fly ball has been hit.
 - ◆ The Coach points down and to which cone (left or right, parallel or back) to indicate a ground ball has been hit.
- Player moves from good ready position to field imaginary ground ball or fly ball as dictated by Coach. Player should visualize tracking imaginary ball and should use proper footwork (pivots) to get to ball and set to make imaginary throw back to Coach.
- Player returns to back of line when "catch and throw" is made.
- 5 reps per player.

○ **Station #4 – Speed (H to 2nd with slide)**

- Player assumes batting stance in batter's box, swings at imaginary pitch, runs to 1st Base, rounds the base, continues to 2nd Base and slides into 2nd Base using bent leg slide.
 - 2 reps per player.
- Players rotate to next station.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

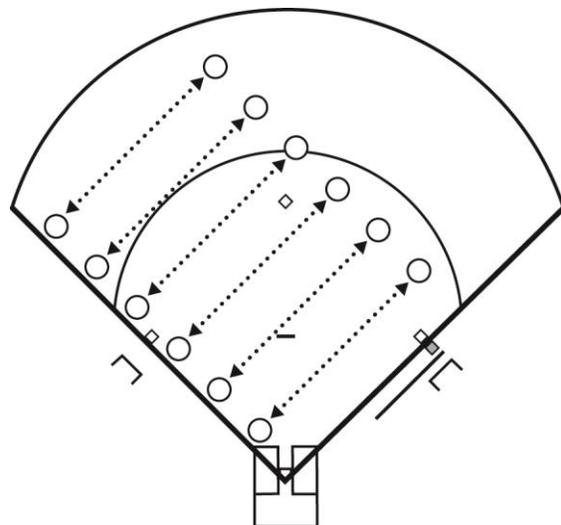
- Assess throwing abilities of players
- Teach proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: STAR DRILL

Time: 5 minutes

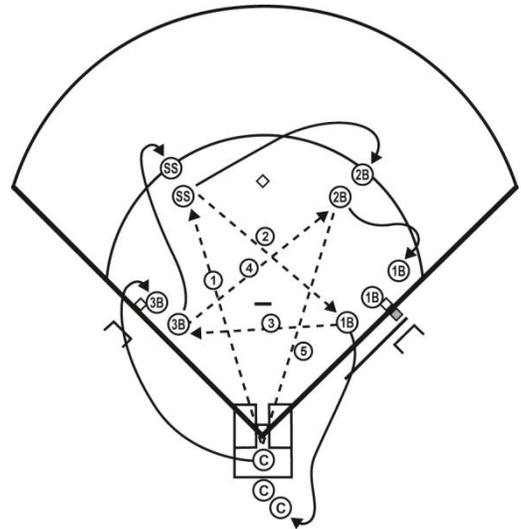
Equipment: Balls

Objective(s) of Drill:

- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS

Time: 10 minutes

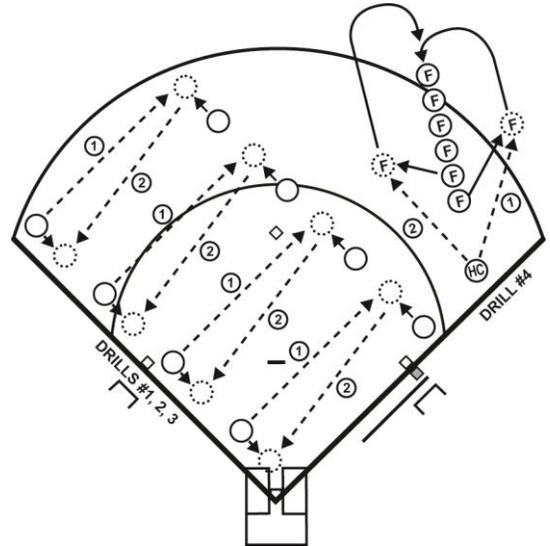
Equipment: Balls

Objective(s) of Drill:

- To teach the ready position and fielding technique for ground balls and fly balls including proper footwork for shuffle step (left and right) and cross-over step (left and right)
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

- Divide players into 2 groups of 6.
- **Ground Balls (with a partner) – 5 minutes**
 - With gloves, first player rolls a ground ball a few feet to the left then right of their partner who fields the ball and rolls a ground ball back. Field 6 ground balls each.
 - With gloves, roll a ground ball far enough to the left then right of their partner so they must use a cross-over step to field the ball. The receiver rolls a similar ground ball back to their partner. Field 8 ground balls each.
- **Fly Balls (with a partner) – 5 minutes**
 - With a glove and using a softball, throw a fly ball a few feet to the left and then right of your partner who fields the ball and throws a fly ball back. Field 6 fly balls each.
- **Fly Ball Drill**
 - Players line up in front of Coach with a ball. To start drill, player tosses their ball to the Coach.
 - The Coach will throw a fly ball back and to the left or right of the player so they can practice the drop step for fly balls hit behind them.
 - Player will pretend to throw the ball back to the Coach using good throwing mechanics for a long throw.
 - Player will jog back to the end of the line.
 - 5 reps per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: OUTFIELDER DRILLS

Time: 20 minutes (10 minutes per drill)

Equipment: Balls

Objective(s) of Drill:

- To teach the mechanics of the outfielder throw (crow hop/step through/ follow through)
- To teach how to pick up a dead ball or slow roller in the outfield and throw to a relay person.

Drill Description:

○ **Drill #1 - Long Throws (10 minutes)**

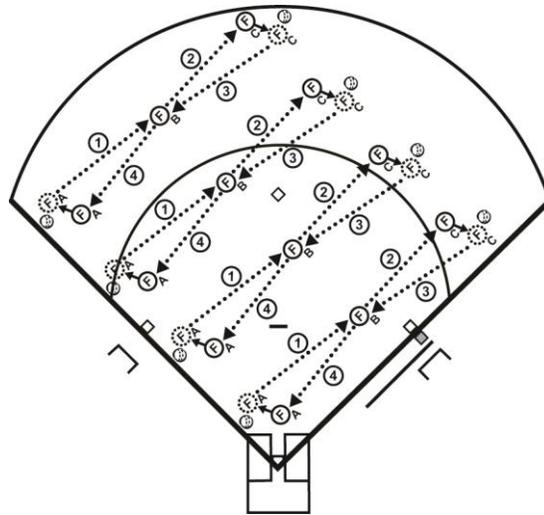
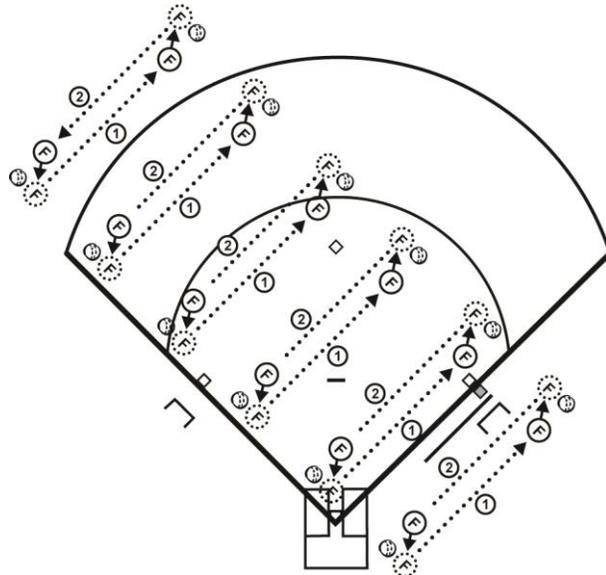
- Coach reviews technique for outfield throws.
- Players will partner up.
- Partners stand opposite each other about 70' to 80' apart.
- The player drops a ball a few feet away from themselves and then takes a few steps, picks up the ball and throws the ball to their partner.
- The partner receives the ball and then drops it a few feet away from themselves and then takes a few steps, picks up the ball and throws the ball back to their partner.

○ **Drill #2 - Relay Drill (10 minutes)**

- Set up groups of 3 players about 70-80' apart from each other in a straight line.
- Player A has a ball. Player A drops the ball about 10' away from themselves, runs to pick up the ball and throws to middle player (Player B) who acts as a relay, who then throws to Player C who catches the relay throw and makes a pretend tag.
- Then Player C drops the ball 10' away from themselves and starts the relay over in the other direction.
- Repeat 5 times and then rotate players so that each player is in the middle position. Continue rotating until time for drill is up.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: GROUP WORK

Time: 15 minutes

Equipment: Balls, Bases, Ball Buckets, Bats

Objective(s) of Drill:

- To practice fundamental pitching technique
- To practice fielding ground balls on the backhand and forehand using the cross-over step
- To reinforce good throwing mechanics and pivot footwork
- To refine pivots and going back for a fly ball hit over fielder's head

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers
 - Group #2 – All other players
- Each group completes their activities at the same time.

Group #1 – Pitcher Practice

■ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix 1 - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- Coaches will act as receivers for the Pitchers.
- Once Pitchers complete their practice, they will join the rest of the team for the cool-down.

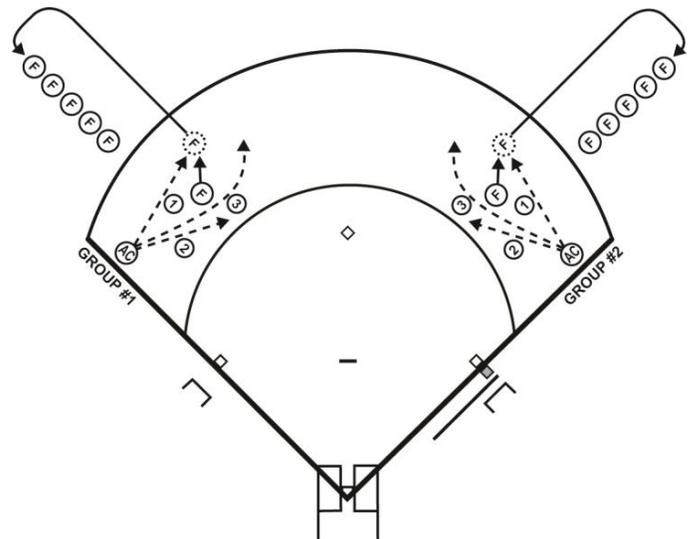
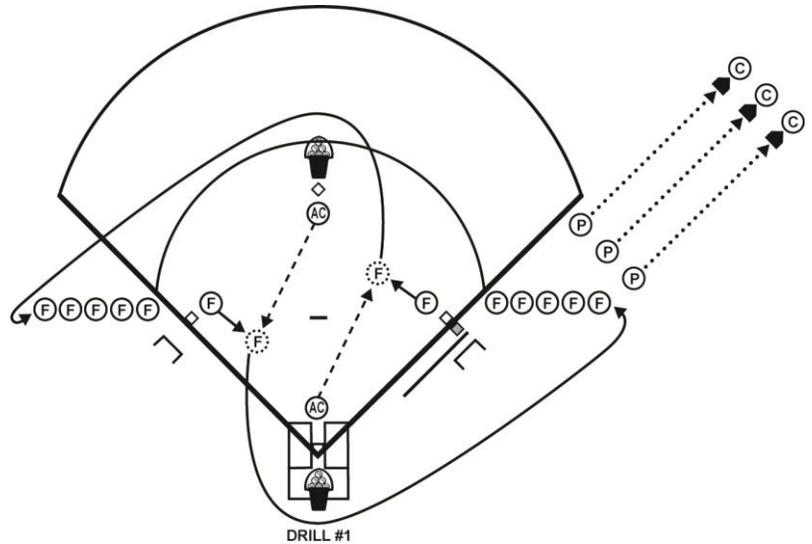
Group #2 – All Other Players (15 min.)

■ **Drill #1 – Backhand/Forehand Fielding Drill (10 min.)**

- Set up 2 Coach fungo hitters each with a bucket of balls with 1 hitter stationed at 2nd Base and the other at Home.
- Players are divided into 2 groups of 6:
 - ◆ Group #1: Positioned at 1st Base fielding balls hit between 1st and 2nd from Coach positioned at Home.
 - ▶ After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 3rd Base.
 - ◆ Group #2: Positioned at 3rd Base fielding balls hit between 3rd and Home from Coach positioned at 2nd.
 - ▶ After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 1st Base.
- After 10 minutes, switch direction of hits:
 - ◆ Group #1: Positioned at 1st Base fielding balls hit between 1st and Home from Coach positioned at 2nd.
 - ▶ After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 3rd Base.
 - ◆ Group #2: Positioned at 3rd Base fielding balls hit between 3rd and 2nd from Coach positioned at Home.
 - ▶ After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 1st Base.

■ **Drill #2 – Football Drill (5 min.)**

- Divide players into 2 groups of 6 players with one group in right field and one group in left field.
- Both groups will complete the drill simultaneously.
- Each group will have a Coach acting as the quarterback throwing to the players.
- One player assumes outfielder ready position about 10' in front of Coach.
- On Coach's signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - ◆ Right
 - ◆ Left
 - ◆ And over their head
- Player makes catch, stops quickly, overhand throws the ball back to the Coach and moves to the back of the line.
- Once, all players have completed 2 reps in each direction, the Coach will then randomly select a direction to throw the ball to be fielded.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: INTERSQUAD GAME

Time: 35 minutes

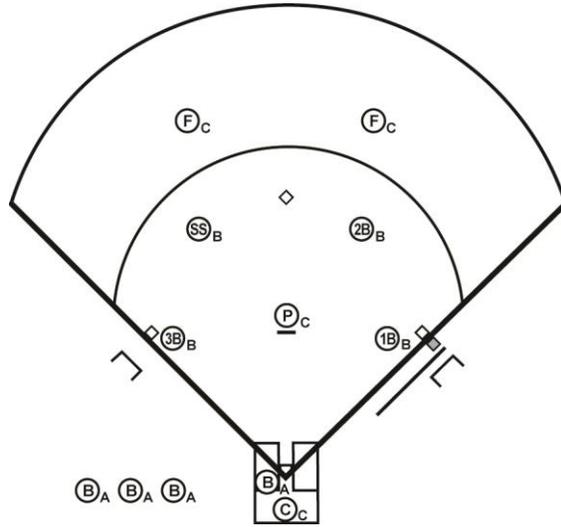
Equipment: Balls, Bases, Bats, Helmets

Objective(s) of Drill:

- To teach defensive tactics and rules within a game setting
- To hit with live pitching

Drill Description:

- Divide players into 3 teams (generally 4 vs. 4 vs. 4) who will play an intersquad game against each other.
- One team is at bat and other teams fill in defensive positions:
 - Depending on the number of pitchers on the team, pitching can be:
 - 2 soft tosses from the side per at bat from teammate
 - Live pitching from the Coach
 - Live pitching from team pitcher (Note: if only 2 pitchers on the team, then either a coach will pitch or the pitches will switch half way through the game.)
- The Coach can stop play to instruct or repeat a play.
- The Coach can dictate the situation (number of outs, number of strikes on batter, place runners on bases, etc.).
- Each team keeps track of the runs they score.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|------------|--|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|-------------------|-------------------------------|
| What worked well: | What to change for next time: |
|-------------------|-------------------------------|



PRACTICE PLAN #14

DATE: _____

| | | | | | |
|--------------------------------|--|---------------------------------------|--------------------------------|--|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To teach baserunning do's and don'ts | 2 To review various situational plays | 3 To improve hitting mechanics | 4 To educate players on proper nutrition | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

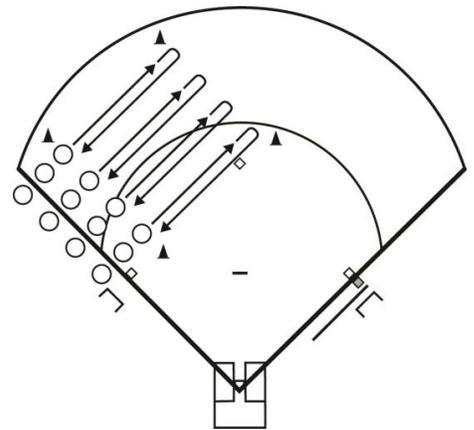
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

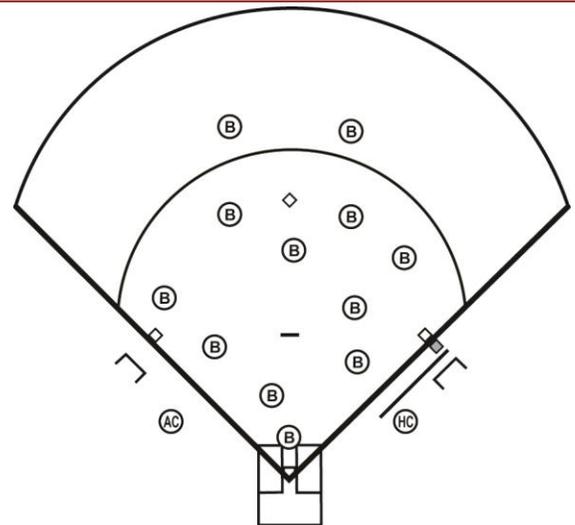
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time: 10 minutes (2-3 minutes per station)

Equipment: Balls, Cones, Bean Bags, Bases, Bats (Heavy, Regular, Wooden Dowel or Broomstick), Helmets

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 4 groups of 3 players.
- Station #1 - Reaction (Bunt Read)**
 - Coach in pitcher's position pretends to pitch.
 - Player at 1st Base takes a lead off when pitcher gets to the 12 o'clock arm position.
 - The coach will give a visual cue so the player must read what they must do:
 - Coach drops ball - baserunner reads that the bunt is down and must run to 2nd Base.
 - Coach throws a pop up - baserunner must read a pop up and return to Base.
 - Coach gets into overhand throwing position - baserunner must read pick-off and dive back to Base.
 - 5 reps per player.

Station # 2 – Hitting (Shadow Swings)

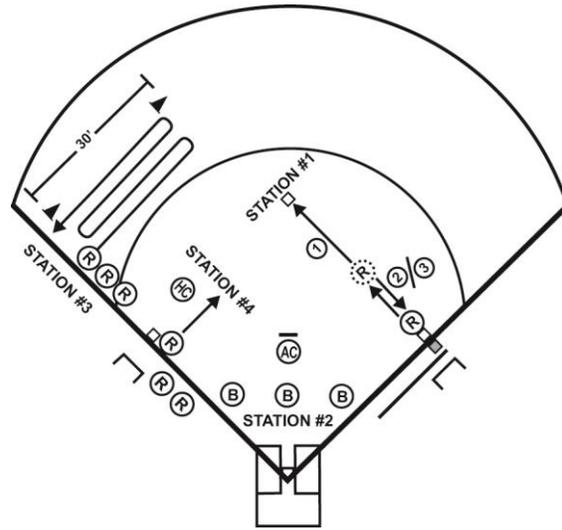
- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
- The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
- The player will swing at the following speeds using each of the bat types:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.

Station #3 – Agility (Shuttle Run)

- Set up two cones 30' apart and place two bean bags at the cone furthest away.
- Player starts in push up position with nose on ground.
- On signal from Coach, player, gets up and runs to opposite cone, picks up bean bag, and runs back to first cone, drops bean bag. Sprints back to opposite cone, picks up second bean bag and sprints back to first cone.
- Next player gets into start position and repeats until each player completes the shuttle run twice.

Station #4 – Reaction (Get Up and Go)

- Player assumes dive back position on ground at the Base.
- On Coach's signal, player gets up as quickly as possible and sprints toward next base (5 - 6 hard steps). Then returns to back of line.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

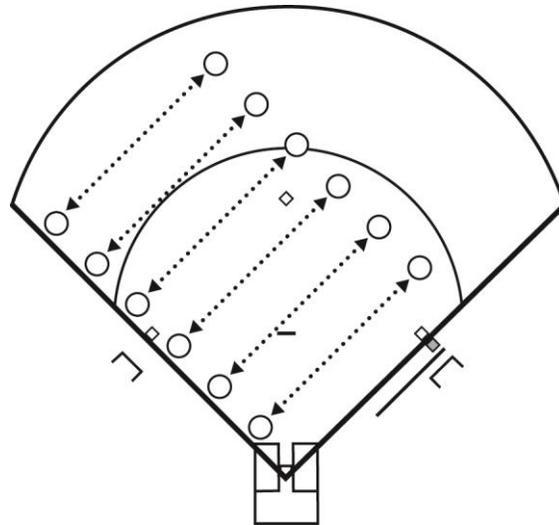
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique

Drill Description:

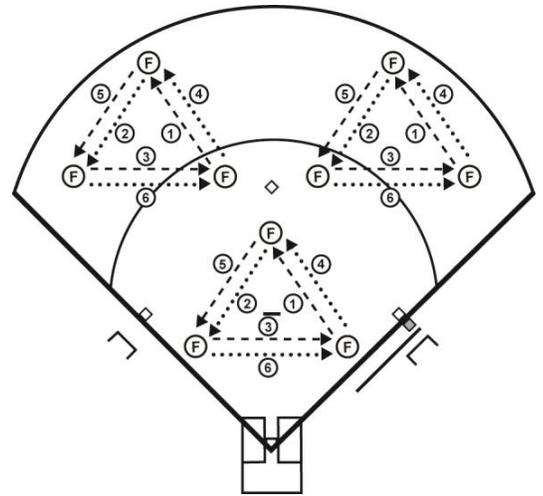
- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)



- A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: BASERUNNING DO'S AND DON'TS

Time: 25 minutes

Equipment: Bases

Objective(s) of Drill:

- To learn proper baserunning techniques for various games situations
- To teach the interference and obstruction rules

Drill Description:

- The Coach and players will go to each base and review the common baserunning situations.
- The Coach will demonstrate the technique or have a player demonstrate:

■ Home Plate

- Review breaking out of the batter's box on a full swing and running to 1st Base.

■ 1st Base Situations:

- Lead-off (3 steps).
- Go hard on any ground ball but don't run into the tag.
- When a fly ball is hit and less than 2 outs, take a lead-off that will allow you to get to 2nd if it drops or back to 1st if caught.
- On a bunt, be sure the ball is down.
- If rounding 2nd, pick up Coach at 3rd before hitting 2nd.

■ 2nd Base Situations:

- Lead-off (5 steps).
- Ground ball:
 - ◆ Hit behind baserunner, proceed to 3rd Base.
 - ◆ Hit in front of baserunner (no one on first), make sure it gets past short stop, then proceed to 3rd.
- Fly ball:
 - ◆ Check with 3rd Base Coach for tag up signal or advance signal or watch ball to see if the ball will fall in.

■ 3rd Base Situations:

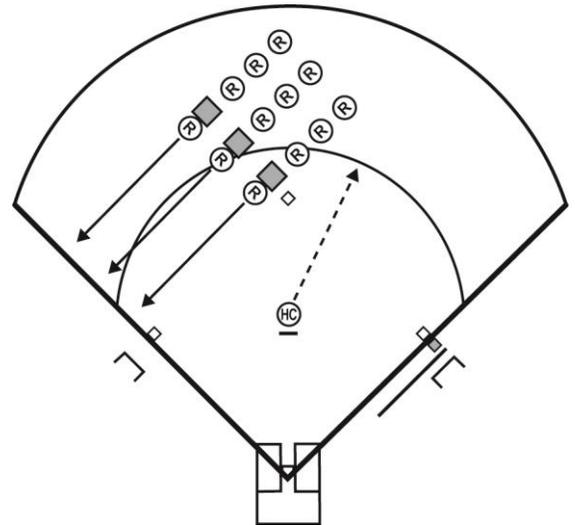
- Lead-off (taken in foul territory).
- Ground ball – judge if can advance to Home (with Coach verbal cues).
- Fly ball – return to 3rd Base and tag up with less than 2 out.

○ Baserunning Drill

- Runners at 2nd Base.
- Coach in the pitcher's circle but pitching towards the outfield, pretends to pitch and releases the pitch to simulate:
 - Ground ball behind baserunner (ball on ground to right field).
 - Ground ball in front of baserunner (ball on ground to left field).
 - Fly ball (ball high in air to right field)
- Baserunners must read and react to the type of "hit".
- 4-5 reps per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: HITTING CIRCUIT

Time: 21 minutes (7 minutes per station)

Equipment: Batting Tees, Bats, Balls (Regular, Whiffle Golf Balls), Cones

Objective(s) of Drill:

- To review hitting mechanics
- To review sacrifice bunting technique

Drill Description:

- Divide players into 3 groups of 4 with one group at each batting station.
- One batter, one tosser and 2 shaggers per group.

Station #1 – Inside/Outside Tee Drill (7 minutes)

- Set up 2 Batting tees with one set up for an inside pitch and the other for an outside pitch.
- The tosser will alternate placing the ball on the tee in the inside and outside position.
- Batter hits ball off tee into fence.
- 2 sets of 5 swings player.

Station #2 – Whiffle Golf Ball (Focus) (7 minutes)

- Tossers front tosses whiffle golf balls to batter.
- 2 sets of 5 swings player.

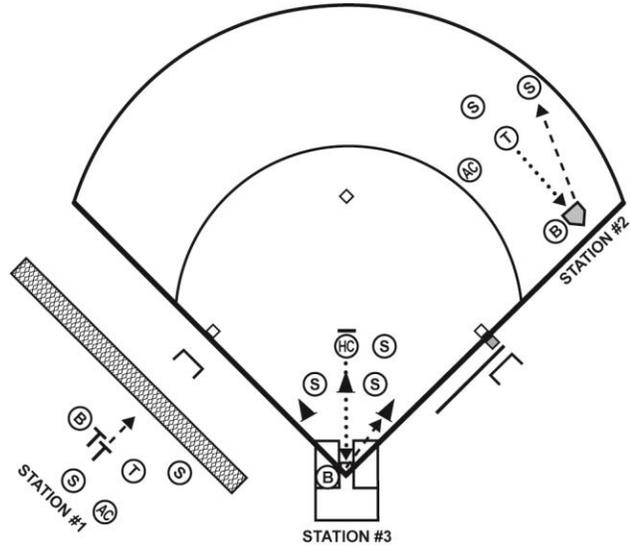
Station #3 – Sacrifice Bunt to 3 targets (7 minutes)

- Set up 3 target cones for batter to bunt a sacrifice bunt towards:
 - A cone just off the 3rd baseline.
 - A cone up the middle.
 - A cone just off the 1st baseline.
- A Pitcher tosses a ball to the batter who bunts to the designated target.
- 1 point if bunt is placed towards the designated target.
- Each bunter counts their pitches.
- 10 pitches per batter.

- Rotate groups to next station after 7 minutes.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THREE STOPS BASERUNNING DRILL

Time: 10 minutes

Equipment: Bases, Helmets

Objective(s) of Drill:

- To practice baserunning effectively when one or more bases are occupied
- Conditioning

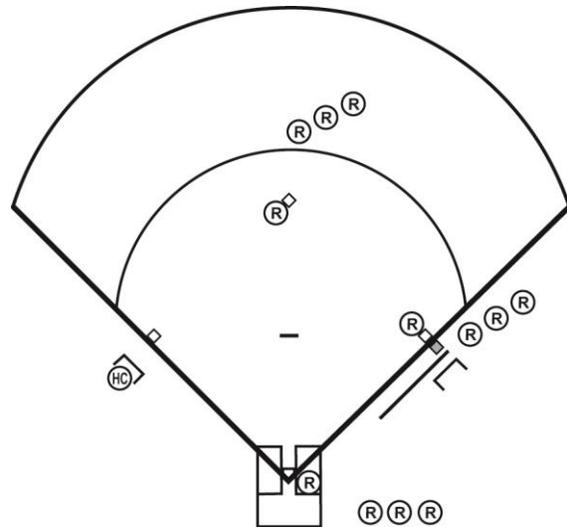
Drill Description:

- Divide players into 3 groups of 4. Position a group of 3 baserunners at Home, 1st Base, and 2nd Base with extra players lined up safely behind each base.
- Position a Coach in the 3rd Base coach's box.
- On signal from the 3rd Base Coach, all three baserunners will run to the next base and read the 3rd Base Coach's instructions for advancing or not.
- The 3rd Base Coach can:
 - Stop the lead baserunner at 3rd.
 - Signal the lead baserunner to advance to Home.
 - Stop the 2nd Baserunner at 2nd.
 - Stop the 2nd baserunner at 3rd.
 - Signal the 2nd baserunner to score all the way from 1st.
 - Have the batter run out a single.
 - Have the batter run out a double.
 - Have the batter run out a triple.
 - Etc.

- Once the play is completed, the next set of 3 baserunners quickly takes their position at Home, 1st Base and 2nd Base and repeats with a new option.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: GAME SIMULATIONS

Time: 20 minutes

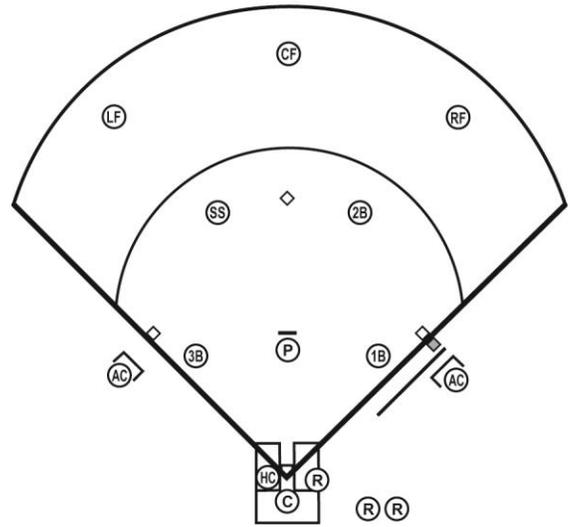
Equipment: Bases, Balls, Helmets, Bats

Objective(s) of Drill:

- To review defensive and offensive tactics

Drill Description:

- Place players in all defensive positions. Extra players will be baserunners.
- The Coach will call out various game situations (number of outs, baserunners on base, etc.) and then hit a ball to the defense:
 - Runner from Home
 - Runner at 1st
 - Runner at 1st and 2nd
 - Runner on 2nd
 - Runner at 3rd
 - Runner at 2nd and 3rd
 - Bases loaded
- If possible, have another Coach or the Pitcher simulate throwing a pitch so the baserunners can time their lead-offs.
- Have Coaches at 1st and 3rd Base giving signals to baserunner(s) so players learn to read signals from Coach while baserunning. Have players yell out the signal (bunt, steal, etc.).
- Rotate players into defensive positions and baserunning spots.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> <ul style="list-style-type: none"> ○ The Coach will discuss proper eating habits and the importance of nutrition and hydration particularly during tournaments when meal times are irregular and temperatures are hot. ○ Hand out copies to Athletes of Appendix J – Nutrition Handouts. |
|-------------------|---|

PRACTICE EVALUATION

| | |
|---------------------------------|---|
| <p>What worked well:</p> | <p>What to change for next time:</p> |
|---------------------------------|---|



PRACTICE PLAN #15

DATE:

| | | | | | |
|-------------------------|-------------------------------|--|-------------------------------------|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 Practice fundamental skills | 2 Practice fielding and throwing under game conditions | 3 Develop Pitcher/Catcher mechanics | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

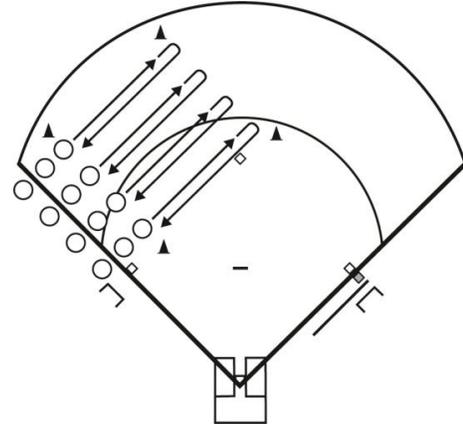
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See Appendix B – Dynamic Warm-Up for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

- Stretch and loosen up hitting muscles

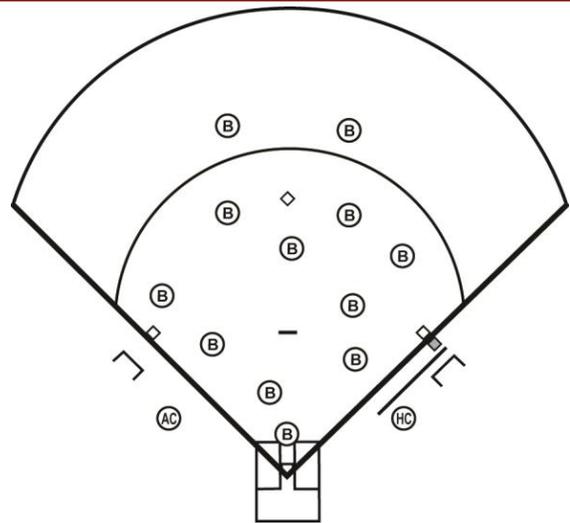
Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):

- Wood Chops (5 Reps)
- Trunk Twists (3-5 reps each direction)
- Arm Circles (5 reps)
- Reverse Swings (3 reps)
- Quick Returns (3 reps)
- 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____



DRILL: CRASH

Time: 10 minutes

Equipment: Balls, Bases, Bats (Regular, Heavy and Wooden Dowel/Broomstick), Cones

Objective(s) of Drill:

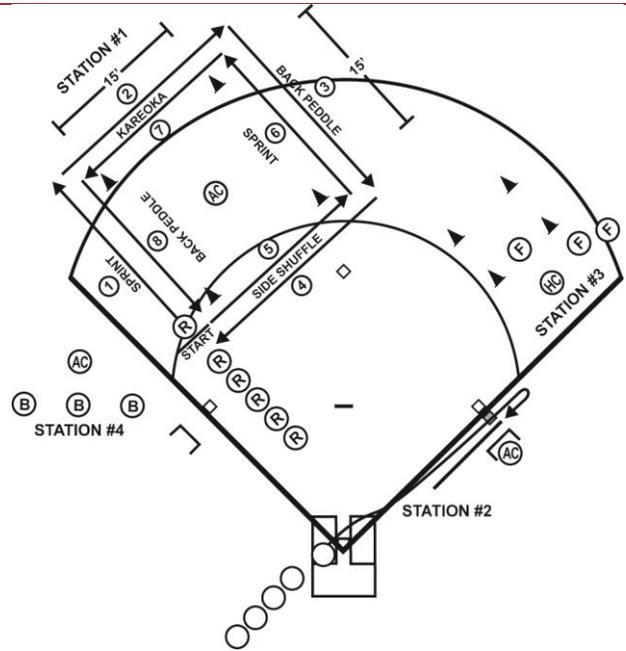
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Set-up 4 groups of 3 (allow for different groupings for greater team interaction).
- Groups will rotate through all 4 stations (2minutes per station).
- Station #1 – Footwork Square Drill)**
 - Divide players into 2 groups of 6 players.
 - Set-up two stations with one group at each station:
 - Set-up a square using cones with corners about 15' apart.
 - One player will complete the drill one at a time always facing the same direction by:
 - Sprinting from the 1st cone to the 2nd cone.
 - Kareokaing from the 2nd cone to the 3rd cone.
 - Back peddling from the 3rd cone to the 4th cone.
 - Side shuffling from the 4th cone back to the 1st cone.



- ◆ And then immediately reversing direction and performing the movements in the opposite direction.
- Next player in line completes the drill.
- 3 reps per player.
- **Station #2 – Speed (H to 1st)**
 - The Coach will review the rules regarding the use of the orange base.
 - Set up 1st Base (double base) at U17 basepath distance (60') from batters.
 - Player swings bat as if in batter's box, drops bat, runs through 1st Base, gains control, turns right towards the foul line to return to the base.
 - Use good form running:
 - Good body lean
 - Pump arms
 - Knees high
 - Stretch stride after first 2-3 steps
 - Run through base
- **Station #3 – Reaction (Cone Fielding)**
 - Place flat cones 10' left and right of start position; and 2 other cones at a 60° angle back left and right.
 - Player moves from ready position to field either imaginary ground ball or fly ball as dictated by Coach pointing to a cone either in the air or on the ground.
 - Player should visualize tracking an imaginary ball, make proper pivots, complete footwork to get to ball and set up to make throw to target.
 - 5 reps per player.
- **Station #4 – Hitting (Shadow Swings)**
 - Each player will perform 7 swings with each type of bat visualizing a pitched ball.
 - The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
 - The player will swing at the following speeds using each of the bat types:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

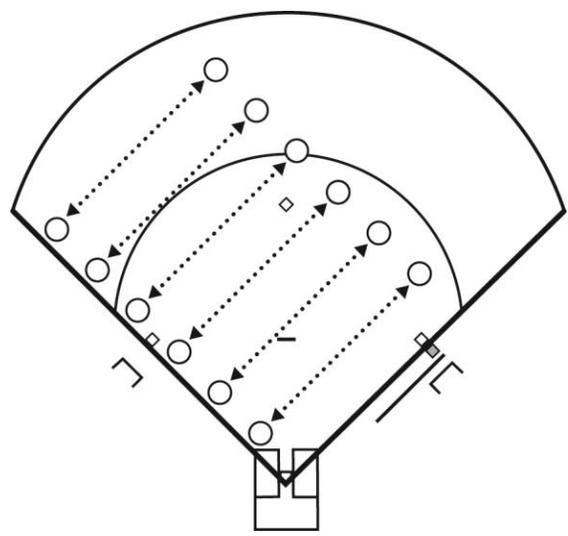
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Dart Throw (used in run downs)

Key Teaching Points:

- 1 _____
- 2 _____



3 _____

DRILL: FOUR CORNER DRILL

Time: 6 minutes

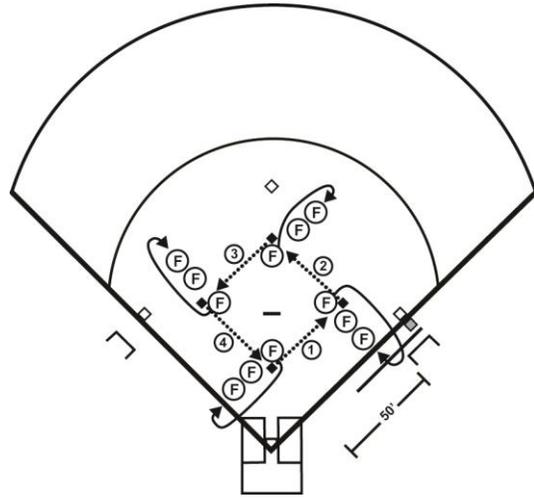
Equipment: Balls, Bases or cones

Objective(s) of Drill:

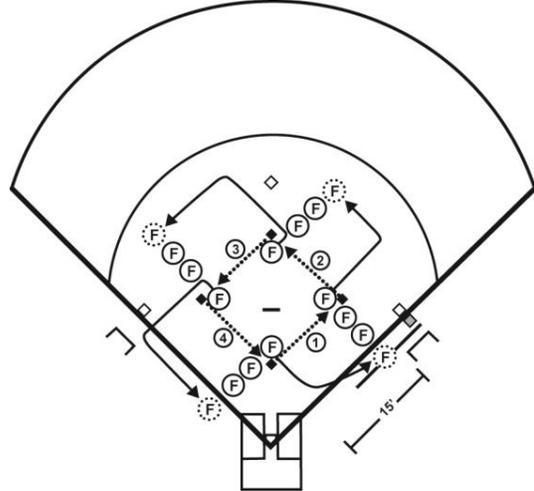
- To practice overhand throw mechanics and pivot footwork
- To practice underhand and backhand tosses

Drill Description:

- Set up bases or cones in diamond formation.
- Divide players into 4 groups with 3 players per corner.
 - **Variation #1 - Pivot and Throw (3 minutes):**
 - Set bases about 50' apart.
 - First player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to player at 2nd Base. Continue throwing to each base.
 - Players will rotate to the end of their line at their corner after completing throw (go to back of their line).



- **Variations:**
 - ◆ Reverse direction of throws.
 - ◆ Add tag after receiving throw.
 - ◆ Add 2nd ball.
- **Variation #2 - Underhand and Backhand Tosses (3 minutes)**
 - Set bases about 15' apart.
 - First player in line at Home tosses ball to 1st player at 1st Base who receives throw, pivots and tosses to player at 2nd Base. Continue tossing to each base.
 - The type of toss (underhand or backhand) is dictated by the tosser's throwing hand. If the receiver at 1st Base is right handed they will backhand toss to 2nd Base. If they are left handed, they will underhand toss to 2nd Base.
 - Players will follow their throw and line up at next base.
 - Reverse direction of throws.



- Have extra balls ready so players aren't chasing bad throws.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: BACKHAND FIELDING DRILL

Time: 10 minutes

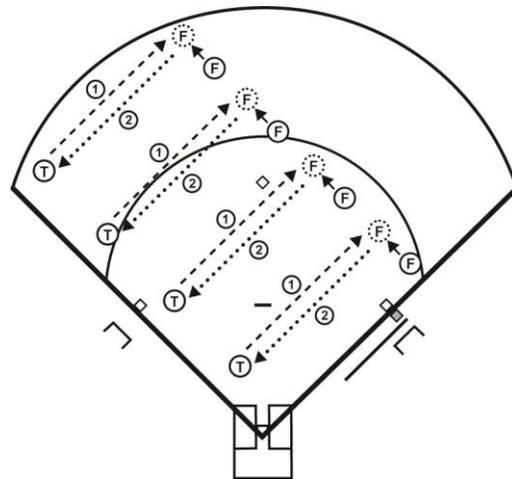
Equipment: Balls

Objective(s) of Drill:

- To teach and review backhand fielding technique

Drill Description:

- Coach will review technique to field ball on backhand with and without a cross-over step.
- In partners, players stand opposite each other 15' apart.
- They take turns rolling a ball to partner's backhand side:
 - Just outside backhand side foot.
 - Then within 1 cross-over step to the backhand.
 - Then about 2-3 steps to backhand side.
- Player fields ball and throws it back to their partner.
- After 5 groundballs to one location, players switch roles.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: RELAYS/CUT-OFFS

Time: 20 minutes

Equipment: Balls

Objective(s) of Drill:

- To teach the proper receiving technique to relay a ball from the outfield
- To teach cut-offs for a ball from the outfield

Drill Description:

○ **Relay Drill #1**

- Divide players into 4 groups of 3.
- Each group of 3 players will form a straight line.
- Player at one end starts with the ball and throws to middle player who catches the ball using proper technique to relay the ball to the third player.
- Increase the distance between players to increase the challenge.
- After 5 throws, rotate players so all have been in the middle.

○ **Relay Drill #2 - Relay Race**

- Divide players into 2 groups of 6.
- Each group of 6 players will form a straight line.
- With the ball starting at one end, players throw to next player in line until the ball gets to the end of the line and back to the first player.
- The winning team is the one to throw to the end of line and then back the fastest.
- Increase the distance between players to increase the challenge.
- Race 2 or 3 times changing position of players each time.

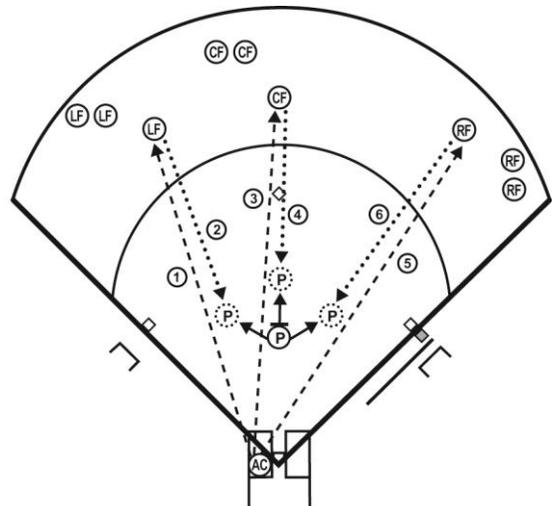
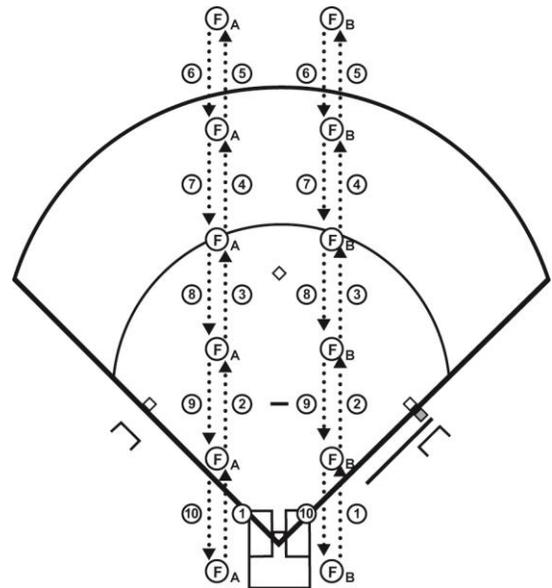
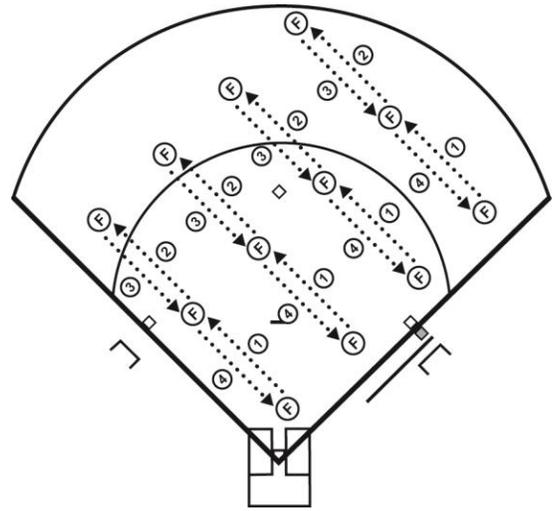
○ **Cut-offs**

- Set up 2-3 players in each position (LF, RF, CF, and at Pitcher or 1st Base).
- The Coach determines who will be the cut-off person (typically the pitcher or 1st Base).
- The Coach hits a ball to an outfielder who fields the ball and makes a throw to the cut-off person. Cut-off person receives throw and then pretends to throw to 1st or 2nd Base using proper footwork, then rolls the ball back to the Coach.
- Cut-off person should be at a depth between the pitcher's mound and the back of the pitcher's circle and lined up with home plate.
- At least 2 reps for each cut-off person from each outfielder.

Note: Coach's choice for what infielder to use as the cut-off person. It is a coach's decision based on their defensive philosophy and the skill level of their players.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: PRE-GAME INFIELD WARM-UP

Time: 10 minutes

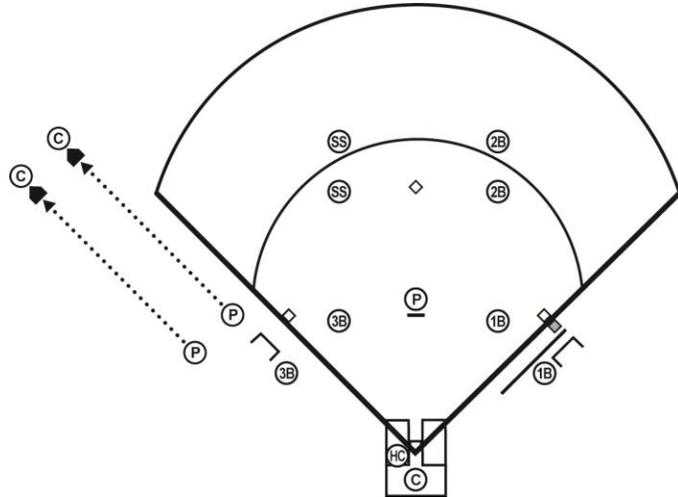
Equipment: Balls, Bases or cones, Bat

Objective(s) of Drill:

- To review and practice the team's routine for the pre-game warm-up

Drill Description:

- Place players 2 deep at each infield position with 1 Catcher and 1 Pitcher.
- The extra Pitcher(s) and Catcher(s) will complete their pre-game warm-up for pitching on the sidelines.
- Coach hits 3 ground balls in a row to each player:
 - #1 – Throw to Home.
 - #2 – Throw to 1st Base.
 - #3 – Throw to 2nd Base for double play.
- Repeat above for Round #2 but include:
 - Fielding bunts for 3rd Base, Pitcher, 1st Base and Catcher.
 - Catcher making throws to each base.
- For Round #3, repeat Round #2.



Key Teaching Points:

- _____
- _____
- _____

DRILL: INTERSQUAD GAME

Time: 35 minutes

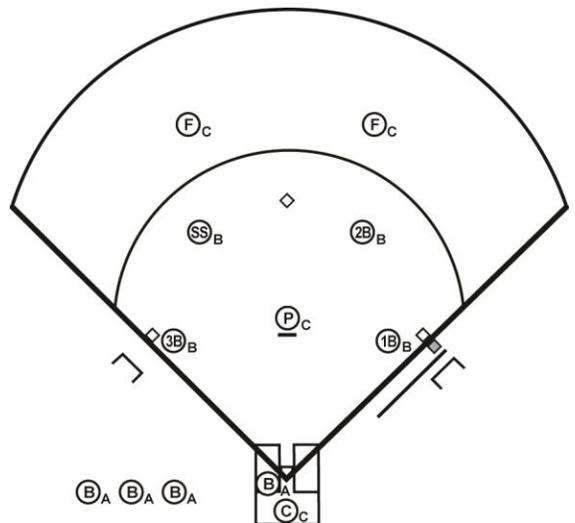
Equipment: Balls, Bases, Bats, Helmets

Objective(s) of Drill:

- To teach defensive tactics and rules within a game setting
- To hit with live pitching

Drill Description:

- Divide players into 3 teams (generally 4 vs. 4 vs. 4) who will play an intersquad game against each other.
- One team is at bat and other teams fill in defensive positions:
 - Depending on the number of pitchers on the team, pitching can be:
 - 2 soft tosses from the side per at bat from teammate
 - Live pitching from the Coach
 - Live pitching from team pitcher (Note: if only 2 pitchers on the team, then either a coach will pitch or the pitches will switch half way through the game.)
- The Coach can stop play to instruct or repeat a play.
- The Coach can dictate the situation (number of outs, number of strikes on batter, place runners on bases, etc.).
- Each team keeps track of the runs they score.



Key Teaching Points:

- _____
- _____
- _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #16

DATE: _____

| | | | | | |
|--------------------------------|---|---|---------------------------------------|---------------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To improve footwork for fielding and throwing | 2 To develop defensive and offensive tactics for rundowns | 3 To have fun using competitive games | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

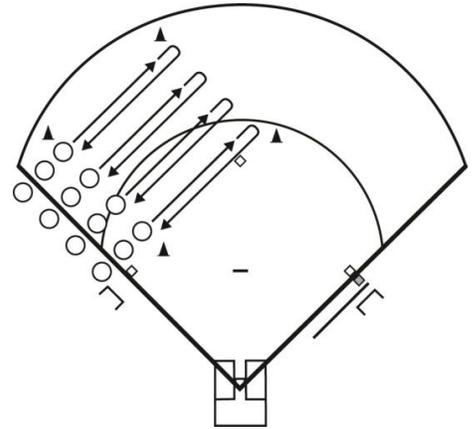
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

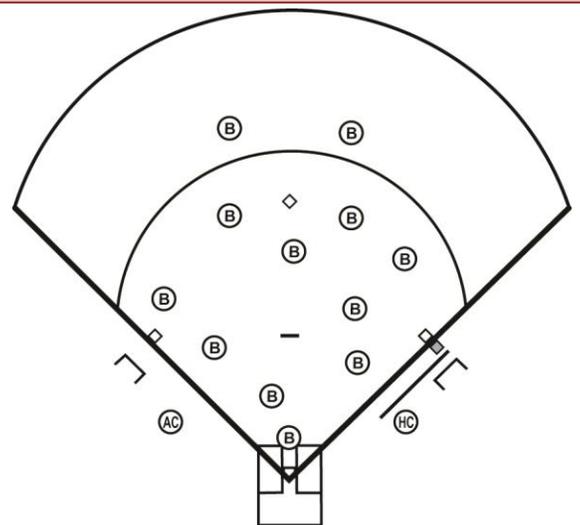
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH - QUICK SPRINTS

Time: 5 minutes

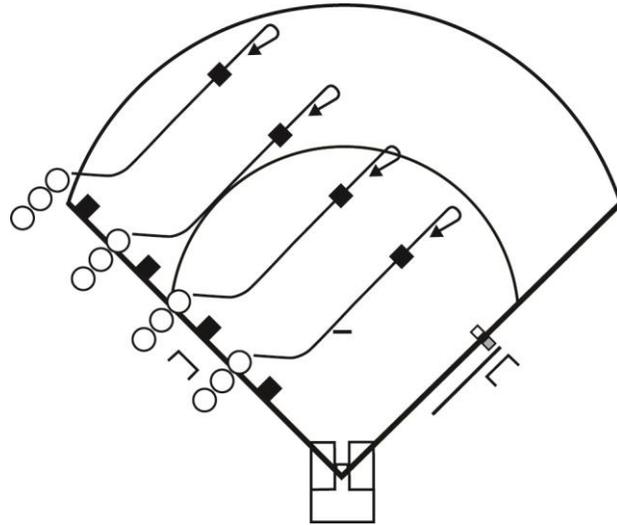
Equipment: Bases, Bats

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Set up 3-4 lines of 3-4 players.
- Players will simulate running from Home to 1st Base
- Set up 1st Base (double base) at U17 basepath distance (60') from batters.
- The Coach will review the rules regarding the use of the orange base.
- Player swings bat as if in batter's box, drops bat, runs through 1st base, gains control, turns right towards the foul line to return to the base.
- Use good form running
 - Good body lean
 - Pump arms
 - Knees high
 - Stretch stride after first 2-3 steps
 - Run through base



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 8 minutes

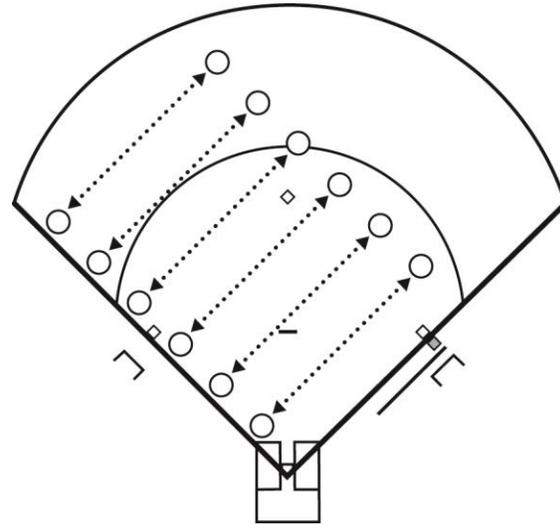
Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Dart Throw (used in run downs)



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL (WITH SEVERAL VARIATIONS)

Time: 7 minutes

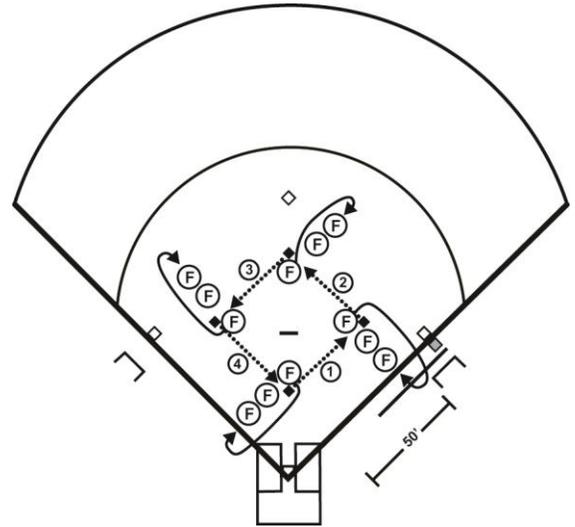
Equipment: Balls, Cones or bases

Objective(s) of Drill:

- To practice overhand throw and pivots
- To practice underhand and backhand tosses.

Drill Description:

- Set bases about 50' apart.
- Evenly divide players at each corner.
 - **Variation #1 - Pivot and Throw:**
 - Player throws to first player at next cone/base and then rotates to end of their line.
 - Work on throwing mechanics and pivot footwork.
 - Reverse direction of throws.
 - **Variation #2:**
 - Same as Variation #1 but player follows their throw to next corner.
 - **Variation #3:**
 - Add a second ball to the drill.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 5 minutes

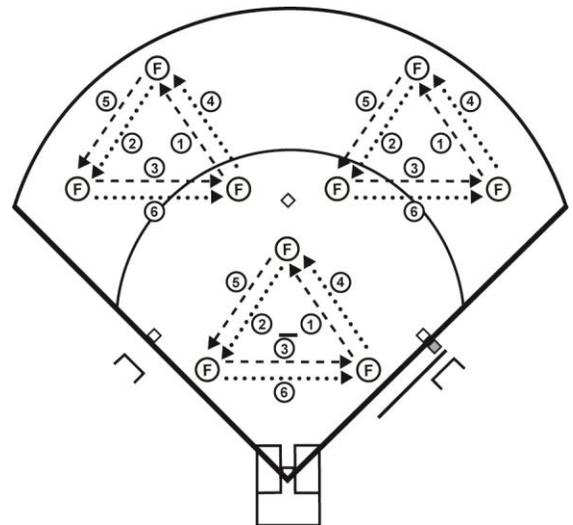
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique including pivots and throwing mechanics to a target

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: DEFENSIVE POSITIONING FOR SPECIAL PLAYS

Time: 30 minutes

Equipment: Balls, Bats, Bases, Helmets

Objective(s) of Drill:

- Teach and review defensive positioning for special plays

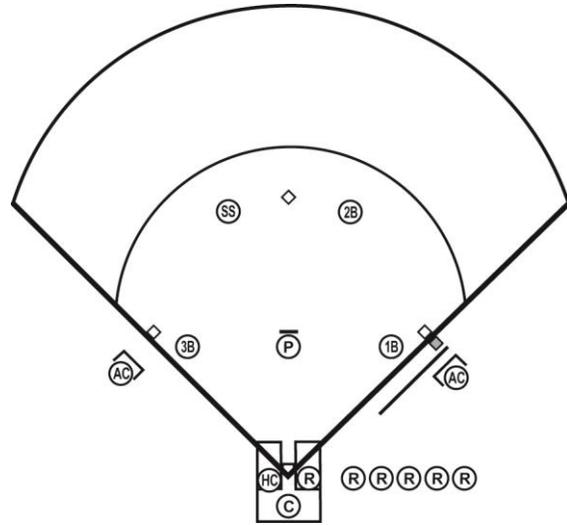
Drill Description:

- Place players in all defensive positions in the infield.
- Extra players will act as baserunners.

- Walk through special situations and each player's role and responsibilities for the following:
 - Pass ball plays at Home
 - Pick-offs at each Base (develop signals for pitch out and pick off)
 - 1st and 3rd plays (develop signals for options)
 - Steal attempts coverages
 - Bases loaded with infield in
 - Defending the squeeze bunt and communication
 - Slap defence
- Rotate players into different infield positions and as baserunners.
- The Coach will review the obstruction and interference rules with the players.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: HOT BOX

Time: 15 minutes

Equipment: Balls, Helmets, Bases or Cones

Objective(s) of Drill:

- To teach tactics and strategy to defend rundowns
- To teach what to do when caught in a rundown (hot box) as the offensive runner

Drill Description:

- Coach will review run down key teaching points for defense and offence.

Drill #1

- Divide players into 3 groups of 4.
- Set up 2 bases 60' apart with a Coach or cone in the middle of the 2 bases and 2 players at each base.
- One player has a ball.
- Defensive player with ball runs towards Coach (ball visible by their ear.)
- When the player reaches the Coach, they complete a dart throw to the defensive player at the far base. The thrower moves off the base path, follows their throw and lines up at the far base.
- Slow it down so players are doing it correctly.
- Receiver will then repeat this in the opposite direction.
- 5 reps per player.

Variation:

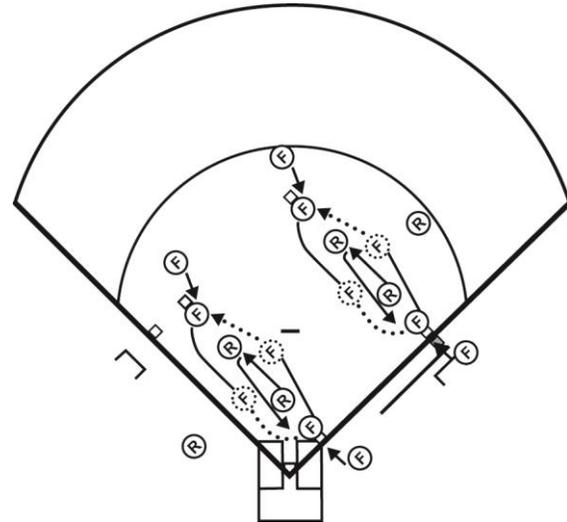
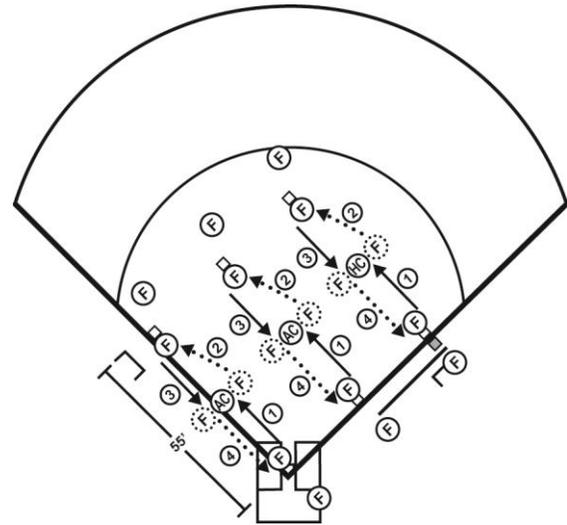
- Same as above but receiver puts on a fake tag on the imaginary runner.

Drill #2

- Divide players into 2 groups of 6 (4 defensive players and 2 baserunners).
- Coach will explain the desired defensive player movement (peel or follow throw) for a rundown.
- Set up 2 bases 60' apart with a baserunner about 12' off the base in the jam position and 2 defensive players at each base.
- On Coach's command, begin rundown chase until baserunner is either safe or out.
- 2 reps per player acting as a baserunner.
- Rotate all players into baserunner position.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: DOUBLE HOT BOX

Time: 10 minutes

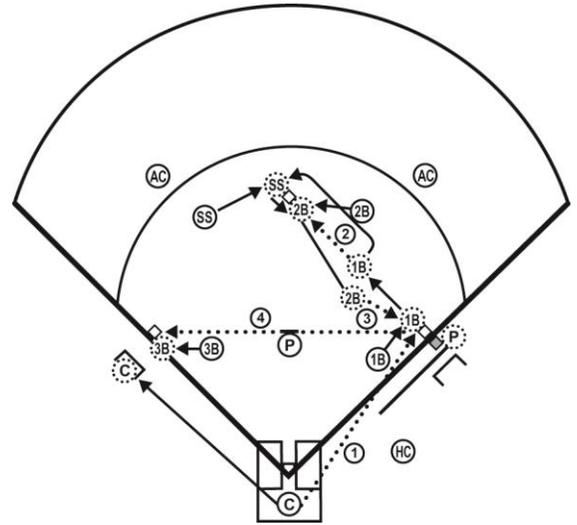
Equipment: Balls, Bases, Helmets

Objective(s) of Drill:

- Fun
- Conditioning

Drill Description:

- Divide players into 2 groups of 6.
- Set-up one group of 6 players between 1st Base and 2nd Base and the other group between 2nd Base and 3rd Base.
- Position the defensive players as follows:
 - For the rundown between 1st Base and 2nd Base, the 1st Base, 2nd Base, SS, and P are involved.
 - For the rundown between 2nd Base and 3rd Base, the 2nd Base, SS, 3rd Base and Catcher are involved.
 - Be sure each group does not interfere with the other group but is ready to step in when it's their turn.
- This drill should start with no baserunners.
- Variation #1:**
 - Coach starts drill by throwing to 1st Base.
 - Defensive players in Group #1 simulate a Hot Box between 1st and 2nd until Coach shouts "Tag". Player with ball makes a tag on the imaginary runner.
 - Coach then starts a new Hot Box by throwing to 3rd Base.
 - Defensive players in Group #2 simulate a Hot Box between 2nd and 3rd until Coach shouts "Tag". Player with ball makes a tag on the imaginary runner.
 - Switch defensive starting positions. Repeat.
- Variation #2:**
 - Set-up with one group of 6 players in all defensive infield positions.
 - Catcher starts drill by throwing to 1st Base.
 - Defensive players in Group #1 simulate a Hot Box between 1st and 2nd.
 - After a couple of throws in the 1st and 2nd Hot Box, the Coach shouts "Tag". Player with the ball makes a fake tag and throws to 3rd Base to start a new Hot Box between 2nd and 3rd Base.
 - SS and 2nd Base must hustle to get into proper position to participate in Hot Box between 2nd and 3rd with 3rd Base and Catcher.
 - After a couple of throws, the Coach shouts "Tag". Player with the ball makes a fake tag and throws to 1st Base.
 - Continue sequence until Coach is satisfied with execution or players need a rest.
 - Switch groups and begin drill again as above.
 - When both groups have completed drill, have players switch starting defensive positions and repeat.
- Variation #3:**
 - If defensive players are executing properly, the Coach may add baserunners.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: GROUP WORK

Time: 15 minutes

Equipment: Cones, Balls, Bats, Helmets, Home Plates, Catcher's Equipment

Objective(s) of Drill:

- To develop fundamental pitching technique
- To develop catchers' fielding technique of foul pop-up flies and fielding of bunts
- To practice fielding ground balls on the backhand and forehand using the cross-over step
- To develop athletic abilities using fun relays

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
- Each group will use ½ of the gym and complete their activities at the same time.
- Group #1 – Pitcher & Catcher Practice**
 - **Pitchers (15 minutes):**
 - Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
 - While Catchers are completing their practice, the Pitchers will throw to each other or with a Coach.
 - **Catchers:**
 - **Drill #1 - Foul Pop Ups Drill (5 min.)**

- ◆ Catcher takes receiving position behind home plate with Coach standing in the batter's box and tossing or hitting a foul ball pop up.
- ◆ The Catcher springs out of their stance to position themselves to catch the pop up.
- ◆ 5-6 reps per Catcher then rotate Catchers.
- **Drill #2 – Bunt Fielding Drill (5 min.)**
 - ◆ Catcher takes receiving position behind home plate.
 - ◆ The Coach stands in the simulated batter's box and tosses or hits a bunt.
 - ◆ The Catcher springs out of their stance to position themselves to field the ball and pretends to throw to 1st Base.
 - ◆ 5-6 reps per Catcher then rotate Catchers.
- **Note:** Full catching equipment should be worn.
- Once Catchers have completed these drills, they will catch for pitchers' practice and practice framing the pitch.

○ Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.

○ **Group #2 – All other players (15 min.)**

- Divide players into 2 teams of 3.
- Place a set of cones for each team about 60' apart with each team lined up behind their cones.
- Coach selects 3 or 4 relays from the following list (as time allows):

■ **Bat Relay #1**

- 1st player in line has a bat that they balance in their palm.
- The player runs with bat to the cone, touches the bat on the ground and runs back again balancing the bat in their palm.
- Player gives bat to next player in line who repeats the run.
- If the bat falls, the player must stop and perform a physical activity (i.e. 2 Burpees, 5 push-ups) before continuing.

■ **Bat Relay #2**

- The 1st and 2nd players in line each holding the bat with their right hand (one player must face forwards and the other must face backwards) run to the cone, touch the ground with their left hand and then return to the starting cone.
- Players must always face the same direction they started facing. This way they both run forwards and backwards.
- The 1st player is dropped off and the 2nd player picks up the 3rd player and repeats the run.
- The 3rd player then drops off the 2nd player and picks up the 1st player and repeats the run one last time.

■ **Bat Relay #3**

- 1st player in line runs with the bat to the cone, touches the bat on the ground and then runs back to the start.
- When the 1st player gets back to the start, the 1st player picks up the 2nd player in the line with both players holding the bat. Together they run to the cone and back and then pick up the 3rd player in the line.
- Once the 3 players return to the start, the 1st player is dropped off. The players continue to run to the cone and back until all players are dropped off (reverse order 1st, then 2nd, and finally the 3rd player).

■ **Junk Relay**

- Set up diamond with bases about 60' apart with teams at each of the Bases.
- Place an assortment of items (balls, gloves, cones, etc.) in the middle of the diamond.
- On "Go", the first player runs to the middle, picks up an item and returns with it to their base and tags the next player in line.
- The next player runs to the middle, picks up an item and returns with it to their base and tags the next player in line.
- If there are no more items in the middle of the diamond, players can steal items from any of the other teams.
- Continue until Coach shouts "Time".
- Team with most items wins.

■ **Shuttle Run Relay**

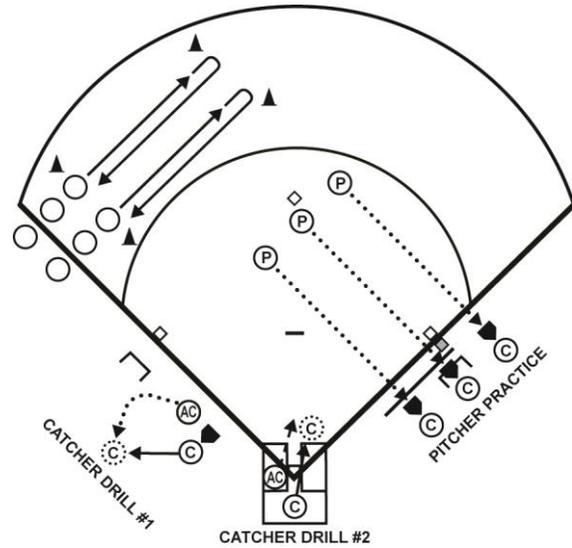
- Player starts in push up position with nose on ground.
- On signal from Coach, player gets up and runs to opposite cone, touches cone, and runs back and touches first cone. Sprints back to touch opposite cone, sprints back to first cone and tags next player in line. Repeat until all players have completed the relay.

■ **Kareoka (grapevine) Relay**

- On the Coach's signal, 1st player in line runs to the far cone doing the Kareoka (grapevine), touches the cone, returns to the first cone and tags the next player in line who repeats until all players on the team have completed the relay.
- Be sure the players face the same way going in both directions.

■ **Tied Shoe Relay**

- All players remove their shoes and place in a pile at farthest cone.
- Coaches tie laces together of different shoes.
- Line up teams. One player from each group at a time will run to the pile of shoes, find their shoes, put them on and return to the start and tag next player on their team who will repeat until all players have their shoes.



Key Teaching Points:

- 1 _____
- 2 _____



3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #17

DATE: _____

| | | | | | |
|-------------------------|---|--|--|--------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To teach proper fielding technique, pivot footwork and throwing mechanics | 2 To teach the technique of the sacrifice bunt | 3 To review defensive situations within a game setting | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

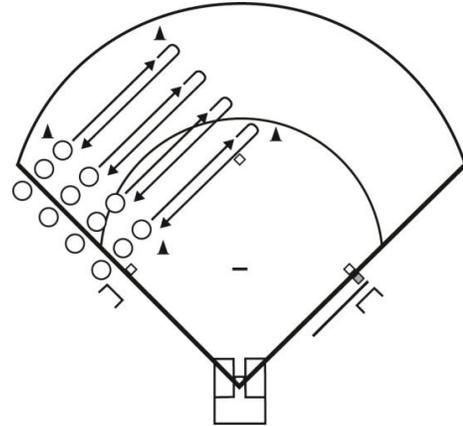
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

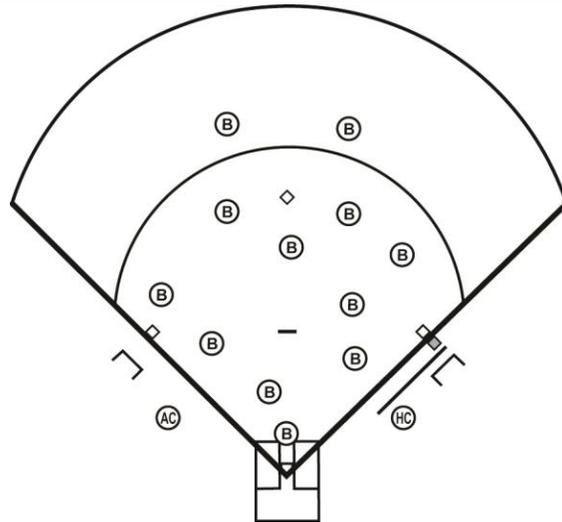
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bases or cones, Balls, Bats, Pool Noodles, Agility ladders

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

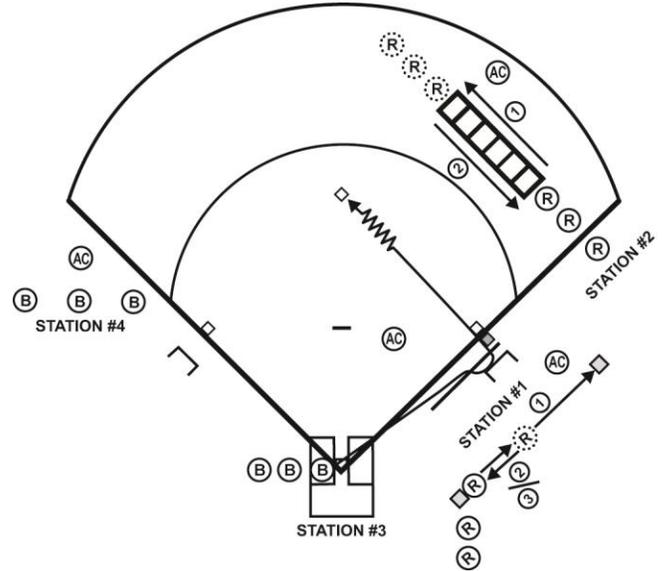
Drill Description:

- Divide players into 4 groups of 3 players.
- Station # 1 – Reaction (Bunt Read)**
 - Coach in pitcher's position pretends to pitch.
 - Player at 1st Base takes a lead off when pitcher gets to the 12 o'clock arm position.
 - The coach will give a visual cue so the player must read what they must do:
 - Coach drops ball - baserunner reads that the bunt is down and must run to 2nd Base.
 - Coach throws a pop up - baserunner must read a pop up and return to Base
 - Coach gets into overhand throwing position - baserunner must read pick-off and dive back to Base.
 - 5 reps per player.



Station # 2 – Agility (Agility ladder Drills)

- **Note:** The Coach should take the agility ladder drill descriptions from **Appendix D** with them to the field.
- Place a agility ladder on the ground and have players line up at one end to perform the drills below.
- When doing any one of these footwork drills, the whole line of players will go through to the end and then wait until everyone gets through before returning back using the same steps. The Coach will select 3-4 of the following ladder drills:
 - Slow jog – one foot per square (up and back)
 - Slow jog – both feet in each square with a quick 1-2, then the next square 1-2, (Up and back)
 - High Knees – one foot per square
 - High Knees – both feet per square
 - Out, In, Out, In
 - In, Out, In, Out – quick steps. Starting inside of the first square the player quickly moves each foot (1-2) outside of the 2nd square, then into the 3rd square, continue until done.
 - In, Out, In, Out – quick steps back. On the return trip have the player face the same direction when they return to work on the other leg muscles.
 - Kareoka (grapevine) – Same footwork as #7 but twisting sideways in both directions as the player goes through the ladder.



Station # 3 – Speed (H to 2nd Base with slide)

- Set up Home Plate, 1st Base and 2nd Base.
- Player will swing at imaginary pitch and run from H to 2nd with a slide at 2nd.

Station # 4 – Hitting (Pool Noodle Swings)

- Player swings at pool noodle held at various places in strike zone.
- 2 sets of 5 swings.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING EVERYDAYS

Time: 5 minutes

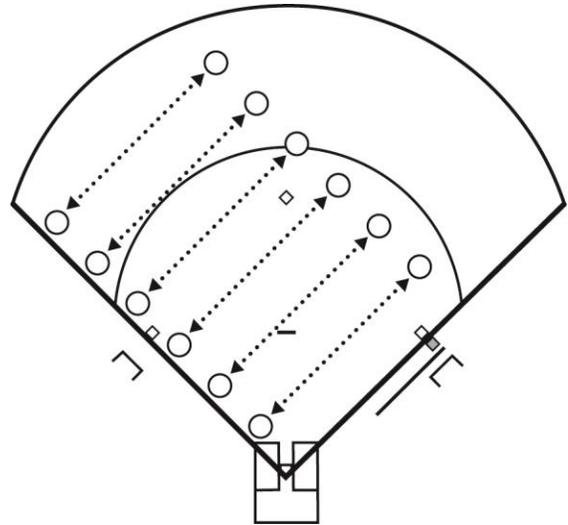
Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: STAR DRILL

Time: 5 minutes

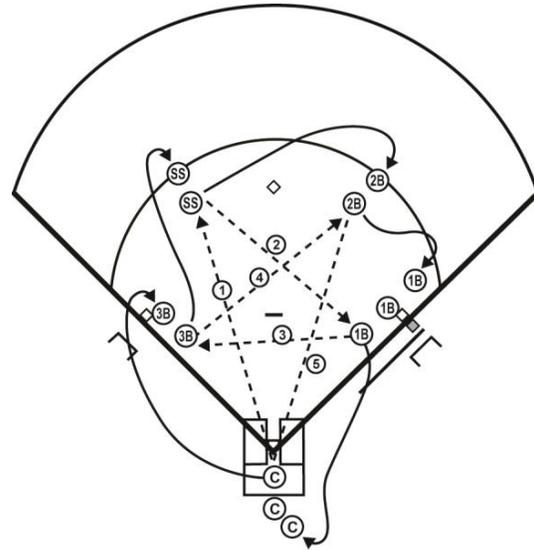
Equipment: Balls

Objective(s) of Drill:

- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 5 minutes

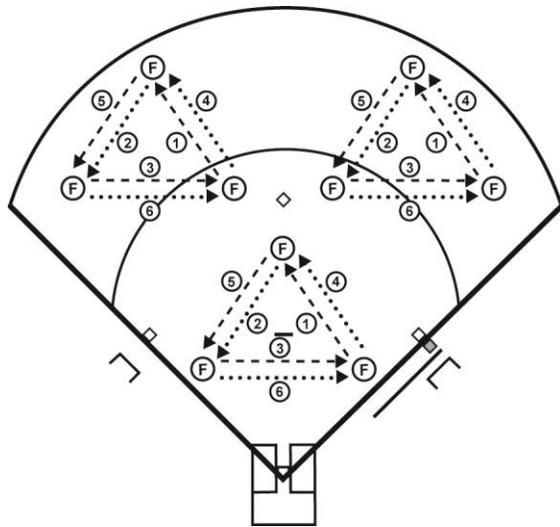
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique, pivot footwork and throwing mechanics

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 40-50' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.
- **Challenge:**
 - See how many times their group can go around the triangle in 30 seconds. Allow for several attempts once players are warmed up.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: SACRIFICE BUNTING DRILL

Time: 20 minutes

Equipment: Balls, Bats, Home Plates, Helmets

Objective(s) of Drill:

- To teach the technique of the sacrifice bunt

Drill Description:

- Coach explains and demonstrates the technique for the Pivot Sacrifice Bunt.

○ **Drill #1 - Dry Bunts**

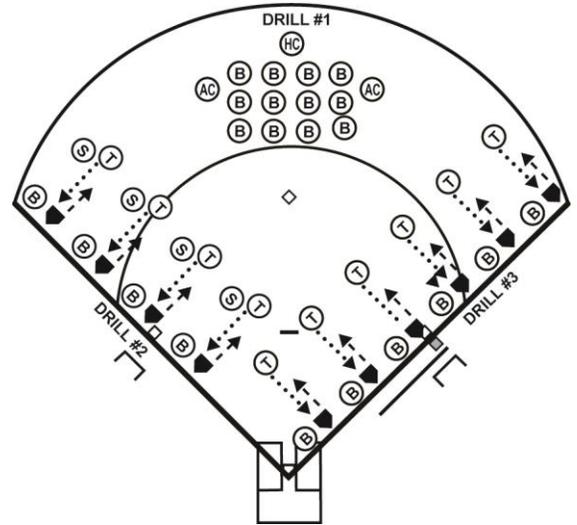
- Spread players around field with a Coach acting as a Pitcher.
- Players perform a sacrifice bunt visualizing an imaginary pitch from the Coach.
- 5-10 reps per player
- Other Coaches walk around and provides feedback on players' technique.

○ **Drill #2 - Front Toss Bunt Drill**

- Form groups of 3 players (1 hitter, one tosser, one shagger).
- The Tossers throw a pitch from 5' in front of the hitter directly to the hitter's bat:
 - With hitter already pivoted around.
 - ◆ 10 bunts per player.
 - ◆ Switch roles so all players bunt.
 - With player in batting stance who pivots into sacrifice bunt position:
 - ◆ 5 bunts per player.
 - ◆ Switch roles so all players bunt.

○ **Drill #3 - Catch or Bunt Drill**

- Players partner up with one hitter and one tosser who is about 6 – 8' in front of the hitter.
- The hitter starts the drill in their sacrifice bunting position.
- As the tosser gets ready to gently toss a ball to the batter, they shout either "CATCH" or "BUNT":
 - If the partner shouts "BUNT", the batter bunts the ball.
 - If the partner shouts "CATCH", the batter drops the bat and catches the ball.
- Switch roles after 5-6 tosses.



Key Teaching Points:

- _____
- _____
- _____

DRILL: BUNTING PEPPER GAME

Time: 15 minutes

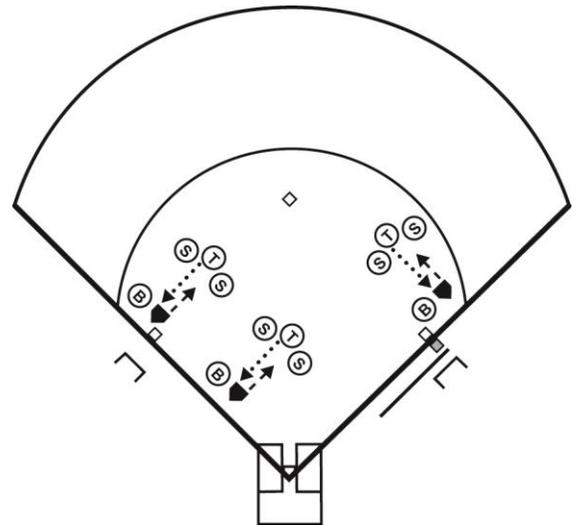
Equipment: Balls, Bats, Helmets

Objective(s) of Drill:

- To teach the technique of the sacrifice bunt

Drill Description:

- Form 3 groups of 4 players (1 batter, 2 shaggers, 1 tosser)
- The Coach will take aside any left hand drag bunters and slappers to review the technique. During drill, these lefties will practice these techniques in their group.
- Shaggers form a small semi-circle about 8' away from the hitter who is already pivoted into the sacrifice bunt position.
- The Tossers will underhand toss from 10' in front of the batter who bunts the ball. The shaggers field the ball and give it to Tossers to underhand toss again to the batter.
- 6 pitches per batter.
- Count the number of good bunts that were made by each player.
- Rotate so all players get to toss and bunt.
- Repeat 3 times.



Key Teaching Points:

- _____
- _____
- _____

DRILL: INTERSQUAD GAME

Time: 35 minutes

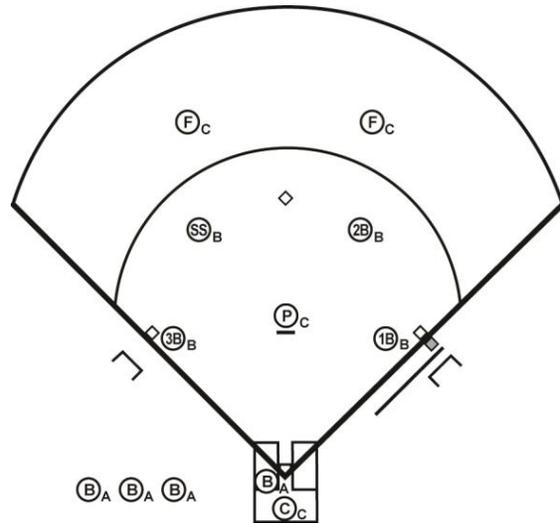
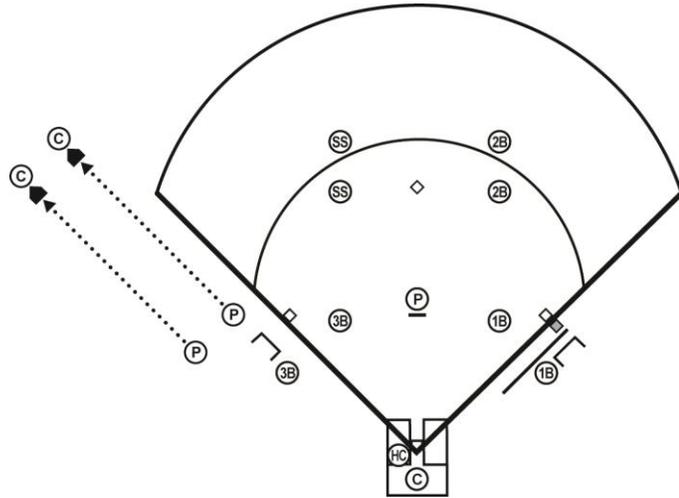
Equipment: Balls, Bases, Helmets, Bats

Objective(s) of Drill:

- To review defensive situations within a game setting

Drill Description:

- The Coach will run the team through the Pre-Game Infield Warm-Up from Practice Plan #15 :
 - Place players 2 deep at each infield position with 1 Catcher and 1 Pitcher.
 - The extra Pitcher(s) and Catcher(s) will complete their pre-game warm-up for pitching.
 - Coach hits 3 ground balls in a row to each player:
 - #1 – Throw to Home.
 - #2 – Throw to 1st Base.
 - #3 – Throw to 2nd Base for double play.
 - Repeat above for Round #2 but include:
 - Fielding bunts for 3rd Base, Pitcher, 1st Base and Catcher.
 - Catcher making throws to each base.
 - Repeat above for Round #3.
- Then divide players into 3 teams (generally 4 vs. 4 vs. 4) who will play an intersquad game against each other.
- Allow 10 minutes for warm-up for:
 - Pitchers and catchers complete their pre-game warm-up.
 - Other players complete team pre-game warm-up routine:
 - Coach hits ground balls and fly balls to players in infield and outfield positions.
- One team is at bat and other teams fill in defensive positions:
 - Depending on the number of pitchers on the team, pitching can be:
 - Live pitching from the Coach.
 - Live pitching from team pitcher (Note: if only 2 pitchers on the team, then either a coach will pitch or the pitchers will switch half way through the game.).
- The Coach can stop play to instruct or repeat a play.
- The Coach can dictate the situation (number of outs, number of strikes on batter, place runners on bases, etc.).
- Each team keeps track of the runs they score.
- After 3 outs, switch the batting team.



Key Teaching Points:

- _____
- _____
- _____

COOL DOWN & CONCLUSION

Static Stretching Routine (See Appendix C)

10 minutes

Debrief:

PRACTICE EVALUATION

What worked well:

What to change for next time:



PRACTICE PLAN #18

DATE: _____

| | | | | | |
|--------------------------------|--|--|--|---------------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To practice overhand throwing mechanics and pivot footwork | 2 To further develop hitting mechanics | 3 To review team and individual tactics/strategies | 4 To review mental skills | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

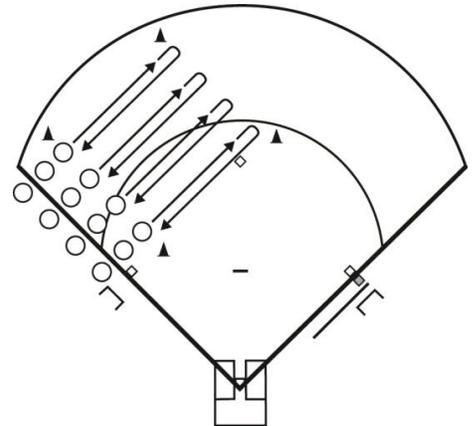
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

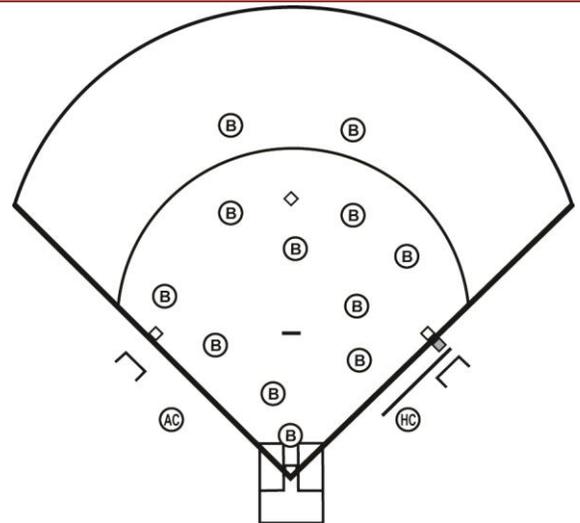
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH – LAST ROUND UP

Time: 5 minutes

Equipment: n/a

Objective(s) of Drill:

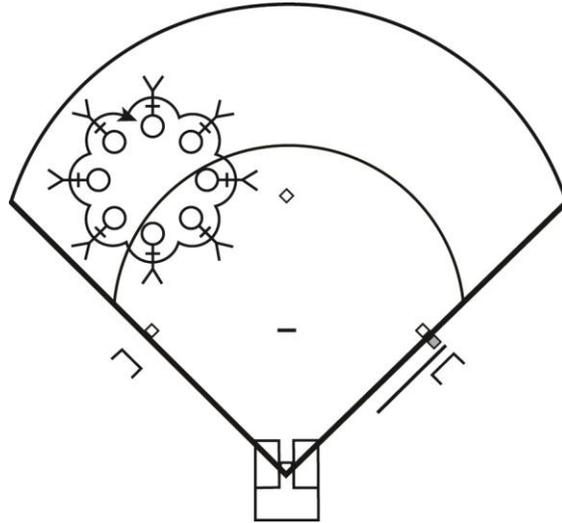
- Softball-specific warm-up and conditioning

Drill Description:

- Players lay on their stomach in a circle leaving 1-2 meters between each player.
- Heads should be on the inside of the circle (facing in).
- **Variation #1**
 - On Coach's command, chosen player gets up quickly and runs left or right, jumping over each player in the circle. As the runner jumps over the player, that player jumps up and runs around the circle jumping over all the players. Continue until all players have run around the circle and everyone has returned to their starting position.
- **Variation #2**
 - Repeat as in Variation #1 but hopping on one foot and then the other.
- Repeat in the opposite direction.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 10 minutes

Equipment: Balls, Bases or cones

Objective(s) of Drill:

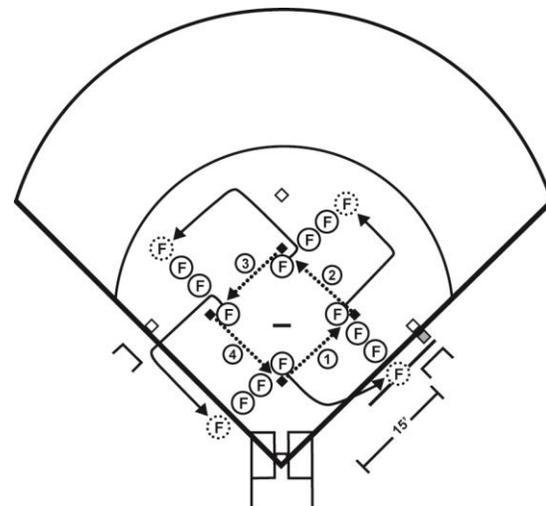
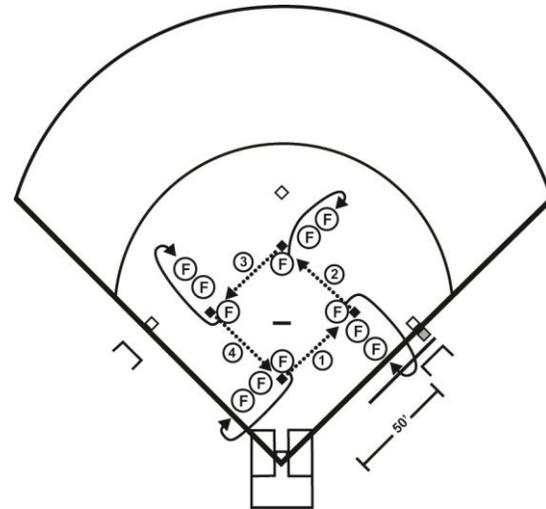
- To practice overhand throw mechanics and pivot footwork
- To practice underhand tosses
- To practice backhand tosses

Drill Description:

- Set up bases or cones in diamond formation.
- Divide players into 4 groups with 3 players per corner.
 - **Variation #1 - Pivot and Throw (6 minutes):**
 - Set bases about 50' apart.
 - First player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to player at 2nd Base. Continue throwing to each base.
 - Players will rotate to the end of their line at their corner after completing throw (go to back of their line).
 - **Variations:**
 - ◆ Reverse direction of throws.
 - ◆ Add tag after receiving throw.
 - ◆ Add 2nd ball.
 - **Variation #2 - Underhand and Backhand Tosses (4 minutes)**
 - Set bases about 15' apart.
 - First player in line at Home tosses ball to 1st player at 1st Base who receives throw, pivots and tosses to player at 2nd Base. Continue tossing to each base.
 - The type of toss (underhand or backhand) is dictated by the tosser's throwing hand. If the receiver at 1st Base is right handed they will backhand toss to 2nd Base. If they are left handed, they will underhand toss to 2nd Base.
 - Players will follow their throw and line up at next base.
 - Reverse direction of throws.
- Have extra balls ready so players aren't chasing bad throws.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: FOOTBALL DRILL

Time: 8 minutes

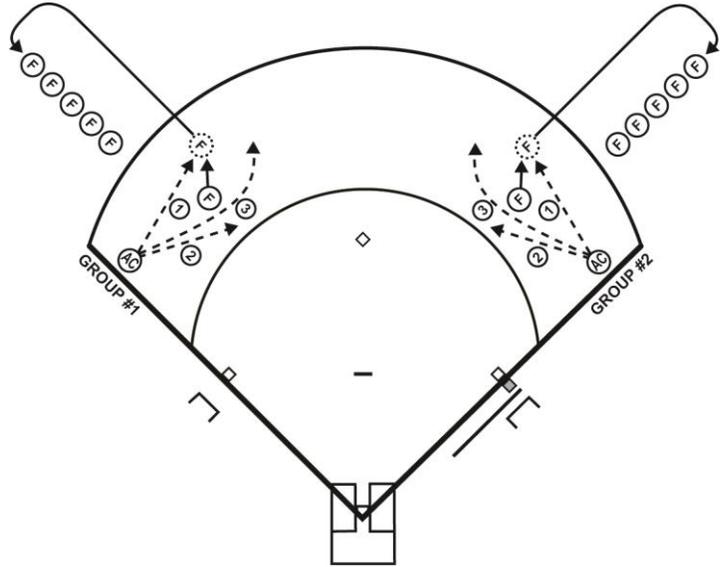
Equipment: Bases or cones, Balls

Objective(s) of Drill:

- Refine pivots and going back for fly ball hit over fielder's head
- Refine catching a fly ball on the run

Drill Description:

- Divide players into 2 groups of 6 players with one group in right field and one group in left field.
- Both groups will complete the drill simultaneously.
- Each group will have a Coach acting as the quarterback throwing to the players.
- One player assumes outfielder ready position about 10' in front of Coach.
- On Coach's signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - Right
 - Left
 - And over their head
- Player makes catch, stops quickly, overhand throws the ball back to the Coach and moves to the back of the line.
- Once, all players have completed 2 reps in each direction, the Coach will then randomly select a direction to throw the ball to be fielded.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: HITTING CIRCUIT

Time: 30 minutes (5 minutes per station)

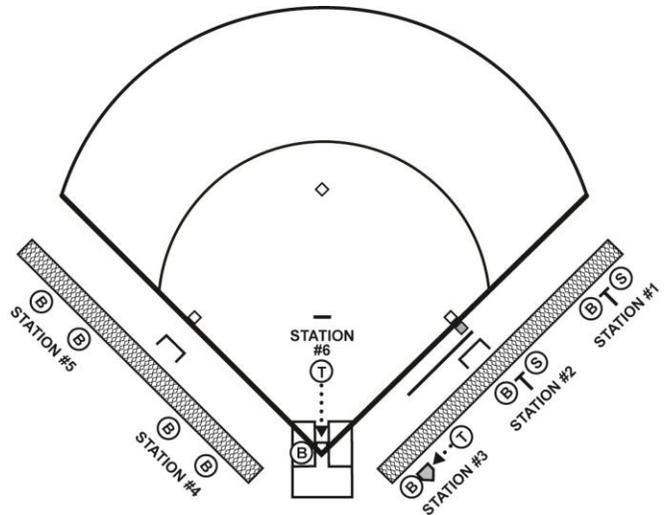
Equipment: Balls (Regular, Whiffle Balls, Plastic Hockey Balls), Bats (Heavy, Regular and Wooden Dowel/Broomstick), Fence or Nets, Batting Tees, Helmets

Objective(s) of Drill:

- Practice/refine hitting mechanics
- Develop tracking, coordination, and balance

Drill Description:

- Partner up players.
- Set up 6 hitting stations with 2 players at each station:
 - **Station #1 - Tee Swings into Net/Fence**
 - Player hits off tee into fence/net.
 - 2 sets of 5 swings
 - **Station #2 - One Handed Swings**
 - Player hits off tee using light bat. Batter will be on one knee doing one hand swings (use one hand then the other).
 - Other player shags balls and puts balls on tee.
 - 2 sets of 5 swings.
 - **Station #3 - Soft Toss from Side**
 - Tosses orange plastic hockey balls or whiffle balls and batter hits balls using broomstick.
 - Tosses are rapid fire to promote bat speed.
 - 2 sets of 10 swings.
 - **Station #4 - Shadow Swings**
 - Each player will perform 7 swings with each type of bat visualizing a pitched ball.
 - The player will concentrate on performing the following components of the swing correctly:
 - ◆ Load
 - ◆ Soft step
 - ◆ Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
 - The player will swing at the following speeds using each of the bat types:
 - ◆ Heavy bat – perform a super slow motion swing.
 - ◆ Light bat or broomstick – perform swing as fast as possible.



◆ Regular bat – perform swing at normal speed.

■ **Station #5 - Fence Swings**

- Player holds bat against stomach so it just touches the fence to determine distance of stance from fence.
- Leading with hands, bat should not touch fence during any part of the swing.
- 2 sets of 5 swings.

■ **Station #6 - Sacrifice Bunting**

- One player is the bunter, one player is the tosser.
- Tosses throws the ball from about 15' in front of batter.
- 2 sets of 5 sacrifice bunts.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: DEFENSIVE POSITIONAL PLAY & TEAM TACTICS

Time: 35 minutes

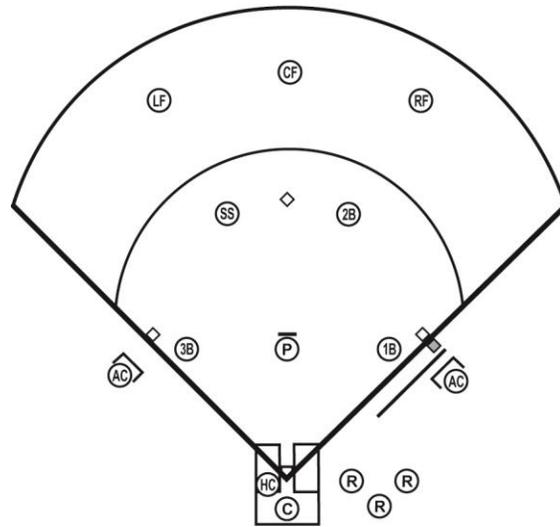
Equipment: Bats, Bases, Balls, Helmets

Objective(s) of Drill:

- Refine technical skills within game simulations
- Review team and individual tactics/strategies

Drill Description:

- Place players in all defensive positions.
- Extra players will act as baserunners. Rotate baserunners into defensive positions so all players play defense and are baserunners.
- Coach hits balls to fielders in every defensive position simulating game situations including:
 - Runners at various bases with various number of outs:
 - 1st Base with less than 2 outs
 - 2nd Base with two outs
 - 3rd Base with less than 2 outs
 - 1st and 2nd Base with two outs
 - Bases loaded with less than 2 outs
 - Etc.
 - Covering home on pass balls
 - Force plays
 - Relays/cut-offs
 - 1st and 3rd plays
 - Pick-offs
 - Bunt coverages
 - Rundowns between all bases



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: MENTAL SKILLS

Time: 15 minutes

Equipment: n/a

Objective(s) of Drill:

- Build confidence in performance
- Develop an understanding of the value of positive mental attitude

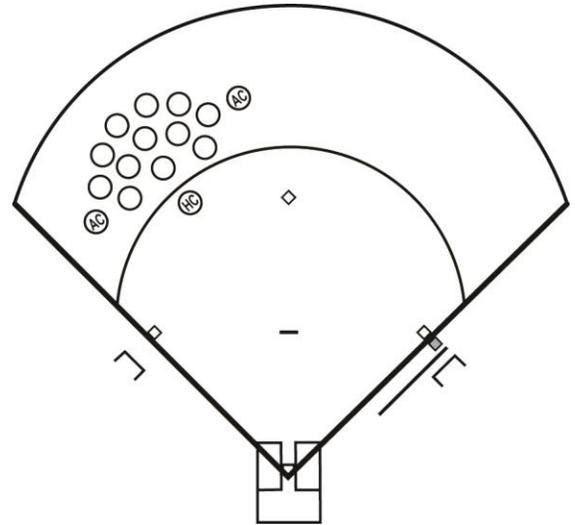
Drill Description:

○ **Drill #1 – Mental Skills Review**

- Coach gathers players in a huddle to review and discuss the following mental skills:
 - **Visualization** – see yourself in your mind’s eye making the correct plays in various situations (mental rehearsal)
 - **Parking** – leaving all concerns and distractions outside ball park or leaving a mistake behind and focusing on the task at hand
 - **Relaxation** – the use of deep breathing technique to gain control of excitement and gain focus on the task at hand (often used before stepping into the batter’s box, before stepping onto the pitcher’s plate, etc.).
 - **Positive Self Talk** – saying key words or phrases to help focus attention and build confidence in performance (often used in on-deck circle, or before stepping into the batter’s box. For example: “See the ball, Hit the ball.”).
- The Coach will review a routine for an at bat using the above mental skills:



- Step #1 – On Deck Circle Routine
 - ◆ Park all distractions (crowd noise, etc.)
 - Step #2 – Before Stepping into Batter’s Box Routine
 - ◆ Focus – Take a wide focus of the field in front of you and review the situation (where is the defense positioned, are there any baserunners, where are the baserunners, number of outs, etc.).
 - ◆ Relaxation – Take a deep breath prior to stepping into the batter’s box.
 - ◆ Positive Self Talk – State a phrase that will put you into a confident state of mind (“See the ball, hit the ball”, “Crush it”, “I’ve done it before, I can do it again”, etc.). This is individual to each player.
 - Step #3 – In the Batter’s Box Routine
 - ◆ Focus – As the pitcher begins their wind-up, narrow the focus to the pitcher’s release point and pick up the imaginary ball.
 - ◆ Visualize – See the ball from ball release and track it. Read the spin. See and feel yourself make solid contact with the ball.
- **Drill #2 – At Bat Routines**
- Partner up players. One partner will be the batter (no bat) and will discuss and walk through their routines during an at bat using the above mental skills while the other player acts as the pitcher (no ball) who pitches to the batter.
 - Line up all batters along one foul line with their partner-pitcher about 40’ away.
 - The batter will go through the mental skills used in each of these situations:
 - On-deck circle routine
 - Before stepping into the batter’s box
 - In the batter’s box:
 - ◆ Prior to the pitch release
 - ◆ At pitch release
 - ◆ Between pitches
 - Switch roles.
 - Complete 3 reps per player.
- Encourage players to practice using these mental skills throughout the drills in today’s practice.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
| | |



3.4 PHASE 3 – PRACTICE OBJECTIVES AND PRACTICE PLANS

| | Practice Objectives | Skill Focus | Required |
|---------------------|--|---|---|
| Practice #19 | <p>Practice #19 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills and positional play: <ul style="list-style-type: none"> ■ Outfielder ○ To consolidate defensive and offensive tactics/strategies. ○ To consolidate an understanding of the rules of play. ○ To develop team bonding. ○ To develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ■ Quick exchange ○ Hitting mechanics <ul style="list-style-type: none"> ■ Swing sequence ■ Hand/eye coordination ■ Bat speed ■ Inside/outside swing ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Forehand / backhand ■ Drop step ■ Pivots ○ Baserunning <ul style="list-style-type: none"> ■ Rounding the base ■ Tagging up ■ Situational baserunning ■ Bent leg slide ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ Runners on base with various out situations ■ Pick-offs at each base ■ 1st and 3rd ■ Relays/cut-offs ■ Plays at Home | <ul style="list-style-type: none"> ○ Balls (Regular, Plastic Hockey Balls or Whiffle Balls) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Fence ○ Helmets ○ Nets |



| | Practice Objectives | Skill Focus | Required |
|--------------|--|---|--|
| Practice #20 | <p>Practice #20 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills and positional play: <ul style="list-style-type: none"> ■ Infielder ■ Outfielder ■ Pitcher ■ Catcher ○ To consolidate defensive and offensive tactics/strategies. ○ To develop team bonding. ○ To develop players' leadership qualities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Quick exchange ■ Pivots ■ Long throw mechanics ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / Cross-over step ■ Forehand / backhand ■ Drop step ■ Catching fly ball on the run ○ Hitting mechanics <ul style="list-style-type: none"> ■ Swing sequence ■ Visual tracking ■ Bat speed ○ Pitching mechanics ○ Catcher mechanics: <ul style="list-style-type: none"> ■ Throwing to bases ■ Receiving pitches ■ Framing pitches ■ Retrieving pass balls from fence ○ Baserunning <ul style="list-style-type: none"> ■ Tagging up ■ Bent leg slide ■ Situational baserunning ○ Defensive and offensive tactics / strategies using game simulations | <ul style="list-style-type: none"> ○ Balls (Regular, Lite Flight Balls, Plastic Hockey Balls) ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Screens ○ Batting Tees ○ Cones ○ Helmets ○ Home Plates ○ Pitching Plates |



| | Practice Objectives | Skill Focus | Required |
|--------------|--|--|--|
| Practice #21 | <p>Practice #21 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills and positional play: <ul style="list-style-type: none"> ■ Infielder ■ Outfielder ○ To develop team defensive tactics/strategies and positional responsibilities. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Inside/outside swing ■ Hip rotation ■ Fake bunt/slap hit ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Pivots ■ Shuffle / cross-over step ■ Forehand / backhand ■ Drop step ■ Charging slow rollers ■ Against fence ○ Baserunning: <ul style="list-style-type: none"> ■ Situational baserunning ○ Defensive tactics / strategies under game conditions: <ul style="list-style-type: none"> ■ With runners at various bases and various number of outs ■ Pass ball at home ■ Force plays ■ Relays/cut-offs ■ 1st and 3rd ■ Pick-offs ■ Bunt coverages ■ Rundowns | <ul style="list-style-type: none"> ○ Balls (Regular, Whiffle Balls) ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Fence or Nets ○ Helmets ○ Pool Noodles |



| | Practice Objectives | Skill Focus | Required |
|--------------|---|---|--|
| Practice #22 | <p>Practice #22 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills and positional play: <ul style="list-style-type: none"> ■ Infielder ■ Outfielder ○ To have fun and develop team bonding. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Swing sequence ○ Baserunning <ul style="list-style-type: none"> ■ Getting out of batter's box ■ Sprinting technique ■ Running through 1st Base ■ Situational baserunning ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Quick exchange ■ Pivots ■ Long throws ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Forehand / backhand ■ Fielding bad throws ○ Outfielder positional skills: <ul style="list-style-type: none"> ■ Drop step ■ Defensive tactics / strategies under game conditions | <ul style="list-style-type: none"> ○ Ball Buckets ○ Balls ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Cones ○ Home Plate ○ Pitching Plate |
| Practice #23 | <p>Practice #23 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills under game conditions: <ul style="list-style-type: none"> ■ Infielders ■ Outfielders ○ To consolidate team offensive and defensive tactics and strategies using game simulations. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Inside/outside swing ■ Trigger ■ Short, soft stride ○ Fielding (ground ball and fly ball) under game conditions ○ Baserunning <ul style="list-style-type: none"> ■ Situational baserunning ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ○ Defensive and offensive tactics / strategies under game conditions | <ul style="list-style-type: none"> ○ Balls (Regular, Flight Restricted and Whiffle Balls) ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Cage or Fence or Nets ○ Batting Tees ○ Cones ○ Helmets |



| | Practice Objectives | Skill Focus | Required |
|--------------|---|--|---|
| Practice #24 | <p>Practice #24 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills under game conditions: <ul style="list-style-type: none"> ■ Infielders ■ Outfielders ○ To consolidate team offensive and defensive tactics and strategies using game simulations. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics: <ul style="list-style-type: none"> ■ Swing sequence ■ Against live pitching during game simulations ○ Baserunning <ul style="list-style-type: none"> ■ Tagging up ■ Retreat slide ■ Situational baserunning ■ Rundowns ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Dart throw ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Forehand / backhand ■ Pivots ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ Rundowns ■ Pick-offs ■ 1st and 3rd ■ Intentional walk ■ Pass ball at Home ■ Squeeze bunt (suicide and safety) | <ul style="list-style-type: none"> ○ Balls (Whiffle Balls or Restricted Flight Balls) ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Cones ○ Helmets ○ Pool Noodles |



| | Practice Objectives | Skill Focus | Required |
|--------------|---|--|--|
| Practice #25 | <p>Practice #25 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills under game conditions: <ul style="list-style-type: none"> ■ Infielders ■ Outfielders ○ To consolidate team offensive and defensive tactics and strategies using game simulations. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics: <ul style="list-style-type: none"> ■ Inside / outside swing ■ Focus ■ Sacrifice bunt ○ Baserunning <ul style="list-style-type: none"> ■ Sprinting technique ■ Situational baserunning ■ Reading: <ul style="list-style-type: none"> ● Coach's baserunning signals ● The hit ball and defensive coverage ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Quick exchange ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Pivots ■ Underhand / backhand tosses ■ Shuffle / cross-over step ■ Drop step ■ Forehand / backhand ■ Communication: <ul style="list-style-type: none"> ● Between infielder/outfielder ● Between outfielder/outfielder | <ul style="list-style-type: none"> ○ Balls (Regular, Whiffle Golf Balls) ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Helmets |



| | Practice Objectives | Skill Focus | Required |
|--------------|---|---|--|
| Practice #26 | <p>Practice #26 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To consolidate fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To consolidate positional skills under game conditions: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ■ Infielders ■ Outfielders ○ To consolidate team offensive and defensive tactics and strategies using game simulations. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics: <ul style="list-style-type: none"> ■ Swing sequence ■ Hitting under game conditions ○ Baserunning <ul style="list-style-type: none"> ■ Bunt reads ■ Bent leg slide ■ Situational baserunning ○ Pitching mechanics ○ Catcher mechanics ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Quick exchange ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle step / cross-over step ■ Forehand / backhand ■ Reading direction of fly ball ○ Offensive and defensive tactics / strategies: <ul style="list-style-type: none"> ■ Using various baserunners with various outs | <ul style="list-style-type: none"> ○ Ball Buckets ○ Balls (Regular, Plastic Hockey Balls or Whiffle Balls) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Batting Tee ○ Cones ○ Helmets ○ Home Plates ○ Pitching Plates ○ Agility ladders |



PRACTICE PLAN #19

DATE:

| | | | | | |
|-------------------------|--|--------------------------------|---|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To review fundamental softball skills using game simulations | 2 To develop hitting mechanics | 3 To review defensive and offensive tactics | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

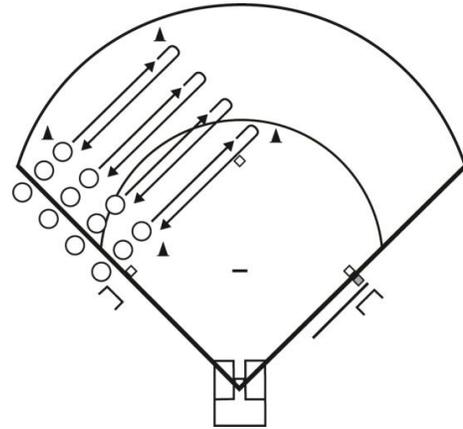
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

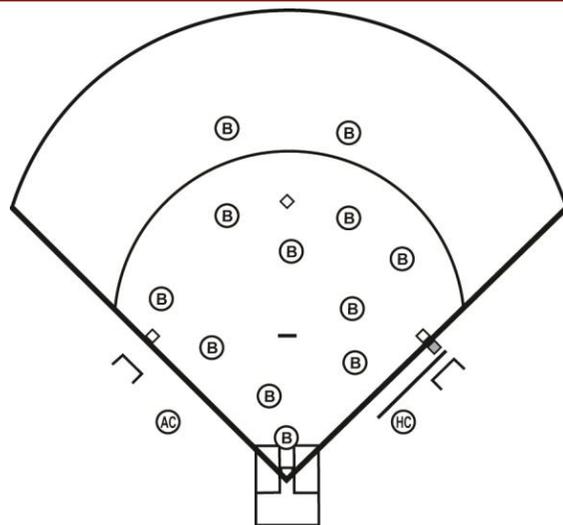
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____



DRILL: CRASH

Time: 10 minutes

Equipment: Balls (Regular, Plastic Hockey Balls or Whiffle Balls), Bases, Cones, Fence or net, Bats

Objective(s) of Drill:

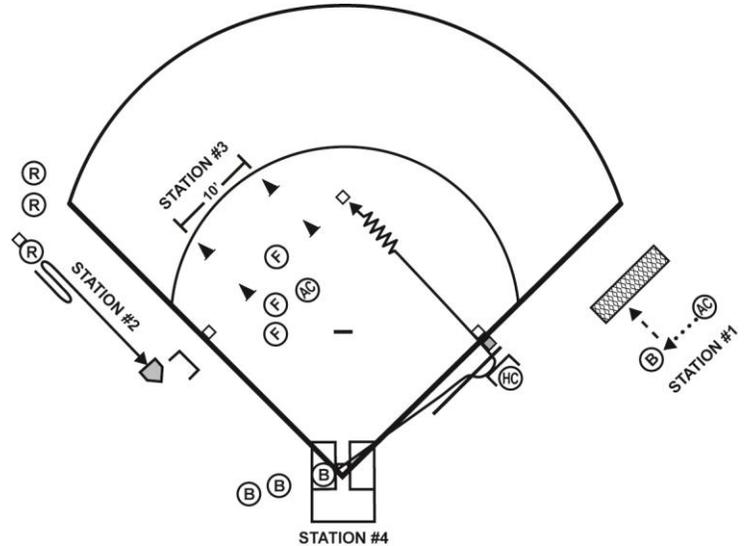
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Set-up 4 groups of 3 (allow for different groupings for greater team interaction).
- Groups will rotate through all 4 stations (2minutes per station).
- **Station #1 – Hitting (Rapid Fire Soft Toss)**
 - Using plastic hockey balls or whiffle balls, Coach will soft toss from side 5 balls in rapid succession
 - Player hits into fence or net while others in group retrieve balls.
 - Rotate all players so everyone hits.
 - 2 sets of 5 swings.
- **Station #2 – Reaction (Tag-up at 3rd)**
 - Player assumes rolling start position on Base.
 - Coach stands 10' in front of player in foul territory and goes through windmill pitching motion.



- Player leads-off when Pitcher’s arm is a 12 o’clock arm position then immediately returns to the base.
 - Coach’s follow through will indicate a fly ball has been hit by pointing to the sky towards left field
 - Player then watches Coach for signal (visual and vocal) to run Home.
 - Player takes 4-5 hard steps towards Home.
 - 3 reps per player.
- **Station #3 – Reaction (Cone Fielding)**
- Player lines up in front of Coach with flat cones placed 10’ left and right of the player’s starting position and 2 other cones back 10’ at a 60° angle on the left and right.
 - The player will read the visual cue given by the Coach:
 - The Coach points up and to which cone (left or right, parallel or back) to indicate a fly ball has been hit.
 - The Coach points down to indicate the hit is on the ground.
 - Player moves from good ready position to field imaginary ground ball or fly ball as dictated by Coach. Player should visualize tracking imaginary ball and should use proper footwork (pivots) to get to ball and set to make imaginary throw back to Coach.
 - Player returns to back of line when “catch and throw” is made.
 - 5 reps per player.
- **Station #4 – Speed (H to 2nd with slide)**
- Player assumes batting stance in batter’s box, swings at imaginary pitch, runs to 1st Base, rounds 1st, continues to 2nd Base, and slides into 2nd using the bent leg slide.
 - 2 reps per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

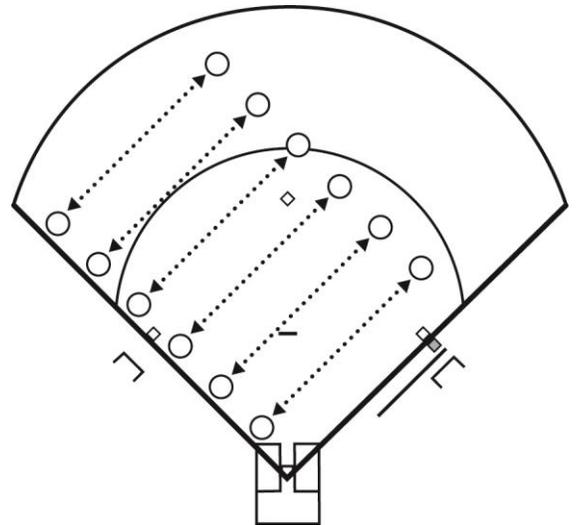
Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill
 - **Challenge:** Count the number of throws made in 30 seconds.
 - Repeat



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: STAR DRILL

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

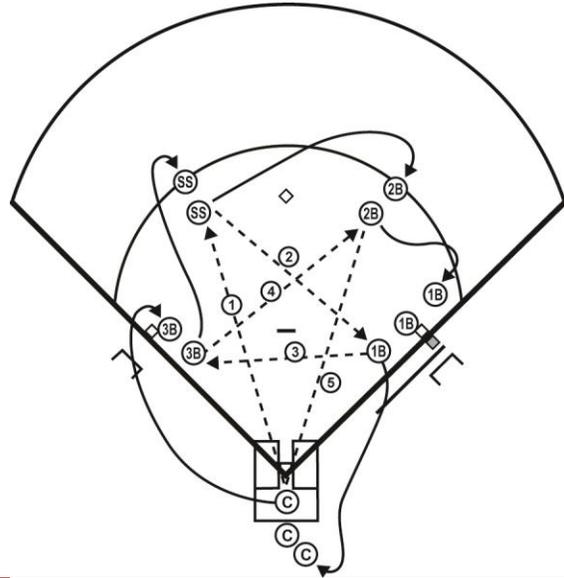
- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position.
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

- To teach the fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

○ **Ground balls (with a partner)**

- With gloves, roll a ground ball a few feet to the left and right of your partner who fields the ball and rolls a ground ball back. Field 6 ground balls each.
- With gloves, roll a ground ball a few feet to the left and right of your partner so they must perform a cross-over step to field the ball. Field 8 ground balls each.

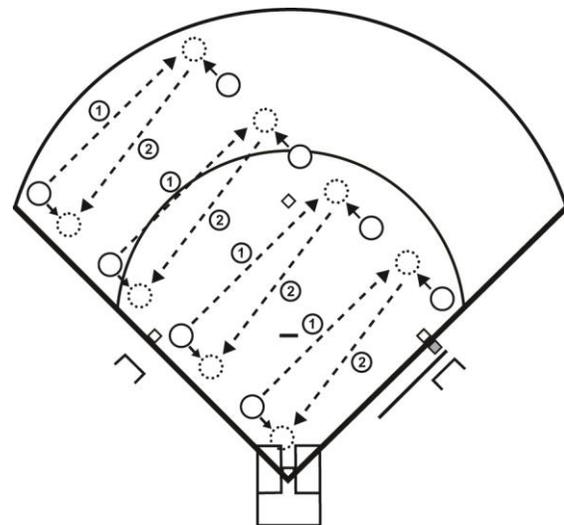
○ **Fly balls (with a partner)**

- With a glove and using a softball, throw a fly ball a few feet to the left and right of your partner who fields the ball and throws a fly ball back. Field 8 fly balls each.

- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





MAIN PART

DRILL: HITTING CIRCUIT

Time: 40 minutes (6 minutes per station)

Equipment: Balls (Regular, Whiffle Balls, Plastic Hockey Balls), Bats (Heavy, Regular and Wooden Dowel/Broomstick), Fence, Nets, Batting Tees, Helmets

Objective(s) of Drill:

- Practice/refine hitting mechanics
- Develop tracking, coordination, and balance

Drill Description:

- Partner up players.
- Set up 6 hitting stations with 2 players at each station:

■ **Station #1 - Tee Swings into Net/Fence**

- Player hits off tee into fence/net.
- 3 sets of 5 swings

■ **Station #2 - One Handed Swings**

- Player hits off tee using light bat. Batter will be on one knee doing one hand swings (use one hand then the other).
- Other player shags balls and puts balls on tee.
- 3 sets of 5 swings.

■ **Station #3 - Soft Toss from Side**

- Tossers tosses orange plastic hockey balls or whiffle balls and batter hits balls using broomstick.
- Tosses are rapid fire to promote bat speed.
- 3 sets of 10 swings.

■ **Station #4 – Shadow Swings**

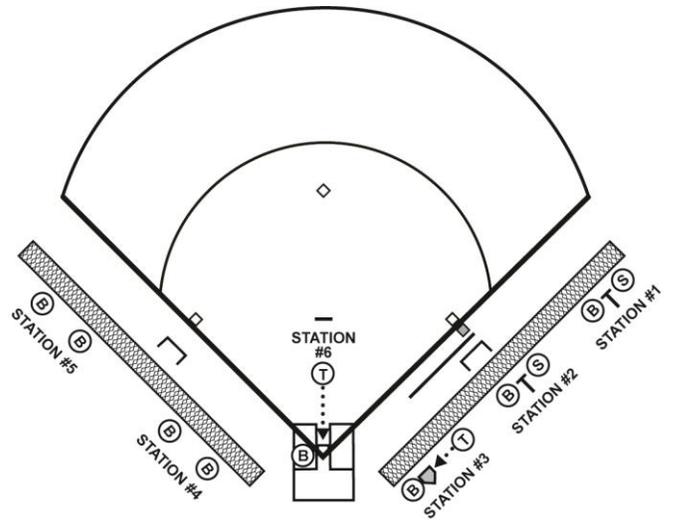
- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
- The player will concentrate on performing the following components of the swing correctly:
 - ◆ Load
 - ◆ Soft step
 - ◆ Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
- The player will swing at the following speeds using each of the bat types:
 - ◆ Heavy bat – perform a super slow motion swing.
 - ◆ Light bat or broomstick – perform swing as fast as possible.
 - ◆ Regular bat – perform swing at normal speed.

■ **Station #5 - Fence Swings**

- Player holds bat against stomach so it just touches the fence to determine distance of stance from fence.
- Leading with hands, bat should not touch fence during any part of the swing.
- 3 sets of 5 swings.

■ **Station #6 - Sacrifice Bunting**

- One player is the bunter, one player is the tosser.
- Tossers throws the ball from about 15' in front of batter.
- 3 sets of 5 sacrifice bunts.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: GAME SIMULATIONS

Time: 30 minutes

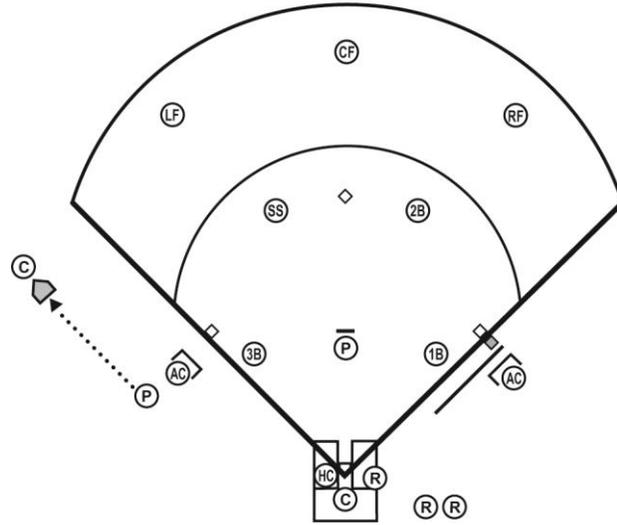
Equipment: Bases, Balls, Helmets, Bats

Objective(s) of Drill:

- To review defensive and offensive tactics

Drill Description:

- Place players in all defensive positions including Pitcher and Catcher. Extra players will be baserunners. Other Pitchers and Catchers when not playing defense will practice pitching and receiving on sidelines.
- Players should play at least 2 different positions throughout drill.
- The Coach will call out various game situations (number of outs, baserunners on base, etc.) and then hit a ball to the defense:
 - Runner from home
 - Runner at 1st
 - Runner at 1st and 2nd
 - Runner on 2nd
 - Runner at 3rd
 - Runner at 2nd and 3rd
 - Bases loaded
 - Pick-offs at each base
 - 1st and 3rd options
 - Cut-offs and relays
 - Plays at Home
- If possible, have another Coach or the Pitcher simulate throwing a pitch so the baserunners can time their lead-offs.
- Have Coaches at 1st and 3rd Base giving signals to baserunner so players learn to read signals from Coach while baserunning. Have players yell out the signal (bunt, steal, etc.).



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #20

DATE: _____

| | | | | | |
|--------------------------------|---|--|--|---------------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To consolidate fundamental skills & tactics 2 To consolidate hitting mechanics | 3 To review positional skills for infielders and outfielders using game situations | 4 To consolidate pitcher and catcher mechanics | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

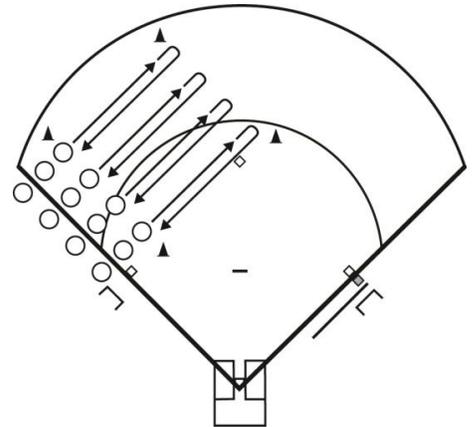
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

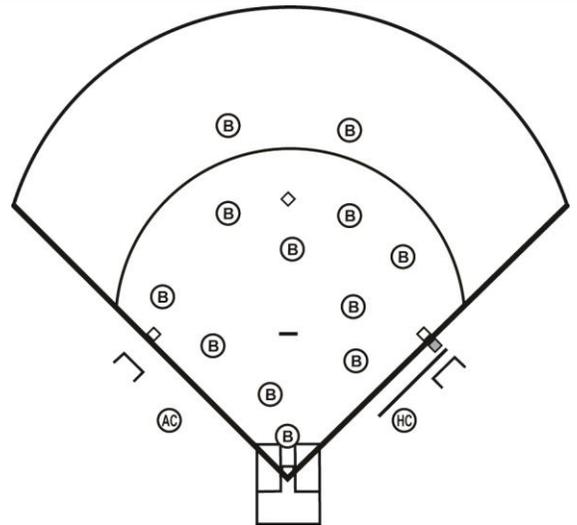
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bases, Cones, Balls (Regular, Plastic Hockey Balls), Bats

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Divide players into 4 groups of 3 with one group at each station (be sure to switch up players so they are with different teammates each practice).
- Set-up 4 stations with 2 minutes per station.
- Station #1 – Hitting (Rapid Fire Soft Toss)**
 - One batter, two shaggers, and one Coach pitcher.
 - Using plastic orange hockey balls or whiffle balls, Coach will soft toss 5 balls from the side in rapid succession to the batter.
 - Batter hits balls into fence. Shaggers retrieve balls when batter is finished. Switch hitters.
 - Rotate players so everyone hits and shags.
 - 2 sets of 5 swings per player.
- Station #2 – Reaction (Tag-up at 3rd)**

- A Coach acts as the Pitcher and stands 10' in front of baserunner.
- Player assumes Rolling Start position on 3rd base.
- Player takes lead-off when pitcher's arm is at 12 o'clock position and reads the Coach's visual cue:
 - The Coach points up to indicate a fly ball has been hit.
 - ◆ If it's a fly ball, the player returns to the base, waits for the Coach's cue (visual and verbal) that ball has been caught, then runs hard taking 5-6 steps towards next base and then goes to back of line.
 - The Coach points down to indicate the hit is on the ground.
 - ◆ If it's a ground ball, the player runs hard towards next base taking 5-6 steps and then goes to back of line.
- 3 reps per player.

○ **Station #3 – Reaction (Cone Fielding)**

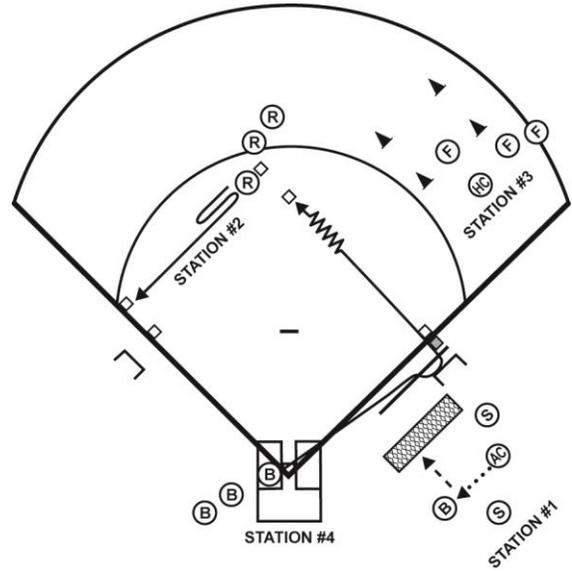
- Players line up in front of Coach with flat cones placed 10' left and right of the player's starting position and 2 other cones back 10' at a 60° angle on the left and right.
- The player will read the visual cue given by the Coach:
 - ◆ The Coach points up and to which cone (left or right, parallel or back) to indicate a fly ball has been hit.
 - ◆ The Coach points down and to which cone (left or right, parallel or back) to indicate a ground ball has been hit.
- Player moves from good ready position to field imaginary ground ball or fly ball as dictated by Coach. Player should visualize tracking imaginary ball and should use proper footwork (pivots) to get to ball and set to make imaginary throw back to Coach.
- Player returns to back of line when "catch and throw" is made.
- 5 reps per player.

○ **Station #4 – Speed (H to 2nd with slide)**

- Player assumes batting stance in batter's box, swings at imaginary pitch, runs to 1st Base, rounds the base, continues to 2nd Base and slides into 2nd Base using bent leg slide.
 - 2 reps per player.
- Players rotate to next station.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

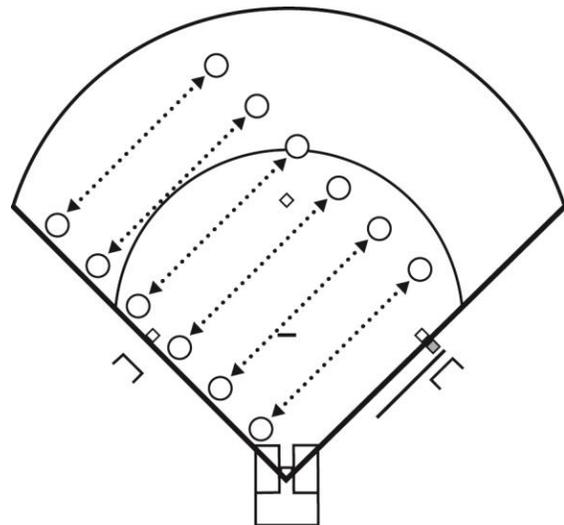
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points.
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: FOUR CORNER DRILL (WITH SEVERAL VARIATIONS)

Time: 10 minutes

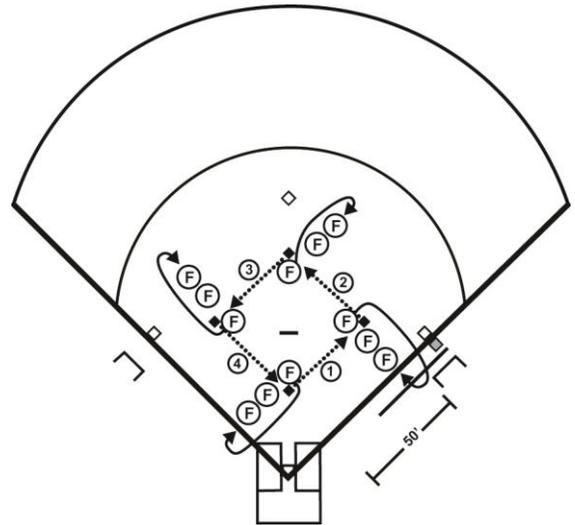
Equipment: Balls, Cones or bases

Objective(s) of Drill:

- To practice overhand throw and pivots
- To practice underhand and backhand tosses.

Drill Description:

- Set bases about 50' apart.
- Evenly divide players at each corner.
 - **Variation #1 - Pivot and Throw:**
 - Players throw to next cone/base and then rotate to end of their line.
 - Work on pivot footwork.
 - Reverse direction of throws.
 - **Variation #2**
 - Same as Variation #1 but players follow their throw to next corner.
 - **Variation #3:**
 - Add a second ball to the drill.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 5 minutes

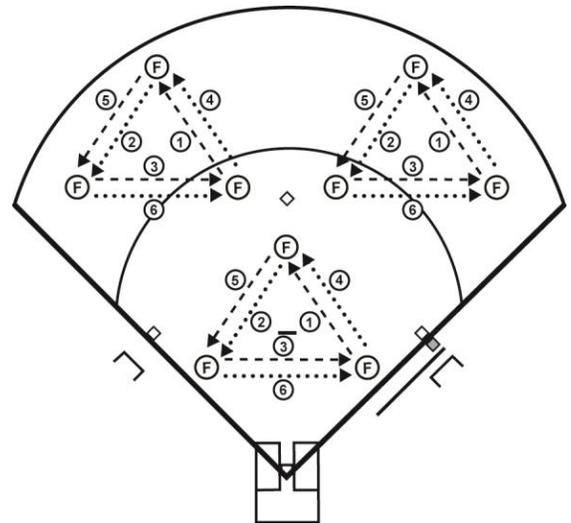
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique, pivot footwork and throwing mechanics

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: STATION WORK

Time: 50 minutes (15 minutes per station)

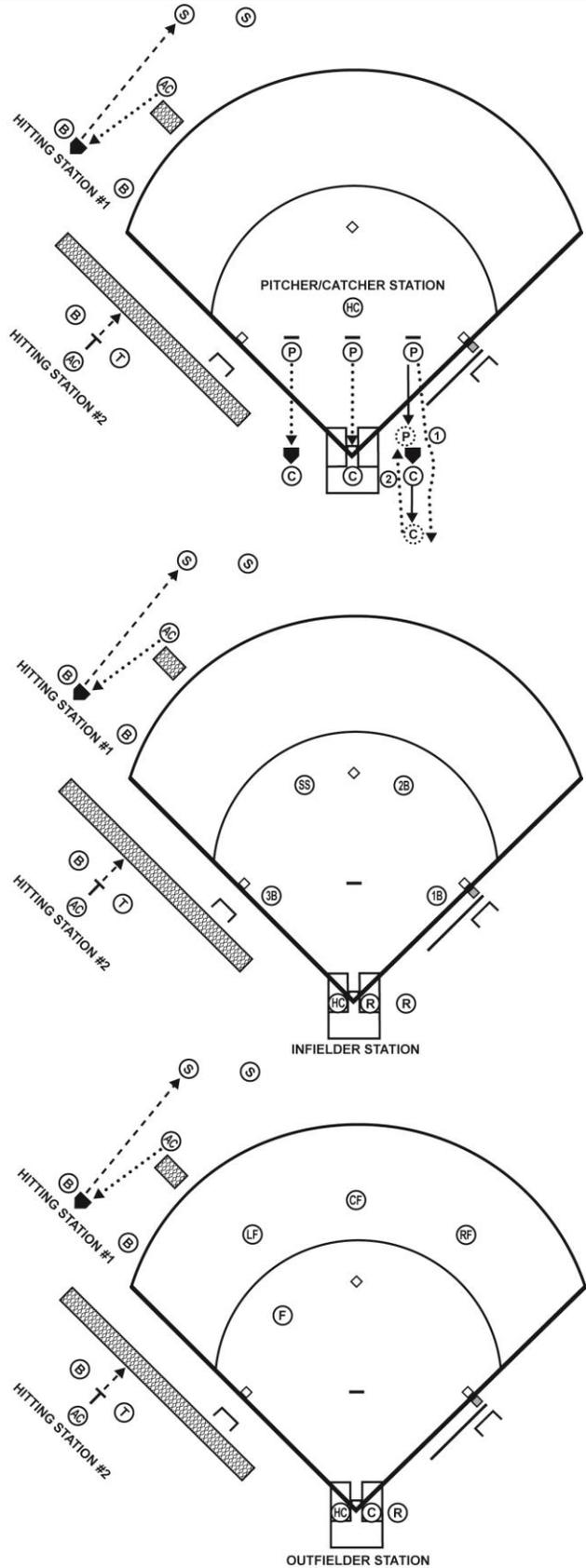
Equipment: Batting Screens, Balls (Regular, Lite Flight Balls), Bases, Pitching Plates, Home Plates, Helmets, Batting Tees

Objective(s) of Drill:

- Practice hitting mechanics
- Practice pitching/catching mechanics
- Practice fielding mechanics
- Practice team tactics for various defensive situations

Drill Description:

- Form 2 groups of 6 players:
 - Group #1 is made up of pitchers and catchers.
 - Group #2 is made up of infielders and outfielders.
- Each group will complete their respective station work (25 minutes per station):
 - While the Pitchers and Catchers are hitting, the infielders/outfielders are working on fielding skills.
 - After 25 minutes, the pitchers/catchers will then work on pitching and catching mechanics while the infielders/outfielders will hit.
- **Hitting Station (25 minutes) – Both groups complete separately**
 - Number the players #1 to #6. #2 will follow #1 through the stations.
 - While #1 starts at the Front Toss Station, #2 will start at the Shadow Swing Station, and #3, 4, 5, and 6 will shag for the Front Toss Station.
 - After 10 swings, #1 will move to the Batting Tee Work (Station #2), #2 doing shadow swings will move to the Front Toss Station and #3 moves to the on-deck for Station #1 (Front Toss) and completes shadow swings. Once a player completes Station #2 - Batting Tee Work, they will join the shaggers at Station #1 until it's their turn to complete another cycle of the hitting stations.
 - Cycle all players through each hitting station until they complete 2 sets.
 - **Hitting Station #1 - Front Toss**
 - One batter, 2nd batter doing Shadow Swings in on-deck position, and other 4 players acting as shaggers.
 - A Coach pitcher throws front toss from 15-18' in front of home plate using whiffle balls.
 - 2 sets of 10 reps per batter.
 - **Hitting Station #2 - Batting Tee Work**
 - Players hit balls into net or fence off batting tee.
 - 2 set of 10 swings.
- **Pitcher/Catcher Station (25 minutes):**
 - **Pitchers**
 - Complete pre-game pitching routine working on all pitches.
 - **Catchers:**
 - Work on receiving and framing pitches.
 - On every 5th pitch, the Pitcher will throw a ball in the dirt that the catcher lets go to the fence. The Catcher retrieves the ball and tosses it to the pitcher covering Home Plate.
- **Infielder/Outfielder Station (25 minutes)**
 - **Infielder Station (12 minutes)**
 - Place players at 1B, 2B, 3B and SS with extra players acting as baserunners. Rotate players regularly.
 - Coach hits balls to each infield position under various situations (number of outs, runners on base, etc.).
 - Rotate players into new defensive positions and to act as baserunners.
 - **Outfielder Station (12 minutes)**
 - Place players in LF, CF, RF and one player that moves to 2B, 3B or as cut-off depending on the situation as dictated by the coach. Extra players act as baserunners.
 - Coach hits balls to each outfield position under various situations (number of outs, runners on base, etc.).
- Once all players complete their first station, the groups will move to their 2nd station.





Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: GROUP WORK

Time: 15 minutes

Equipment: Balls, Cones, Home Plates, Pitching Plates

Objective(s) of Drill:

- To develop Catcher’s footwork and throwing technique
- To develop pitchers’ mechanics
- To develop outfielder’s ability to read direction of fly ball and change directions quickly

Drill Description:

- Divide players into 2 groups:
 - Group #1 – Pitchers & Catchers
 - Group #2 – All other players
- Each group will use ½ of the gym and complete their activities at the same time.

Group #1 – Pitcher & Catcher Practice

■ **Pitchers (15 minutes):**

- Pitchers will complete a pitching workout using drills selected by the Coach from Appendix I - CANpitch Pitchers Workout. The Pitcher should complete 10 good reps of that drill before moving to the next drill.
- While Catchers are completing their practice, the Pitchers will throw to each other or with a Coach.

■ **Catchers:**

● **Catcher Throwing Drill (10 min.)**

- ◆ Coach or partner will pitch to Catcher from 15’ in front of Catcher.
- ◆ Catcher will receive pitch and then perform proper footwork to pivot and throw to 1st, 2nd and 3rd base but does not throw the ball. After one set, rotate Catchers.
- ◆ Another Catcher will stand in the batter’s box switching from the left to the right side on each pitch.
- ◆ 2 sets per Catcher.

- **Note:** Full catching equipment should be worn.

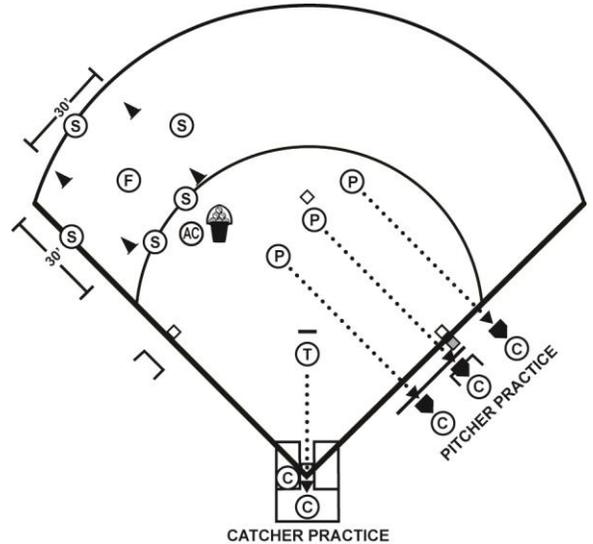
- Once Catchers have completed this drill, they will catch for pitchers’ practice and practice framing the pitch.

- Once Pitchers and Catchers complete their practice, they will join the rest of the team for the cool-down.

○ **Group #2 – All Other Players**

■ **Kamikaze Drill (15 minutes)**

- Set up 4 cones in a 30’ x 30’ square in the outfield.
- The Coach stands outside the square with a bucket of balls and tosses balls randomly in the air towards all corners of the square to represent fly balls.
- The player will start in the middle of the square and will break quickly to the ball. After catching the ball, the player will toss it outside the square and break for the next ball the Coach has tossed. The other players will shag balls.
- After 5 balls, rotate players.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #21

DATE: _____

| | | | | | |
|-------------------------|---|--|--|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine pivots and going back for fly ball hit over fielder's head and near the fence | 2 To consolidate hitting mechanics (inside/outside swing, hip rotation) and develop fake bunt/slap | 3 Review team and individual tactics/strategies using game simulations | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

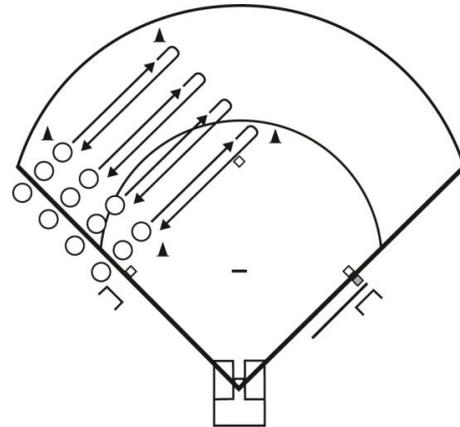
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

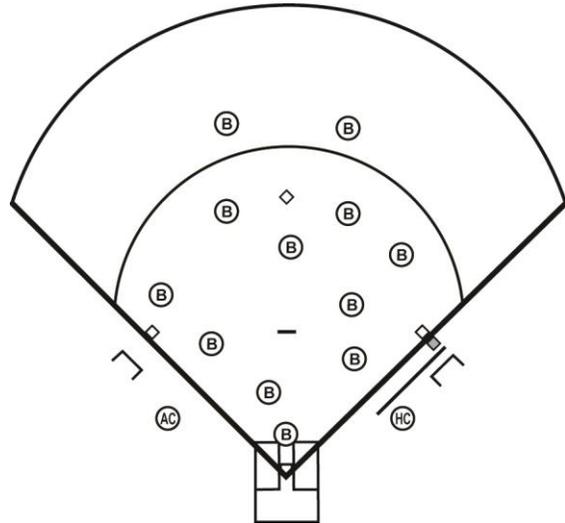
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: CRASH

Time: 10 minutes

Equipment: Bases, Cones, Balls, Bats, Pool Noodles

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Divide players into 4 groups of 3 with one group at each station.
- Set-up 4 stations.

■ **Station #1- Agility (Get Up and Go)**

- One player at a time will assume the position of just completing a retreat slide back to the Base.
- On the Coach's command ("Go"), the player gets up quickly and runs 4-6 steps towards next base.
- 3 reps per player.

■ **Station #2 – Agility (Shuttle Run)**

- Set up two cones 30' apart and place two bean bags at the cone furthest away.
- Player starts in push up position with nose on ground.
- On signal from coach, player, gets up and runs to opposite cone, picks up bean bag, and runs back to first cone, drops bean bag. Sprints back to opposite cone, picks up second bean bag and sprints back to first cone.
- Next player gets into start position and repeats until each player completes the shuttle run twice.

■ **Station #3 – Reaction (Cone Fielding - Charging Slow Rollers)**

- Set up flat cones 1 step to the right or left of the player's start position and 10' in front of Coach.
- On Coach's visual command, the player charges towards cone pretending to field a ground ball and throw on the run.
- 4-5 reps per player.

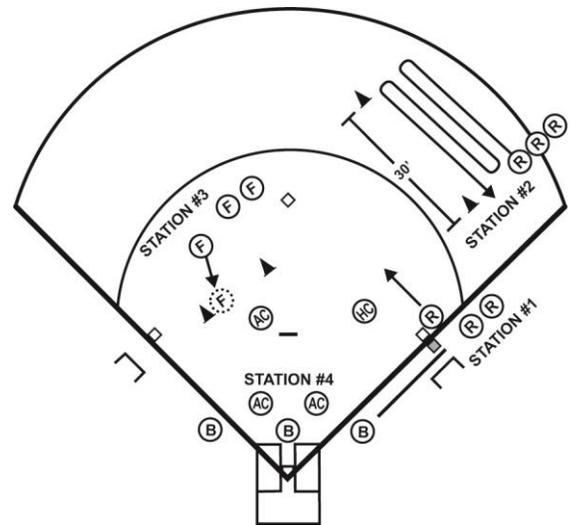
■ **Station #4 - Hitting (Pool Noodle)**

- Player swings bat at the pool noodle at various points in the strike zone held by their partner.
- Coach observes technique and provides feedback.
- 2 sets of 7 swings per player.

- After 2-3 minutes, players rotate to next station.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

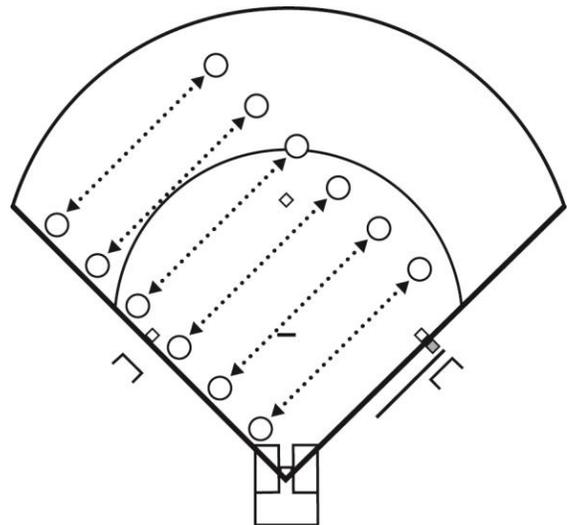
Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):

- Wrist snaps
- 2 foot stationary throwing position or One Knee Drill
- K position
- K position with step or stride
- Pre-stride into K position
- Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOOTBALL DRILL

Time: 10 minutes

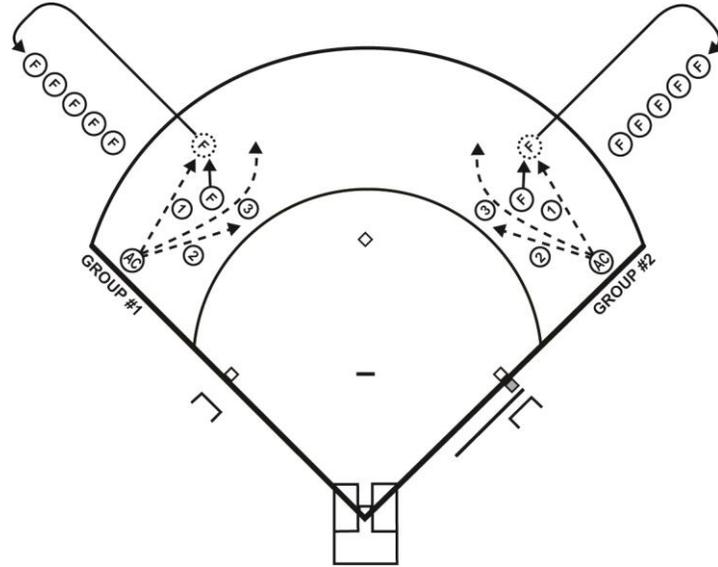
Equipment: Bases or cones, Balls

Objective(s) of Drill:

- Refine pivots and going back for fly ball hit over fielder's head
- Refine catching a fly ball on the run

Drill Description:

- Divide players into 2 groups of 6 players with one group in right field and one group in left field.
- Both groups will complete the drill simultaneously.
- Each group will have a Coach acting as the quarterback throwing to the players.
- One player assumes outfielder ready position about 10' in front of Coach.
- On Coach's signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - Right
 - Left
 - And over their head
- Player makes catch, stops quickly, overhand throws the ball back to the Coach and moves to the back of the line.
- Once, all players have completed 2 reps in each direction, the Coach will then randomly select a direction to throw the ball to be fielded.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: FENCE DRILL

Time: 10 minutes

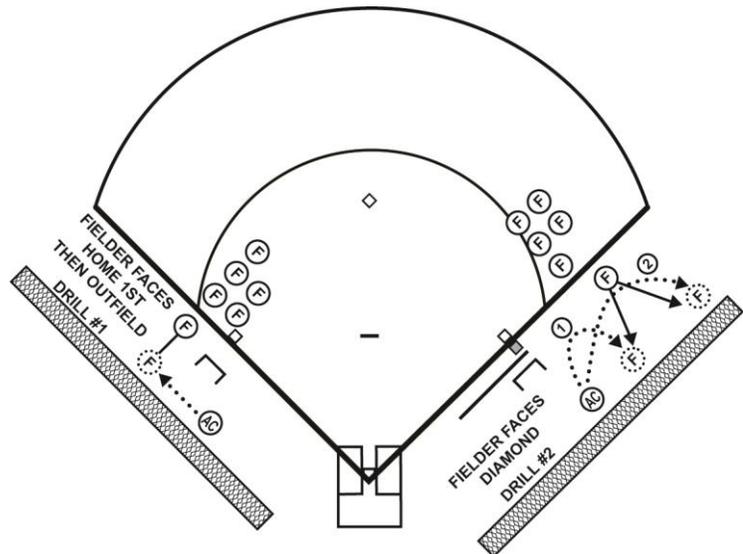
Equipment: Balls, Fence

Objective(s) of Drill:

- To teach technique for catching a fly ball at the fence

Drill Description:

- Divide players into 2 groups of 6.
- Set-up 1 group on 1st Base side and other group on 3rd Base side.
- **Variation #1:**
 - Player sets up in infielder ready position about 10-15' from fence.
 - Coach who is positioned near the fence tosses a high fly ball that will come down near the fence.
 - On Coach's cue, player pivots and fields fly ball at fence.
 - Rotate players after every toss.
 - Be sure to work movement to their left and right by having players start drill by facing Home and then facing the outfield. Coach remains in same spot.
 - 10-12 fly balls in each direction.
- **Variation #2:**
 - Player sets up in outfielder ready position about 10-15' from fence facing into diamond towards pitching mound.
 - Coach gives player a verbal cue to turn left or right to find ball as ball is tossed high in the air at fence.
 - Player reacts and moves to catch fly ball near fence.
 - 10-12 fly balls in each direction.



Key Teaching Points:

- 1 _____
- 2 _____



3 _____

DRILL: HITTING CIRCUIT

Time: 30 minutes

Equipment: Balls (Regular, Whiffle balls), Bats (Regular and Wooden Dowel/Broomsticks Bats), Fence or Nets, Batting Tees

Objective(s) of Drill:

- Practice/refine hitting mechanics including hip rotation
- To teach fake bunt, swing away technique

Drill Description:

- Divide players into 3 groups of 4.
- Groups will rotate through 3 stations (15 minutes per station):

■ **Station #1 – Double Tee Swing Down Drill**

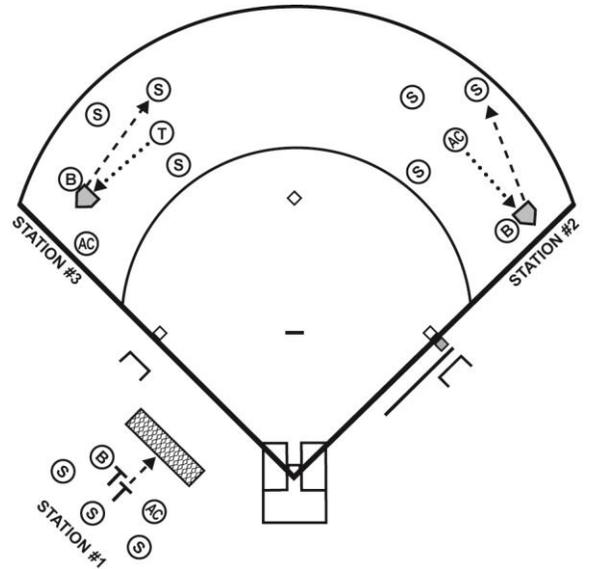
- Place 2 Tees back to back (back Tee set at 1 ball diameter lower than front Tee)
- Place balls on both Tees.
- Player swings and hits only the front ball into net or fence.
- 2 sets of 5 swings.

■ **Station #2 – Hip Rotation Drill**

- Player takes normal batting stance but locks arms behind back around long broomstick.
- Coach soft tosses a whiffle ball from in front of batter.
- Player pops hips quickly rotating trunk while pivoting on back foot attempting to hit the ball with the broomstick.
- After hip rotation, player remains balanced and doesn't move either foot.
- 2 sets of 5 swings.

■ **Station #3 – Fake Bunt - Slap Hit Drill**

- Set up with one hitter, one tosser and 2 shaggers.
- Tossers front tosses whiffle balls from 15' in front of hitter.
- Hitter assumes pivot sacrifice bunt stance as ball is released.
- Hitter pivots back to regular hitting stance and slap hits the ball by swinging down and through the ball.
- 2 sets of 5 swings.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: DEFENSIVE POSITIONAL PLAY & TEAM TACTICS

Time: 30 minutes

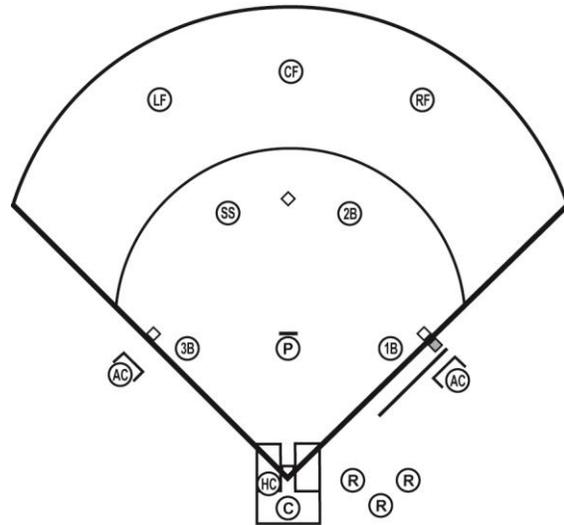
Equipment: Bats, Bases, Balls, Helmets

Objective(s) of Drill:

- Refine technical skills within game simulations
- Review team and individual tactics/strategies

Drill Description:

- Place players in all defensive positions.
- Extra players will act as baserunners. Rotate baserunners into defensive positions so all players play defense and are baserunners.
- Coach hits balls to fielders in every defensive position simulating game situations including:
 - Runners at various bases with various number of outs:
 - 1st Base with less than 2 outs
 - 2nd Base with two outs
 - 3rd Base with less than 2 outs
 - 1st and 2nd Base with two outs
 - Bases loaded with less than 2 outs
 - Winning run on 3rd Base in the bottom of the 7th inning with less than 2 outs
 - Etc.
 - Covering home on pass balls
 - Force plays
 - Relays/cut-offs
 - 1st and 3rd plays
 - Pick-offs
 - Bunt coverages
 - Rundowns between all bases



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

Static Stretching Routine (See Appendix C)

Debrief:

10 minutes

PRACTICE EVALUATION

What worked well:

What to change for next time:



PRACTICE PLAN #22

DATE: _____

| | | | | | |
|-------------------------|---|------------------------------------|---|--------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To refine fundamental softball skills | 2 To learn how to field bad throws | 3 To refine outfielder skills under game conditions | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

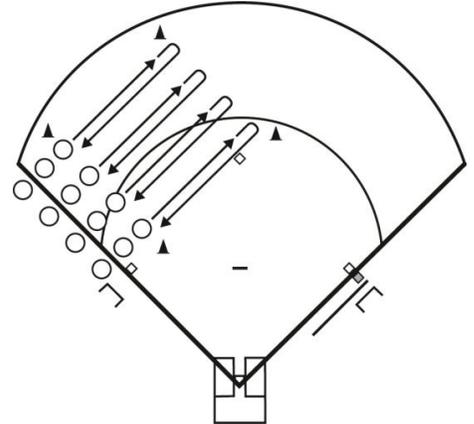
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

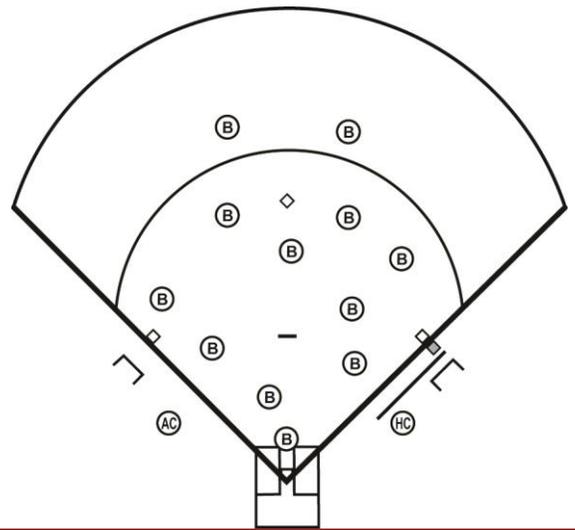
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time: 10 minutes

Equipment: Balls, Bases, Bats (Regular, Heavy and Wooden Dowel/Broomstick), Cones

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Set-up 4 groups of 3 (allow for different groupings for greater team interaction).
- Groups will rotate through all 4 stations (2minutes per station).
- **Station #1 - Reaction (Get Up and Go)**
 - Player assumes dive back position.
 - On Coach's signal, player gets up as quickly as possible and sprints toward next base (5 - 6 hard steps). Then returns to back of line.
- **Station #2 – Speed (H to 1st)**
 - The Coach will review the rules regarding the use of the orange base.
 - Set up 1st Base (double base) at U14 basepath distance (60') from batters.
 - Player swings bat as if in batter's box, drops bat, runs through 1st Base, gains control, turns right towards the foul line to return to the base.
 - Use good form running:

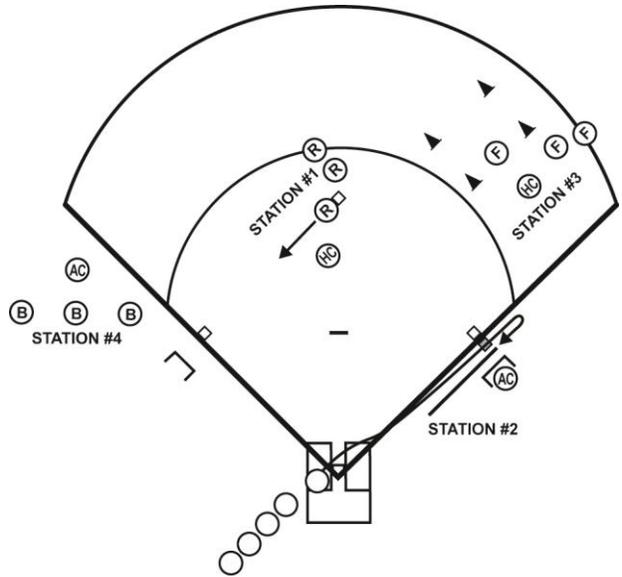
- Good body lean
- Pump arms
- Knees high
- Stretch stride after first 2-3 steps
- Run through base

○ **Station #3 – Reaction (Cone Fielding)**

- Place flat cones 10' left and right of start position; and 2 other cones at a 60° angle back left and right.
- Player moves from ready position to field either imaginary ground ball or fly ball as dictated by Coach pointing to a cone either in the air or on the ground.
- Player should visualize tracking an imaginary ball, make proper pivots, complete footwork to get to ball and set up to make throw to target.
- 5 reps per player.

○ **Station #4 – Hitting (Shadow Swings)**

- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
- The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
- The player will swing at the following speeds using each of the bat types:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

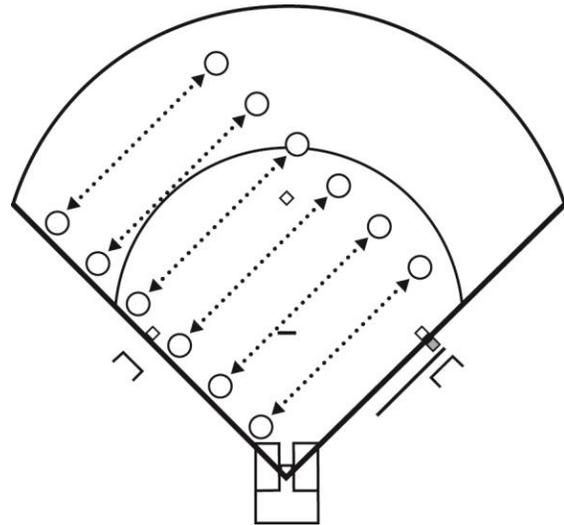
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points.
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: STAR DRILL

Time: 5 minutes

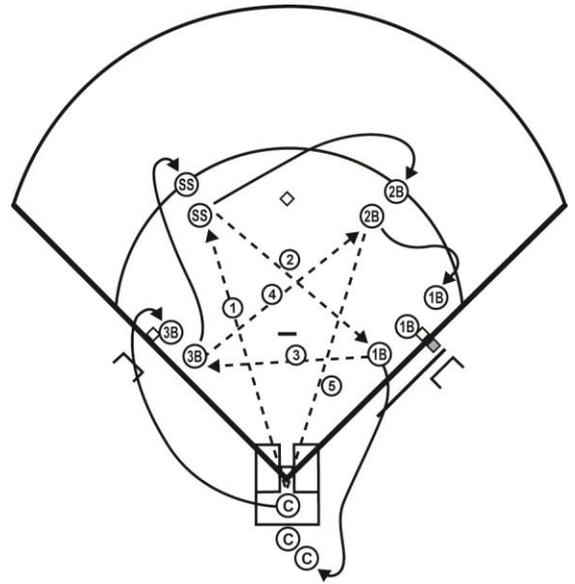
Equipment: Balls

Objective(s) of Drill:

- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 5 minutes

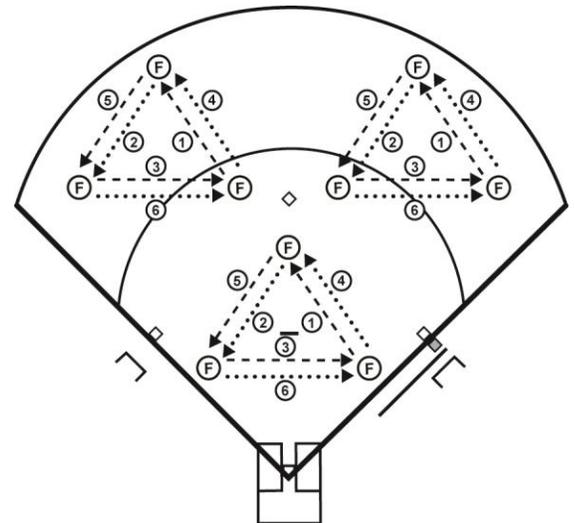
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique, pivot footwork and throwing mechanics

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: BACKHAND/FOREHAND DRILL

Time: 20 minutes

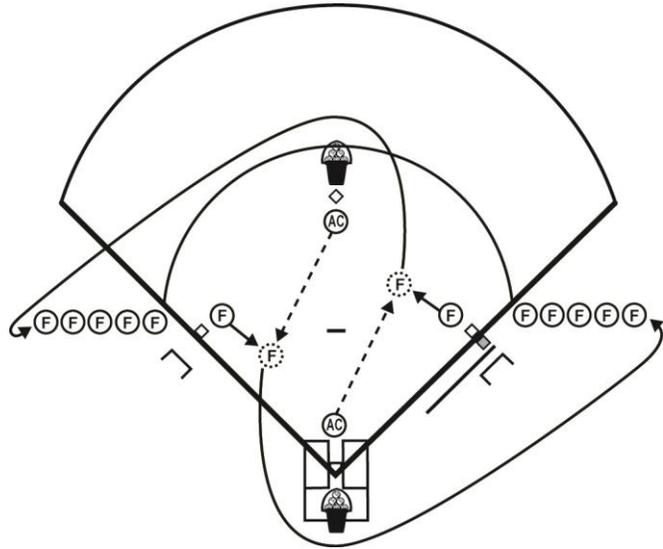
Equipment: Balls, Bases, Ball Buckets, Bats

Objective(s) of Drill:

- To practice cross-over step when fielding ground balls on backhand and forehand while on the move
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

- Set up 2 Coach fungo hitters each with a bucket of balls with 1 hitter stationed at 2nd Base and the other at Home.
- Players are divided into 2 groups of 6:
 - Group #1: Positioned at 1st Base fielding balls hit between 1st and 2nd from Coach positioned at Home.
 - After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 3rd Base.
 - Group #2: Positioned at 3rd Base fielding balls hit between 3rd and Home from Coach positioned at 2nd.
 - After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 1st Base.
- After 10 minutes, switch direction of hits:
 - Group #1: Positioned at 1st Base fielding balls hit between 1st and Home from Coach positioned at 2nd.
 - After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 3rd Base.
 - Group #2: Positioned at 3rd Base fielding balls hit between 3rd and 2nd from Coach positioned at Home.
 - After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 1st Base.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: OUTFIELD PLAY

Time: 35 minutes

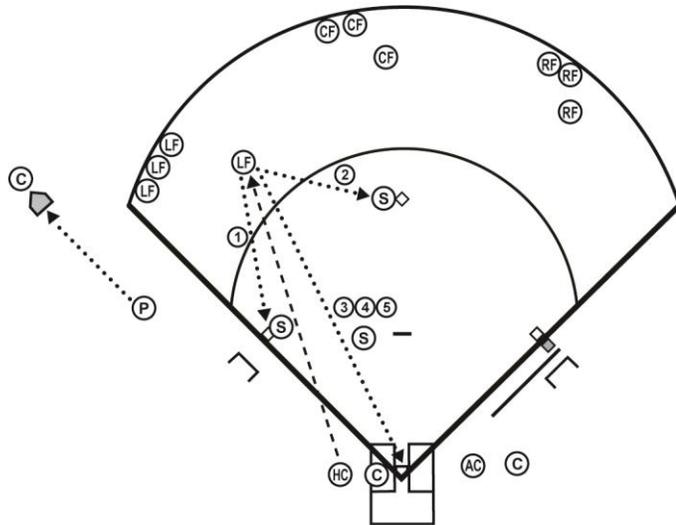
Equipment: Balls, Bases, Bats, Home Plate, Pitching Plate

Objective(s) of Drill:

- To refine outfield positional play and refine fielding mechanics and footwork
- To review long throws and footwork
- To review team tactics (coverages, relays, cut-offs)

Drill Description:

- 1 Pitcher and Catcher will work on sidelines practicing pitching and receiving and then will join outfielder practice and be replaced by another pitcher and catcher until all pitchers and catchers have completed their practice.
- Set up all other players in outfield positions (RF, CF and LF) except 1 player who will shag throws at 2nd, 3rd base and act as relay and cut-off person and two players who will catch for the 2 Coaches:
- Two Coaches with Catchers will alternate hitting balls to the outfielder groups. All outfielders will throw to the same location as follows:
 - Catch and throw to 3rd Base
 - Catch and throw to 2nd Base
 - Catch and throw to Home without cut-off person
 - Catch and throw to Home with cut-off person
 - Hit ball over outfielder's head and throw to relay person
- After each set, rotate new players to shag and catch.
- After all players in group have completed the sequence, rotate group to next outfield position (LF to CF, CF to RF, RF to LF).
- Repeat until all players have fielded each position.



Key Teaching Points:

- 1 _____
- 2 _____



3 _____

DRILL: FIELDING BAD THROWS DRILL

Time: 15 minutes

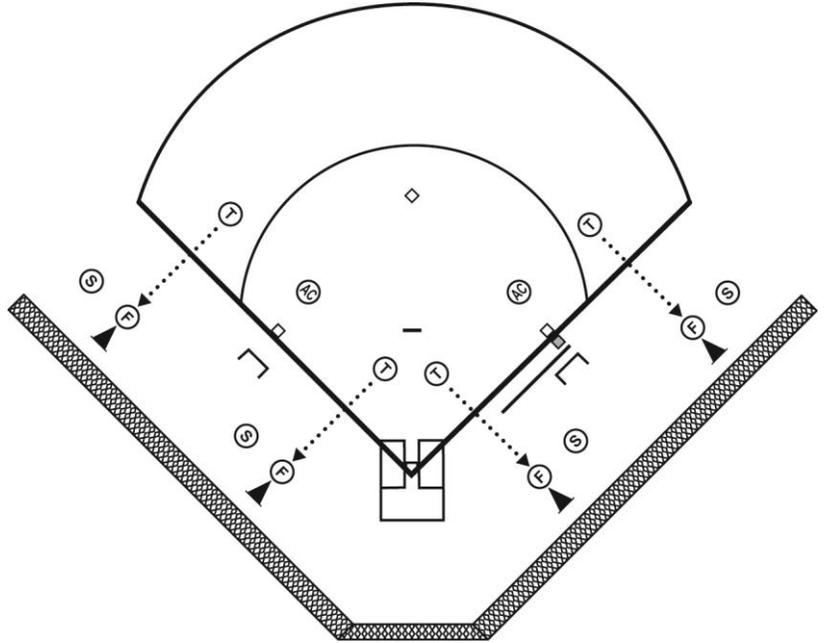
Equipment: Balls, Bases or Cones

Objective(s) of Drill:

- To practice fielding bad throws

Drill Description:

- Set up 4 stations along the back stop with a cone acting as a base.
 - Divide players into groups of 3 (1 Fielder, 1 Tossler, 1 Shagger).
- Fielder takes receiving stance in front of cone as if waiting for a thrown ball to a base for a force out.
- The Tossler throws a ball from about 25'-30' away so that the fielder must move off the base to receive it:
 - Short hop to the left or right of Fielder
 - Slightly high throw
 - Slightly wide throw
- Fielder moves to field the bad throw in the middle of the body, if possible, or stretches for the wild throw (i.e. jumps).
- The Shagger gathers any balls that are missed by the Fielder.
- Rotate players after 5-6 throws.
- 3 reps per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #23

DATE:

| | | | | | |
|-------------------------|---|---|---|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine fundamental softball skills | 2 To refine hitting mechanics (inside/outside swing, trigger and soft stride) | 3 To refine team tactics and strategies under game conditions | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

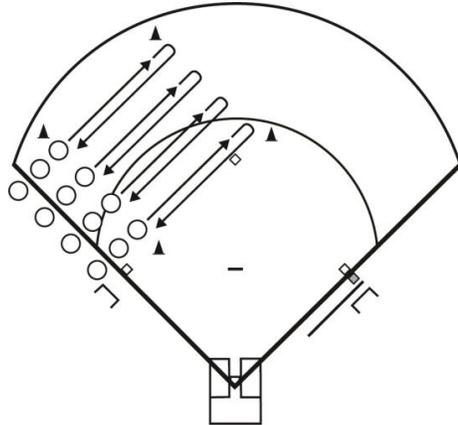
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See Appendix B – Dynamic Warm-Up for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

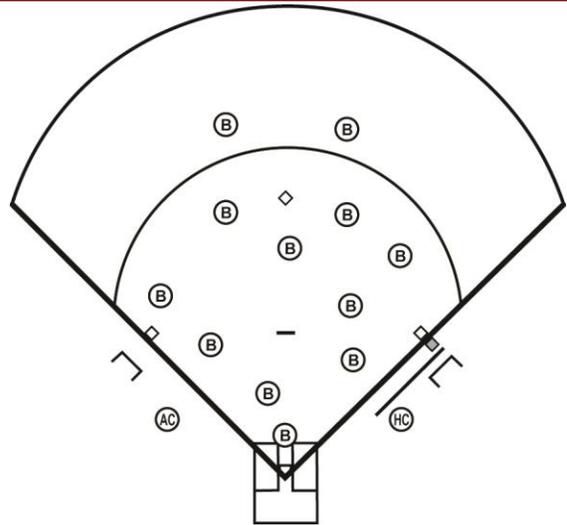
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____





DRILL: CRASH – LAST ROUND UP

Time: 5 minutes

Equipment: n/a

Objective(s) of Drill:

- Softball-specific warm-up and conditioning

Drill Description:

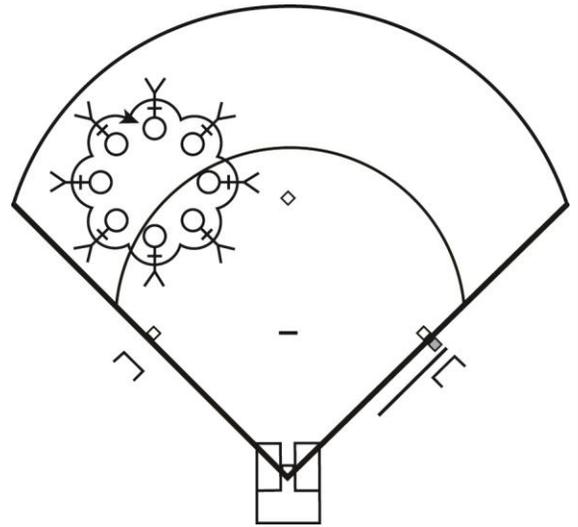
- Players lay on their stomach in a circle leaving 1-2 meters between each player.
- Heads should be on the inside of the circle (facing in).
- On Coach's command, chosen player gets up quickly and runs left or right, jumping over each player in the circle. As the runner jumps over the player, that player jumps up and runs around the circle jumping over all the players. Continue until all players have run around the circle and everyone has returned to their starting position.
- Repeat in the opposite direction.

Variations:

- Repeat but players will bound (two foot jump) over other players.
- Repeat but players will jump over other players with right foot only.
- Repeat but players will jump over other players with left foot only.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

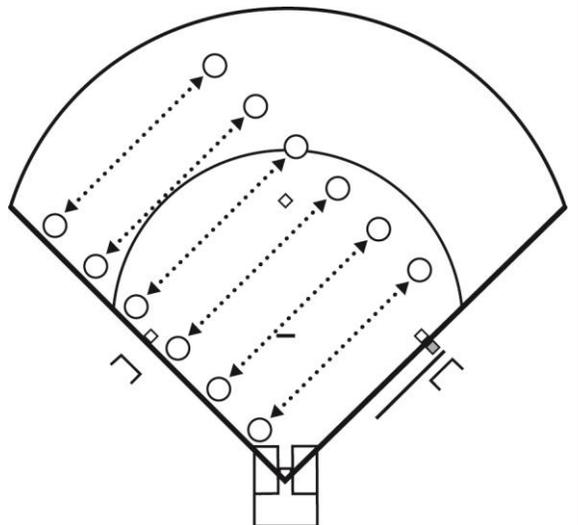
- Reinforce proper overhand throwing and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 10 minutes

Equipment: Balls, Bases or cones

Objective(s) of Drill:

- To practice throwing mechanics, pivots and receiving skills

Drill Description:

- Set up bases or cones in diamond formation about 50' apart.
- Divide players into 4 groups with players at each corner.

■ **Variation #1 - Pivot and Throw:**

- First player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to player at 2nd Base. Continue throwing to each base.
- Players will rotate to the end of their line at their corner after completing throw (go to back of their line).

● **Variations:**

- ◆ Reverse direction of throws to work on different pivots.
- ◆ Add 2nd ball.

● **Challenge:**

- ◆ Count how many times each group can throw around the bases in 1 minute.
- ◆ Ask players to make 10 good throws in a row to end the drill.

Variation #2 – Pivot and Throw

- Same as Variation #1 but players follow their throw and line up at end of line at next base.

Variation #3 – Pivot and Throw

- Add a second ball to drill.

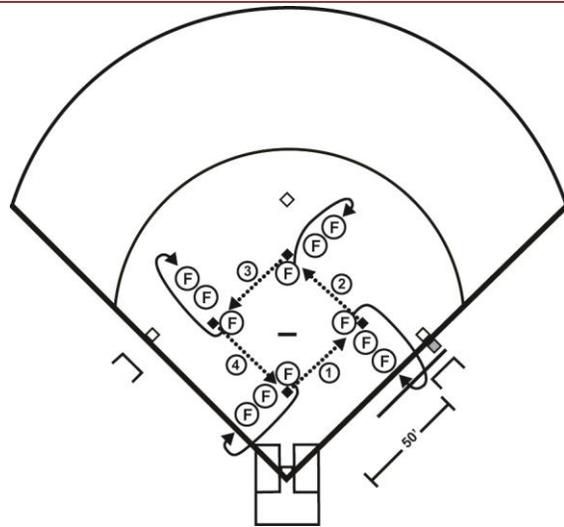
Variation #4 – Field, Pivot and Throw

- First player in line at Home throws a ground ball to 1st player at 1st Base who fields ball and throws to player at 2nd Base. Player at 2nd Base throws a ground ball to player at 3rd Base who fields ball and throws to player at Home.
- Players will follow their throw and line up at next base.
- Reverse direction of ground balls.

○ Have extra balls ready so players aren't chasing bad throws.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: HITTING CIRCUIT

Time: 30 minutes

Equipment: Balls (Regular, Flight Restricted and Whiffle balls), Bats (Regular and Wooden Dowel/Broomstick bats), Batting Cage or Fence or Nets, Batting Tees

Objective(s) of Drill:

- Practice/refine hitting mechanics

Drill Description:

- Divide team into 3 groups of 4.
- Each group will rotate through all 3 stations (10 minutes per station).

Station #1 – Double Tee Inside Out Swing Drill

- Purpose is to train to avoid the long swing (casting).
- Place 2 Tees with a ball on the front inside corner of the plate and the other on the back outside corner of the same plate.
- The player leads with their hands to hit the ball positioned as the inside pitch.
- Then on next swing, the player hits the ball positioned as an outside pitch.
- If swing is performed correctly, the player will not hit the other ball.
- This drill is best done in a batting cage. If this is not possible then perform into a net or fence.
- Whiffle balls can be used.
- 2 sets of 5 swings at each ball position (inside then outside).

Station #2 – One Hand Swing Drill

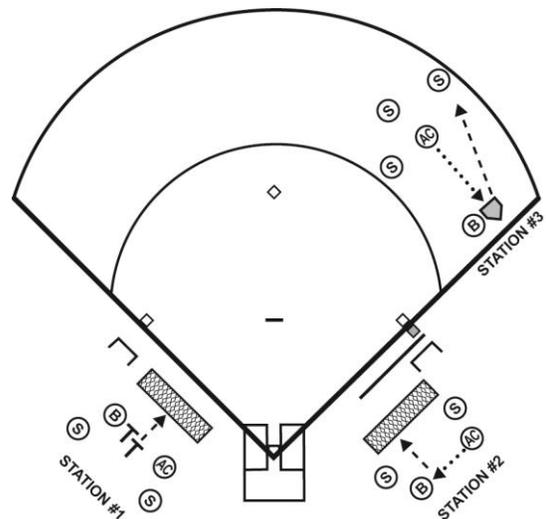
- Player will be down on 1 knee with front leg extended and one hand on the Wooden Broomstick bat (22" bat).
- A Coach will soft toss a whiffle ball from the side to the player to hit into a net or fence.
- 2 sets of 5 swings with each hand.

Station #3 – Inward Rotation and Soft Stride Drill

- Purpose is to practice inward rotation of the front side, stride, and weight transfer helping the hitter to develop essential timing and rhythm.
- Coach is positioned about 20-25' in front of batter.
- Coach will front toss to batter.
- Batter is in an open stance with feet parallel to pitcher.
- As ball gets to the pitcher's release point (pitcher's hip), the batter will stride into a balanced parallel stance with lead shoulder pointing at pitcher (weight should be 60% back and 40% forward after taking stride) and then hit the tossed ball.
- Key Points: this drill is especially designed for the hitter who has no trigger or inward rotation of the knee, shoulder and front side.
- Use limited flight balls or whiffle balls to protect Coach.
- Other players in group act as shaggers.
- 10 swings per batter.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: INTERSQUAD GAME

Time: 45 minutes

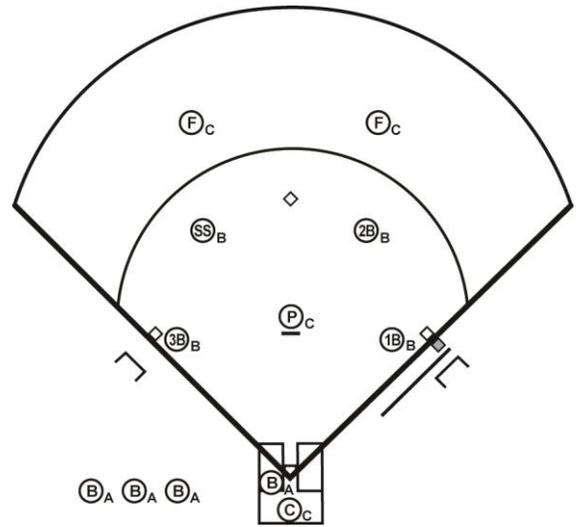
Equipment: Bats, Balls, Helmets, Bases

Objective(s) of Drill:

- To review defensive situations within a game setting
- To refine hitting mechanics using live pitching

Drill Description:

- Divide players into 3 teams (generally 4 vs. 4 vs. 4) who will play an intersquad game against each other.
- Allow 10 minutes for warm-up for:
 - Pitchers and catchers – pre-game warm-up
 - Other players are doing a pre-game warm-up
 - Coach hits ground balls and fly balls to players at infield and outfield depths
- One team is at bat and other teams fill in defensive positions:
 - Depending on the number of pitchers on the team, pitching can be:
 - 2 soft tosses from the side per at bat from teammate
 - Live pitching from the Coach
 - Live pitching from team pitcher (Note: if only 2 pitchers on the team, then either a coach will pitch or the pitchers will switch half way through the game.)
- 3 outs and rotate new team into bat.
- The Coach can stop play to instruct or repeat a play.
- The Coach can dictate the situation (number of outs, number of strikes on batter, place runners on bases, etc.).
- Each team keeps track of the runs they score.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #24

DATE:

| | | | | | |
|-------------------------|---------------------------|---|--|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine special plays | 2 To review the defensive and offensive tactics for the rundown | 3 To have fun with competitive challenge | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

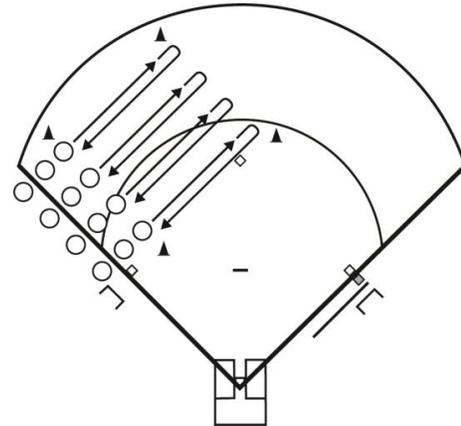
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See Appendix B – Dynamic Warm-Up for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

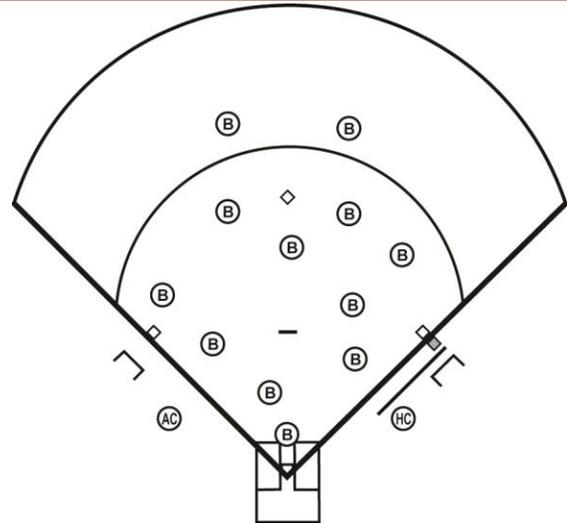
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bats, Balls, Bases, Cones, Pool Noodles

Objective(s) of Drill:

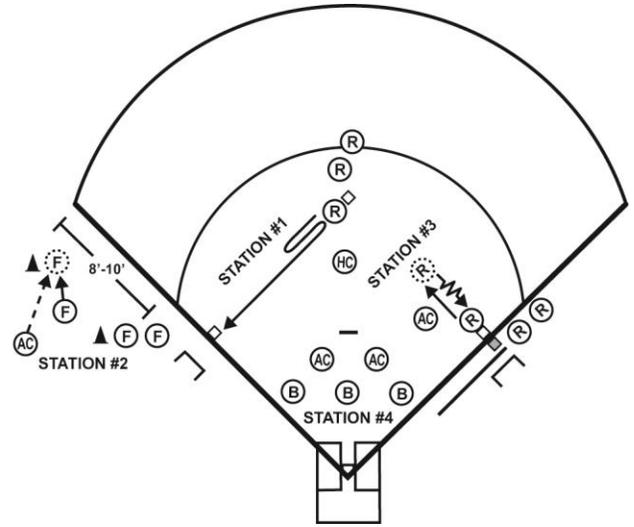
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Form 4 groups of 3 players.
- Each group rotates through all 4 stations.
- 2 minutes at each station.
- Station #1 - Reaction – (Tag Up and Go)**
 - Coach acts as Pitcher.
 - Player takes leads-off 3rd Base when pitcher's arm is at 12 o'clock position.
 - Coach points up to indicate a fly ball has been hit.
 - Player returns to base, waits for Coach's signal (verbal and visual cue) that ball has been caught and then runs 5-6 steps towards Home.
 - 3 reps per player.
- Station #2 - Reaction (Cone Fielding)**
 - Set cones 8-10' apart.



- On Coach's visual cue, player in ready position will perform a cross-over step to field an imaginary ground ball to the left and then the right.
- 3 reps per side.
- **Station #3 - Agility (Retreat Slide/Dive Back)**
 - Player takes rolling start lead-off position on base.
 - Player takes a lead when the Coach's arm is at the 12 o'clock arm position.
 - Player will take 3 steps, jam and dive back to the corner of the Base closest to the outfield.
 - 3 reps per player.
- **Station #4 - Hitting (Pool Noodle)**
 - Player swings at pool noodle held at various places in strike zone.
 - 2 sets of 5 swings.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

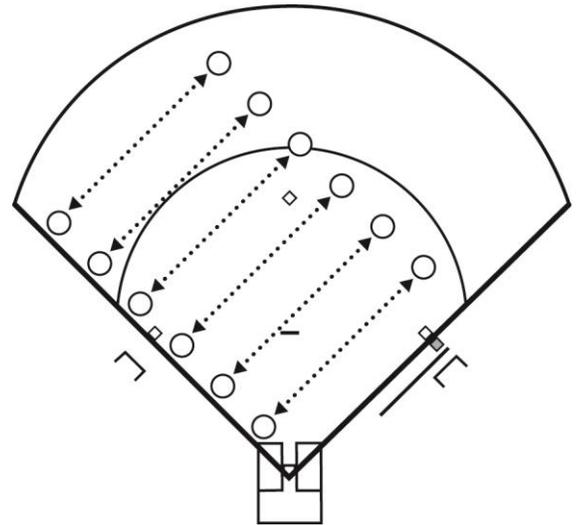
Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Dart Throw (used in run downs)



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 10 minutes

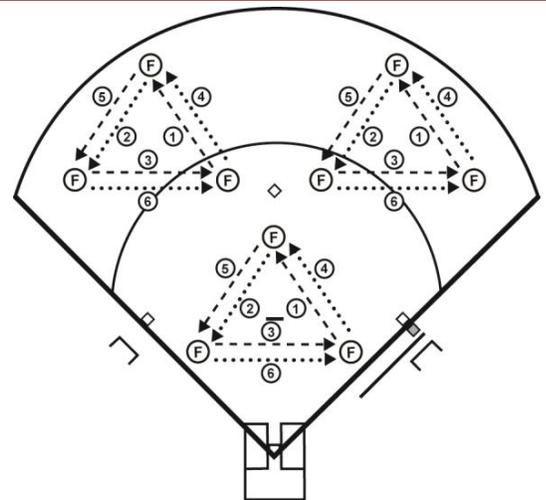
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique including pivots and throwing mechanics to a target

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.



- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: HOT BOX

Time: 15 minutes

Equipment: Balls, Helmets, Bases, Cones

Objective(s) of Drill:

- To teach tactics and strategy to defend rundowns
- To teach what to do when caught in a rundown (hot box) as the offensive runner

Drill Description:

- Coach will review rundown key teaching points for defense (dart throw, tagging at Base and in between Bases) and offence (form running).

○ Drill #1

- Divide players into 3 groups of 4.
- Set up 2 bases 60' apart with a Coach or cone in the middle of the 2 bases and 2 players at each base.
- One player has a ball.
- Defensive player with ball runs towards Coach (ball visible by their ear in dart throw position).
- When the player reaches the Coach, they complete a dart throw to the defensive player at the far base. The thrower moves off the base path, follows their throw and lines up at the far base.
- Slow it down so players are doing it correctly.
- Receiver will then repeat this in the opposite direction.
- 5 reps per player.

■ Variation:

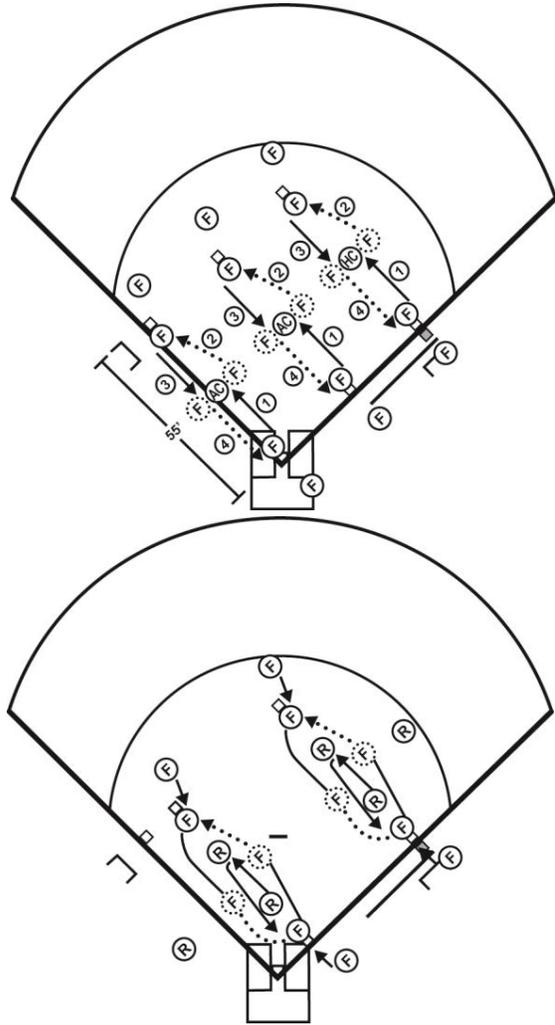
- Same as above but receiver puts on a fake tag on the imaginary runner.

○ Drill #2

- Divide players into 2 groups of 6 (4 defensive players and 2 baserunners)
- Coach will explain the desired defensive player movement (peel or follow throw) for a rundown.
- Set up 2 bases 60' apart with a baserunner about 12' off the base in the jam position and 2 defensive players at each base.
- On Coach's command, begin rundown chase until baserunner is either safe or out.
- 2 reps per player acting as a baserunner.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: DOUBLE HOT BOX

Time: 10 minutes

Equipment: Balls, Bases, Helmets

Objective(s) of Drill:

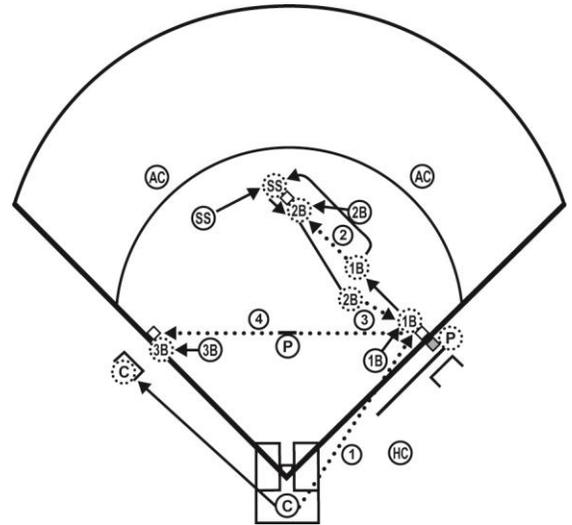
- Fun
- Conditioning

Drill Description:

- Divide players into 2 groups of 6.
- Set-up one group of 6 players between 1st Base and 2nd Base and the other group between 2nd Base and 3rd Base.
- Position the defensive players as follows:
 - For the rundown between 1st Base and 2nd Base, the 1st Base, 2nd Base, SS, and P are involved.
 - For the rundown between 2nd Base and 3rd Base, the 2nd Base, SS, 3rd Base and Catcher are involved.
 - Be sure each group does not interfere with the other group but is ready to step in when it's their turn.
- This drill should start with no baserunners.
- **Variation #1:**
 - Coach starts drill by throwing to 1st Base.



- Defensive players in Group #1 simulate a Hot Box between 1st and 2nd until Coach shouts "Tag". Player with ball makes a tag on the imaginary runner.
 - Coach then starts a new Hot Box by throwing to 3rd Base.
 - Defensive players in Group #2 simulate a Hot Box between 2nd and 3rd until Coach shouts "Tag". Player with ball makes a tag on the imaginary runner.
 - Switch defensive starting positions. Repeat.
- **Variation #2:**
- Set-up with one group of 6 players in all defensive infield positions.
 - Catcher starts drill by throwing to 1st Base.
 - Defensive players in Group #1 simulate a Hot Box between 1st and 2nd.
 - After a couple of throws in the 1st and 2nd Hot Box, the Coach shouts "Tag". Player with the ball makes a fake tag and throws to 3rd Base to start a new Hot Box between 2nd and 3rd Base.
 - SS and 2nd Base must hustle to get into proper position to participate in Hot Box between 2nd and 3rd with 3rd Base and Catcher.
 - After a couple of throws, the Coach shouts "Tag". Player with the ball makes a fake tag and throws to 1st Base.
 - Continue sequence until Coach is satisfied with execution or players need a rest.
 - Switch groups and begin drill again as above.
 - When both groups have completed drill, have players switch starting defensive positions and repeat.
- **Variation #3:**
- If defensive players are executing properly, the Coach may add baserunners.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: DEFENSIVE POSITIONING FOR SPECIAL PLAYS

Time: 25 minutes

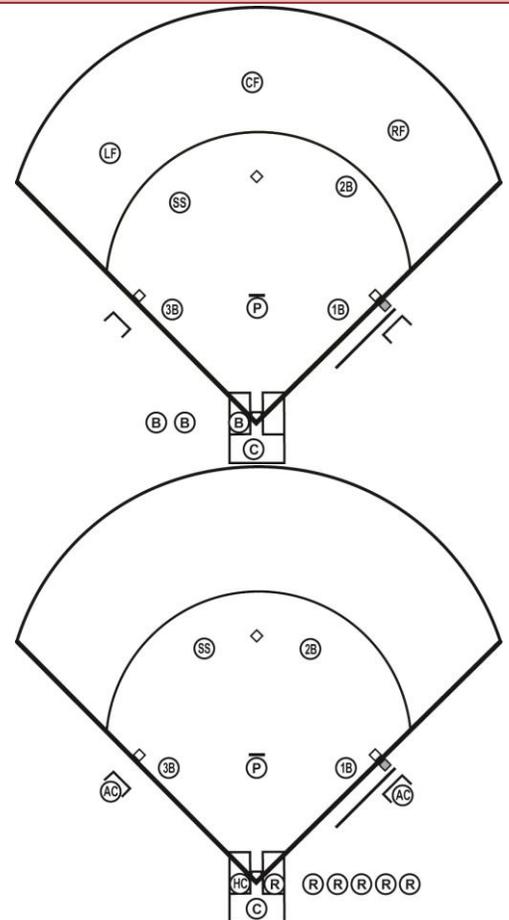
Equipment: Balls, Bats, Bases, Helmets

Objective(s) of Drill:

- Teach/review defensive positioning for special plays

Drill Description:

- The Coach will review special situations and each player's role and responsibilities for the following:
 - Pick-offs at each Base (including signal for pitch out and pick-offs).
 - 1st and 3rd plays (including signals for all options).
 - Intentional walk
 - Pass ball plays at Home.
 - Squeeze bunt (suicide and safety)
- For the first half of the allotted time, a batter will face live pitching and dictate the defensive situations the defence will see.
 - Place players into all defensive positions including outfield.
 - Extra players will be batters.
 - Rotate in all pitchers, rotate defensive players to new positions and rotate so all players bat against live pitching.
 - While 1 pitcher is on the mound, another pitcher is warming-up and practicing on the sidelines.
- For the last half of the allotted time, the Coach will hit balls to the defence and dictate the number of baserunners, what bases they are on, and the number of outs.
 - Place players into all defensive positions in the infield.
 - Extra players will act as baserunners.
 - Rotate players into different defensive positions and as baserunners.
- Review obstruction and interference rules.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FOOTBALL SOFTBALL

Time: 15 minutes

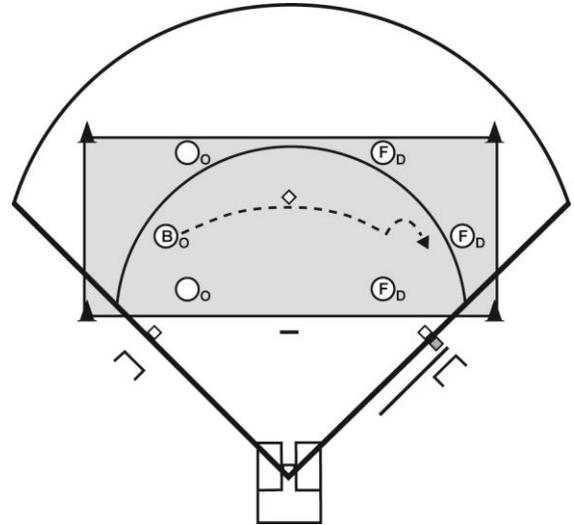
Equipment: Balls (Whiffle Balls or Restricted Flight Balls), Bats, Cones

Objective(s) of Drill:

- Fun activity to reinforce hitting mechanics and fielding skills
- To enhance team bonding in competitive game

Drill Description:

- Place 4 cones in a rectangle to designate the playing field.
- Divide players into 4 teams of 3.
- 2 games can be played at the same time.
- One team will be on offense (batting) and one team will be on defense (fielding).
- One offensive player will self toss to themselves and hit the ball as far as they can.
 - If the ball is caught in the air, the offensive team does not move.
 - If the batter swings and misses ball, their team does not advance.
 - If the ball is hit on the ground or not caught in the air, where the defensive team stops the ball is where the offensive team starts the next down from.
 - Switch to a new hitter each down (one hit attempt per player).
 - Offensive team has 3 downs (hits) to score. If they don't score, then the defensive team becomes the offensive team who tries to score in 3 downs (hits).
- A touchdown (7 points) is scored when the offensive team crosses the end line.
- Teams keep track of their score.
- If time permits, have all teams play against each other.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|------------|---|

PRACTICE EVALUATION

| | |
|-------------------|-------------------------------|
| What worked well: | What to change for next time: |
|-------------------|-------------------------------|



PRACTICE PLAN #25

DATE:

| | | | | | |
|-------------------------|--|---|------------------------------------|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To consolidate baserunning tactics and reading coach's signals | 2 To improve infielder/outfielder communication | 3 To consolidate hitting mechanics | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

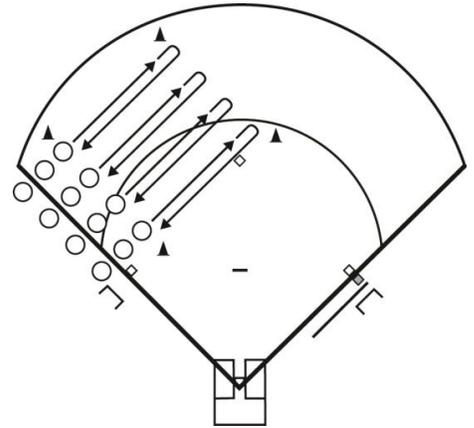
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

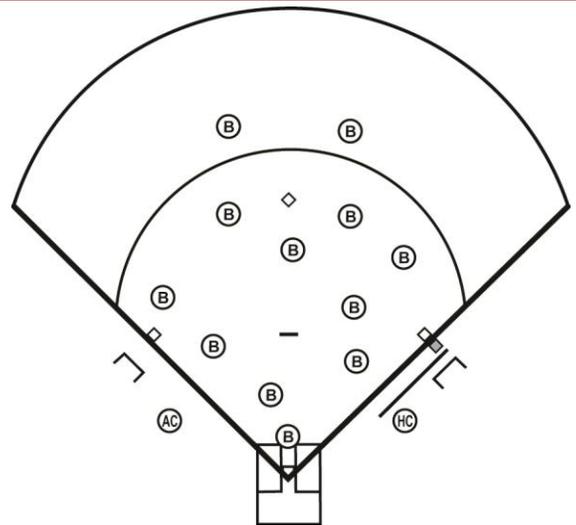
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH - QUICK SPRINTS

Time: 5 minutes

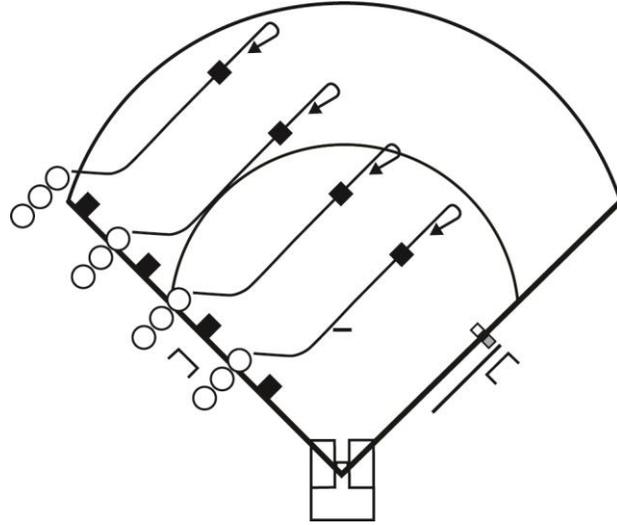
Equipment: Bases, Bats

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Set up 3-4 lines of 3-4 players.
- Players will simulate running from Home to 1st Base
- Set up 1st Base (double base) at U17 basepath distance (60') from batters.
- The Coach will review the rules regarding the use of the orange base.
- Player swings bat as in batter's box, drops bat, runs through 1st base, gains control, turns right towards the foul line to return to the base.
- Use good form running
 - Good body lean
 - Pump arms
 - Knees high
 - Stretch stride after first 2-3 steps
 - Run through base



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING EVERYDAYS

Time: 5 minutes

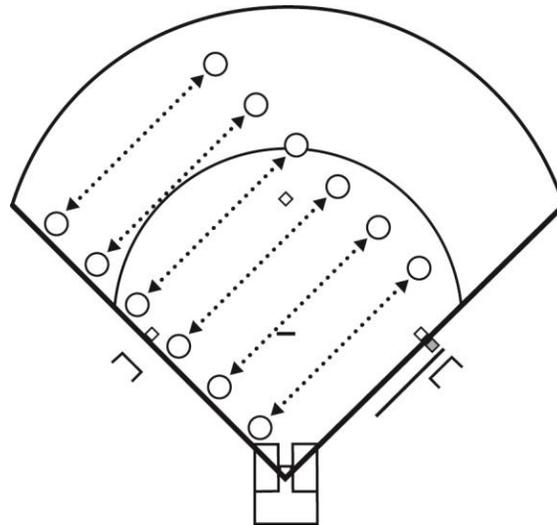
Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 10 minutes

Equipment: Balls, Bases or cones

Objective(s) of Drill:

- To practice throwing mechanics, pivots and receiving skills
- To practice underhand and backhand tosses

Drill Description:

- Set up bases or cones in diamond formation.
- Divide players into 4 groups with players at each corner.

■ **Variation #1 - Pivot and Throw:**

- Set bases about 40' - 60' apart
- 1st player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to player at 2nd Base. Continue throwing to each base.
- Players will rotate to the end of their line at their corner after completing throw (go to back of their line).

● **Variations:**

- ◆ Reverse direction of throws to work on different pivots.
- ◆ Add tag after receiving throw.
- ◆ Add 2nd ball.

● **Challenge:**

- ◆ Ask players to make 10 good throws in a row to end the drill.

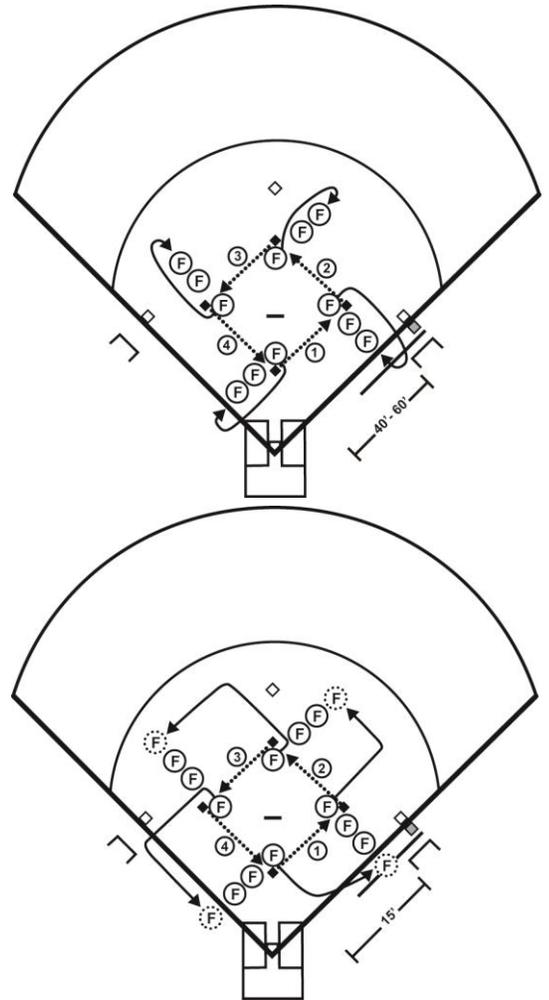
■ **Variation #2 - Underhand and backhand tosses (4 minutes each)**

- Set bases about 15' apart
- First player in line at Home tosses ball to 1st player at 1st Base who receives throw, pivots and tosses to player at 2nd Base. Continue tossing to each base.
- The type of toss (underhand or backhand) is dictated by the tosser's throwing hand. If the receiver at 1st Base is right handed they will backhand toss to 2nd Base. If they are left handed, they will underhand toss to 2nd Base.
- Players will follow their throw and line up at next base.
- Reverse direction of tosses.

- Have extra balls ready so players aren't chasing bad throws.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOOTBALL DRILL

Time: 10 minutes

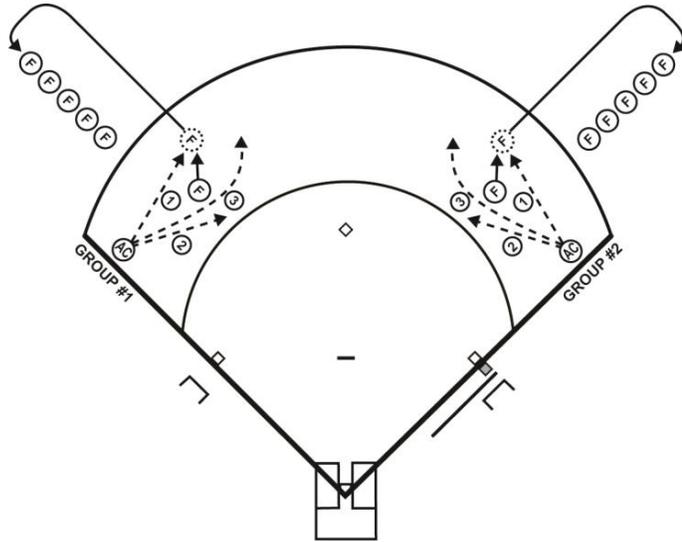
Equipment: Bases or cones, Balls

Objective(s) of Drill:

- Refine pivots and going back for fly ball hit over fielder's head
- Refine catching a fly ball on the run

Drill Description:

- Divide players into 2 groups of 6 players with one group in right field and one group in left field.
- Both groups will complete the drill simultaneously.
- Each group will have a Coach acting as the quarterback throwing to the players.
- One player assumes outfielder ready position about 10' in front of Coach.
- On Coach's signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - Right
 - Left
 - And over their head
- Player makes catch, stops quickly, overhand throws the ball back to the Coach and moves to the back of the line.
- Once, all players have completed 2 reps in each direction, the Coach will then randomly select a direction to throw the ball to be fielded.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: THREE STOPS BASERUNNING DRILL

Time: 10 minutes

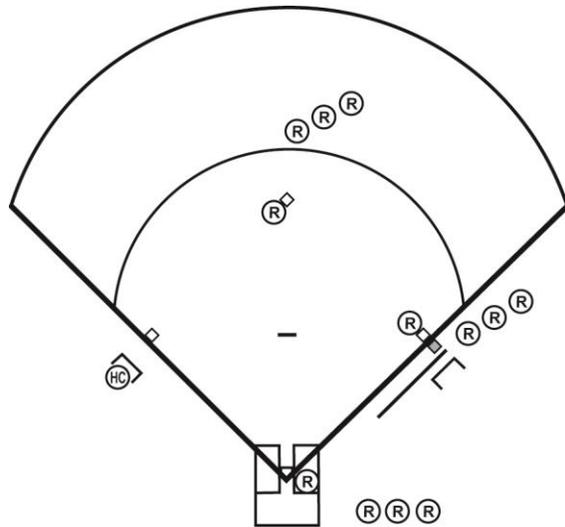
Equipment: Bases, Helmets

Objective(s) of Drill:

- To practice baserunning effectively when one or more bases are occupied
- Conditioning

Drill Description:

- Divide players into 3 groups of 4. Position a group of 3 baserunners at Home, 1st Base, and 2nd Base with extra players lined up safely behind each base.
- Position a Coach in the 3rd Base coach's box.
- On signal from the 3rd Base Coach, all three baserunners will run to the next base and read the 3rd Base Coach's instructions for advancing or not.
- The 3rd Base Coach can:
 - Stop the lead baserunner at 3rd.
 - Signal the lead baserunner to advance to Home.
 - Stop the 2nd Baserunner at 2nd.
 - Stop the 2nd baserunner at 3rd.
 - Signal the 2nd baserunner to score all the way from 1st.
 - Have the batter run out a single.
 - Have the batter run out a double.
 - Have the batter run out a triple.
 - Etc.
- Once the play is completed, the next set of 3 baserunners quickly takes their position at Home, 1st Base and 2nd Base and repeats with a new option.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: BASERUNNING READS

Time: 20 minutes

Equipment: Bat, Balls, Bases, Helmets

Objective(s) of Drill:

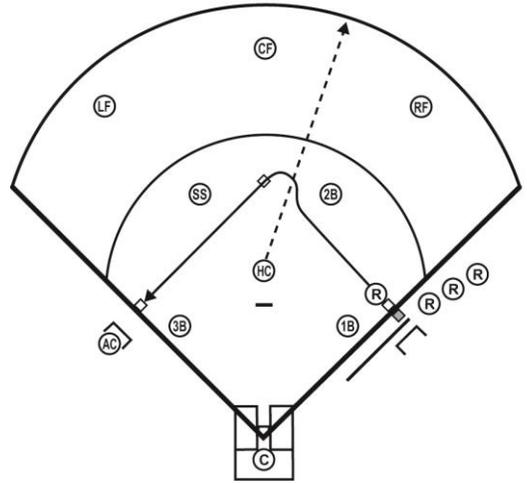
- To teach runner on either 1st or 2nd Base to read the balls that are hit into the gap or hit over the outfielder's head
- To practice relays, cut-offs and long throws from the outfield

Drill Description:

- Place players in all defensive positions except Pitcher. Extra players line up at 1st Base as baserunners with helmets on.
- The Coach sets up in front of the 8' pitching circle and fungos balls to the outfield.
- The baserunner takes their lead-off 1st and/or 2nd Base as the Coach tosses the ball into the air to hit to the outfield.
- The baserunner reacts to the hit and advances as far as they can.
- Ensure all players are rotated into the baserunning position.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: INFIELD/OUTFIELD COMMUNICATION DRILL

Time: 15 minutes

Equipment: Cones, Balls, Bases

Objective(s) of Drill:

- To teach communication skills between players fielding balls

Drill Description:

- Divide players into 3 groups of 4 players
- After 3 reps at a position, players shift to next position.
- Once all players have completed reps at each position, players switch stations (Station 1 moves to Station 2, Station 2 goes to Station 3 and Station 3 goes to Station 1).
- Coach reviews defensive jurisdiction with players.

Station #1

- One player at SS position, one in LF and 2 players at 3rd Base.
- Coach throws a fly ball between SS and LF. Players must communicate to decide who will catch the ball.
- After fielding ball, player throws it to 3rd Base.
- Players rotate from 3rd Base to SS to LF and back to 3rd Base.

Station #2

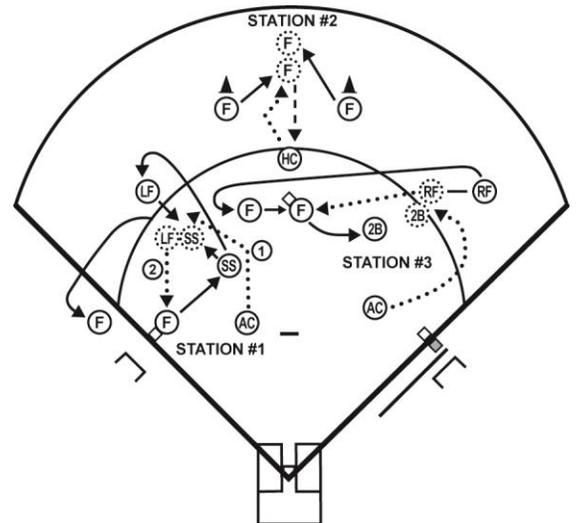
- Set up two cones about 30' - 40' apart
- One player at left cone, one at right cone with other 2 players near each cone to replace fielders.
- Coach throws a fly ball between cones. Players must communicate to decide who will catch the ball and who will be the back-up.
- After fielding ball, player throws it back to the Coach.
- Players switch sides and go to the opposite cone.

Station #3

- One player at 2nd Base position, one in RF and 2 players at 1st Base.
- Coach throws a fly ball between 2nd and RF. Players must communicate to decide who will catch the ball.
- After fielding ball, player throws it to 1st Base.
- Players rotate from 2nd Base position, to RF, to 1st Base and back to 2nd Base position.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: HITTING CIRCUIT

Time: 21 minutes (7 minutes per station)

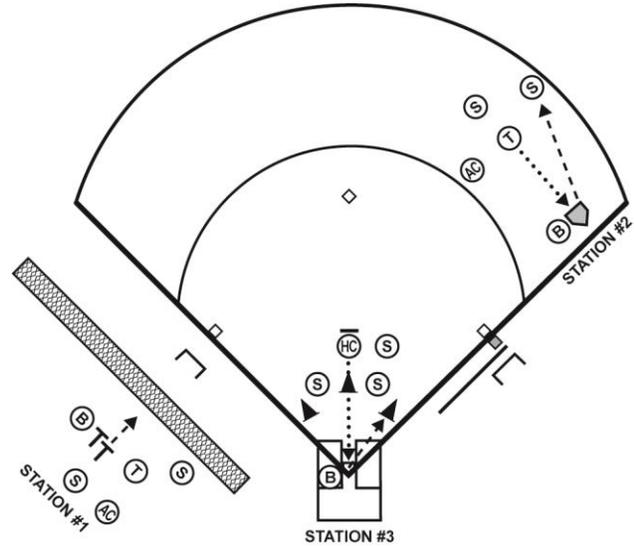
Equipment: Batting Tees, Bats, Balls (Regular, Whiffle Golf Balls), Cones

Objective(s) of Drill:

- To review hitting mechanics
- To review sacrifice bunting technique

Drill Description:

- Divide players into 3 groups of 4 with one group at each batting station.
- One batter, one tosser and 2 shaggers per group.
- **Station #1 – Inside/OutsideTee Drill (7 minutes)**
 - Set up 2 Batting tees with one set up for an inside pitch and the other for an outside pitch.
 - The tosser will alternate placing the ball on the tee in the inside and outside position.
 - Batter hits ball off tee into fence.
 - 2 sets of 5 swings player.
- **Station #2 – Whiffle Golf Ball (Focus) (7 minutes)**
 - Tossers front tosses whiffle golf balls to batter.
 - 2 sets of 5 swings player.
- **Station #3 – Sacrifice Bunt to 3 targets (7 minutes)**
 - Set up 3 target cones for batter to bunt a sacrifice bunt towards:
 - A cone just off the 3rd baseline.
 - A cone up the middle.
 - A cone just off the 1st baseline.
 - A Pitcher tosses a ball to the batter who bunts to the designated target.
 - 1 point if bunt is placed towards the designated target.
 - Each bunter counts their points.
 - 10 pitches per batter.
 - **Note:** If players can slap or drag bunt, they should also practice these skills in this drill.
- Rotate groups to next station after 7 minutes.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #26

DATE:

| | | | | | |
|-------------------------|---|--|--|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To consolidate infielder and outfielder positional skills | 2 To consolidate team defensive tactics and strategies | 3 To have fun with a competition hitting challenge | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

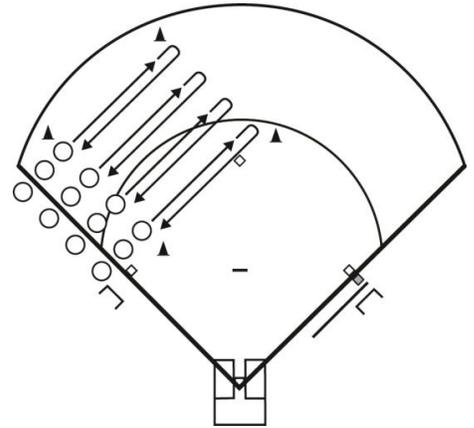
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats or Wooden Dowel/Broomstick Bats

Objective(s) of Drill:

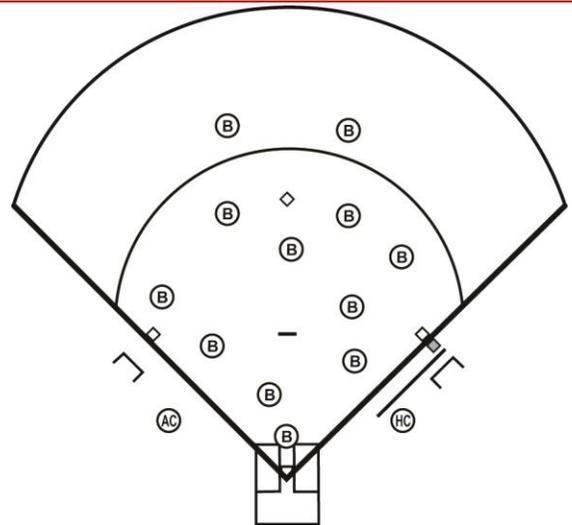
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time 10 minutes

Equipment: Bases or Cones, Balls, Bats (Heavy, Regular, Wooden Dowel/Broomstick), Agility ladders

Objective(s) of Drill:

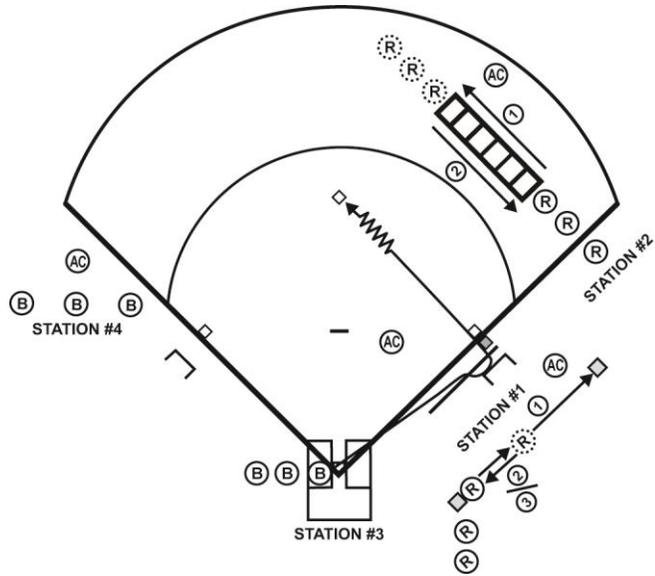
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 4 groups of 3 players.
- **Station # 1 – Reaction (Bunt Read)**
 - Coach in pitcher’s position pretends to pitch.
 - Player at 1st Base takes a lead off when pitcher gets to the 12 o’clock arm position.
 - The coach will give a visual cue so the player must read what they must do:
 - Coach drops ball - baserunner reads that the bunt is down and must run to 2nd Base.
 - Coach throws a pop up - baserunner must read a pop up and return to Base
 - Coach gets into overhand throwing position - baserunner must read pick-off and dive back to Base.
 - 5 reps per player.

Station # 2 – Agility (Agility ladder Drills)

- **Note:** The Coach should take the agility ladder drill descriptions from **Appendix D** with them to the field.
- Place an agility ladder on the ground and have players line up at one end to perform the drills below.
- When doing any one of these footwork drills, the whole line of players will go through to the end and then wait until everyone gets through before returning back using the same steps. The Coach will select 3-4 of the following ladder drills:
 - Slow jog – one foot per square (up and back)
 - Slow jog – both feet in each square with a quick 1-2, then the next square 1-2, (Up and back)
 - High Knees – one foot per square
 - High Knees – both feet per square
 - Out, In, Out, In
 - In, Out, In, Out – quick steps. Starting inside of the first square the player quickly moves each foot (1-2) outside of the 2nd square, then into the 3rd square, continue until done.
 - In, Out, In, Out – quick steps back. On the return trip have the player face the same direction when they return to work on the other leg muscles.
 - Kareoka (grapevine) – Same footwork as #7 but twisting sideways in both directions as the player goes through the ladder.



Station # 3 – Speed (H to 2nd Base with slide)

- Set up Home Plate, 1st Base and 2nd Base.
- Player will swing at imaginary pitch and run from H to 2nd with a slide at 2nd.

Station # 4 – Hitting (Shadow Swings)

- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
- The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
- The player will swing at the following speeds using each of the following bat types:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

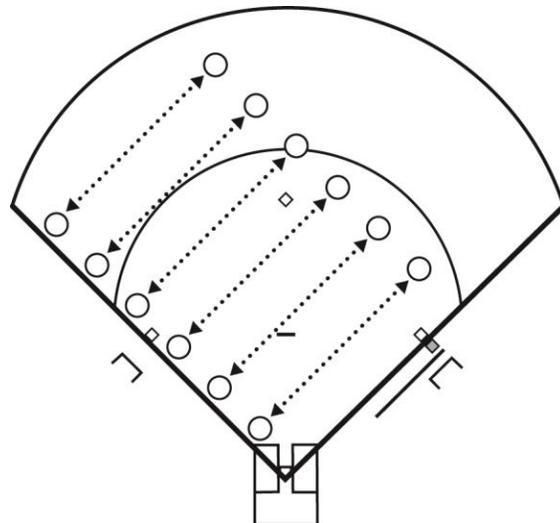
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: BACKHAND/FOREHAND DRILL

Time: 15 minutes

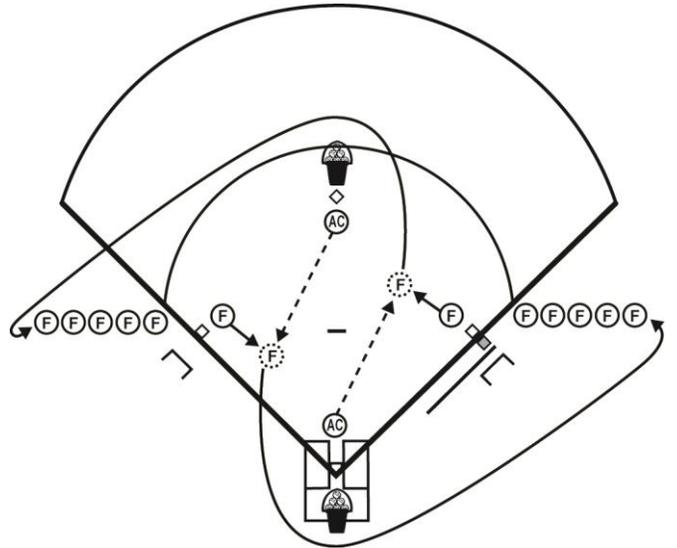
Equipment: Balls, Bases, Ball Buckets, Bats

Objective(s) of Drill:

- To practice cross-over step when fielding ground balls on backhand and forehand while on the move
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

- Set up 2 Coach fungo hitters each with a bucket of balls with 1 hitter stationed at 2nd Base and the other at Home.
- Players are divided into 2 groups of 6:
 - Group #1: Positioned at 1st Base fielding balls hit between 1st and 2nd from Coach positioned at Home.
 - After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 3rd Base.
 - Group #2: Positioned at 3rd Base fielding balls hit between 3rd and Home from Coach positioned at 2nd.
 - After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 1st Base.
- After 7 minutes, switch direction of hits:
 - Group #1: Positioned at 1st Base fielding balls hit between 1st and Home from Coach positioned at 2nd.
 - After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 3rd Base.
 - Group #2: Positioned at 3rd Base fielding balls hit between 3rd and 2nd from Coach positioned at Home.
 - After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 1st Base.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: KAMIKAZE DRILL

Time: 15 minutes

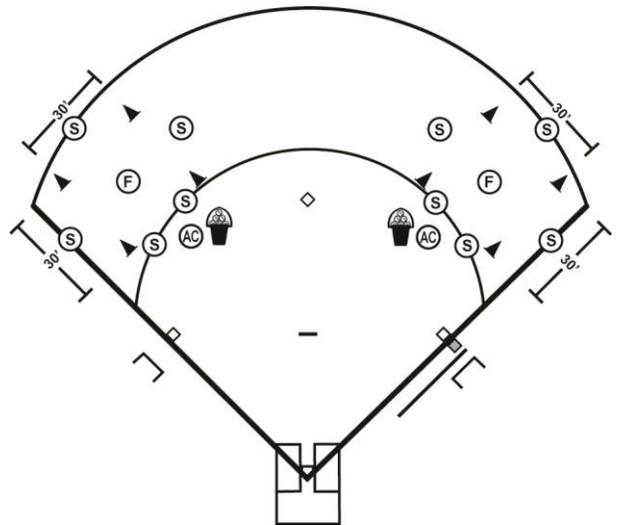
Equipment: Balls, Cones, Ball Buckets

Objective(s) of Drill:

- To develop Outfielder's ability to read direction of fly ball and change directions quickly

Drill Description:

- Set up 2 stations with each station having 4 cones in a 30' x 30' square in the outfield.
- Divide the players into 2 groups of 6.
- The Coach stands outside the square with a bucket of balls and tosses balls randomly in the air towards all corners of the square to represent fly balls.
- The player will start in the middle of the square and will break quickly to the ball. After catching the ball, the player will toss it outside the square and break for the next ball the Coach has tossed.
- The other players will shag balls.
- After 5 balls, rotate players.
- Each player will complete 2-3 rounds.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: GAME SIMULATIONS

Time: 20 minutes

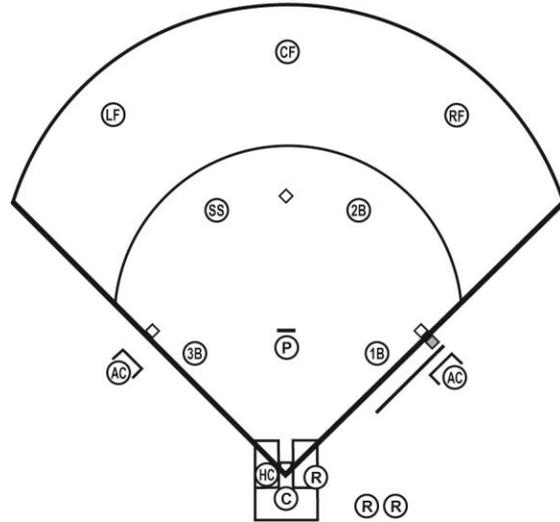
Equipment: Bases, Balls, Helmets, Bats

Objective(s) of Drill:

- To review defensive and offensive tactics

Drill Description:

- Place players in all defensive positions including Pitcher and Catcher. Extra players will be baserunners.
- Ensure all players field from at least 2 defensive positions.
- The Coach will call out various game situations (number of outs, number of baserunners on base, etc.) and then hit a ball to the defense:
 - Runner from home
 - Runner at 1st
 - Runner at 1st and 2nd
 - Runner on 2nd
 - Runner at 3rd
 - Runner at 2nd and 3rd
 - Bases loaded
- If possible, have another Coach or the pitcher simulate throwing a pitch so the baserunners can time their lead offs.
- Have Coaches at 1st and 3rd Base giving signals to baserunner so players learn to read signals from Coach while baserunning. Have players yell out the signal (bunt, steal, etc.).



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: HOME RUN DERBY

Time: 30 minutes

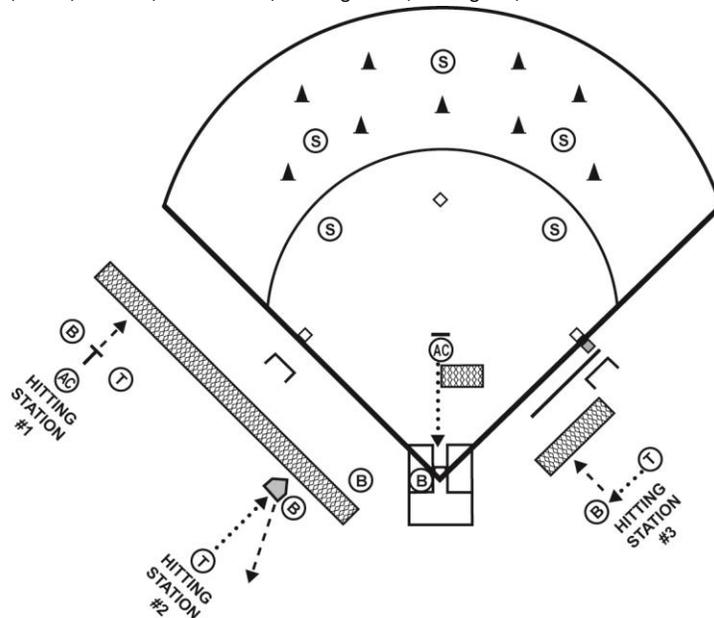
Equipment: Balls (Regular, Plastic Hockey Balls or Whiffle Balls), Bats, Bases, Helmets, Home Plates, Pitching Plates, Batting Tee, Cones

Objective(s) of Drill:

- To practice hitting in a competitive game and have fun

Drill Description:

- Set up the playing area:
 - Place one set of cones 15' deeper than normal cut out infield.
 - Place another set of cones at ~150-175' from Home Plate.
- Set up one batter, one player on-deck and three hitting stations with 2 players at each station. The extra players will act as shaggers.
- Shaggers are stationed anywhere in the infield or outfield.
- The on-deck batter will be working on their on-deck swing routine to warm-up.
- Each batter takes 5 swings and keeps their score (another Coach should record score and act as judge if needed).
- A Coach pitches (front toss) from behind a screen from 20-25' using light flite type balls. The first swing is practice. The batter then has 5 swings (fair or foul).
- The batter will score points as follows:
 - A swinging strike is counted as 0 pts.
 - A ball landing on the first bounce before the first set of cones is worth 3 pts.
 - A ball landing on the first bounce past the first set of cones is worth 5 pts.
 - A ball that bounces only once as it bounds over the last set of cones is worth 7 pts.
 - A ball that lands for the first time behind the last set of cones is worth 10 pts and is called a Home Run.
 - If a shagger catches a line drive, the batter scores 2 less points based on where the shagger was standing when they caught the ball:
 - If the shagger was before the 1st set of cones, the batter would score 1 point (3-2=1).
 - If the shagger was between the 1st and 2nd set of cones, the batter would score 3 points (5-2=3).
 - If the shagger was past the 2nd set of cones, the batter would score 8 pts (10-2=8).
 - A foul ball receives 2 less points than it would have received if it landed in fair territory:
 - If the ball first bounces before the 1st set of cones, the batter would score 1 point (3-2=1).
 - If the ball first bounces in foul territory between the 1st and 2nd set of cones, the batter would score 2 pts (5-3 = 2 pts).





- If the ball first bounces past the 2nd set of cones, the batter would score 8 pts (10-2=8 pts).
- All players rotate through batting and shagging except Pitchers and Catchers. Pitchers and Catchers will work in the bull pen (working on warm-up routine and throwing 50-70 pitches) while waiting their turn to bat.
- **Hitting Station #1 – Tee Work**
 - Batter hit balls into fence off batting tee working on inside and outside pitches.
 - 2 set of 10 swings.
- **Hitting Station #2 – Sacrifice Bunt**
 - The Tosser will underhand toss from 10' in front of the batter who bunts the ball.
 - 10 bunts per batter.
 - Count the number of good bunts that were made by each player.
- **Hitting Station #3 – Rapid Fire Soft Toss**
 - Using plastic orange hockey balls or whiffle balls, Coach will soft toss 5 balls from the side in rapid succession to the batter.
 - Batter hits balls into fence.
 - 2 sets of 5 swings per player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
| | |



3.5 PHASE 4 – PRACTICE OBJECTIVES AND PRACTICE PLANS

| | Practice Objectives | Skill Focus | Required |
|--------------|---|---|---|
| Practice #27 | <p>Practice #27 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics and strategies using game simulations. ○ To further develop mental skills. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Inside / outside swing ■ Fake bunt – slap hit ○ Baserunning <ul style="list-style-type: none"> ■ Sprinting technique ■ Situational baserunning ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Pivots ■ Shuffle / cross-over step ■ Forehand / backhand ■ Drop step ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ■ Quick exchange ○ Game simulations with various runners on base and number of outs: <ul style="list-style-type: none"> ■ Relays/cut-offs ■ Bunt defense including squeeze ■ Deep foul fly ball with runner on 3rd and less than 2 outs ■ Safety squeeze ■ Intentional walk ○ Mental skills: <ul style="list-style-type: none"> ■ Visualization ■ Parking ■ Anxiety control (relaxation, deep breathing) ■ Confidence – positive self talk ■ Distraction control ■ Concentration – focus ■ Routines <ul style="list-style-type: none"> ● On Deck Circle ● Before stepping into batter’s box ● In the batter’s box | <ul style="list-style-type: none"> ○ Ball Buckets ○ Balls (Regular, Whiffle Balls or Lite Flight Balls) ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Fence ○ Helmets ○ Pool Noodles ○ Screen |



| | Practice Objectives | Skill Focus | Required |
|--------------|--|---|--|
| Practice #28 | <p>Practice #28 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics and strategies using game simulations. ○ To have fun using a competition challenge. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Swing sequence ■ Under game conditions ○ Baserunning <ul style="list-style-type: none"> ■ Getting out of batter's box ■ Sprinting technique ■ Running through 1st Base ■ Reading Coach's baserunning signals ■ Situational baserunning ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Drop step ■ Forehand / backhand ■ Pivots ■ Underhand / backhand tosses ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand | <ul style="list-style-type: none"> ○ Ball Buckets ○ Balls (Regular) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Cones ○ Helmets ○ Safety Screen or Nets |
| Practice #29 | <p>Practice #29 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics and strategies using game simulations. ○ To have fun using a competition challenge. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics: <ul style="list-style-type: none"> ■ Swing sequence ■ Inside / outside swing ■ Trigger ■ Soft, short stride ■ Against live pitching ○ Baserunning <ul style="list-style-type: none"> ■ Bunt reads ■ Rounding the bases ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Shuffle step/ cross-over step ■ Forehand / backhand ■ Fielding bad throws ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Quick exchange ■ Pivots ○ Pitching mechanics ○ Catcher mechanics | <ul style="list-style-type: none"> ○ Balls (Regular, Flight Restricted and Whiffle Balls) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Cage or Fence or Nets ○ Batting Tees ○ Cones ○ Helmets ○ Agility ladders |



| | Practice Objectives | Skill Focus | Required |
|---------------------|--|---|---|
| Practice #30 | <p>Practice #30 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics / strategies using game simulations. ○ To have fun using a competition challenge. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Hitting under game conditions ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Underhand / backhand tosses ■ Pivots ■ Quick exchange ■ Long throw mechanics ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Forehand / backhand ■ Drop step ○ Baserunning <ul style="list-style-type: none"> ■ Situational baserunning ○ Pitching mechanics ○ Catcher mechanics ○ Defensive tactics / strategies using game simulations: <ul style="list-style-type: none"> ■ Relays/cut-offs ■ Various baserunners with various number of outs. | <ul style="list-style-type: none"> ○ Balls ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Cones ○ Home Plate ○ Pitching Plate |



| | Practice Objectives | Skill Focus | Required |
|--------------|---|---|--|
| Practice #31 | <p>Practice #31 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills under game conditions:: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics / strategies using game simulations. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Swing sequence ■ Tracking the ball ■ Focus ■ Wrist / hand action ■ Sacrifice bunting ○ Baserunning <ul style="list-style-type: none"> ■ Running through 1st Base ■ Sprinting technique ■ Situational baserunning ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Quick exchange ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Pivots ■ Underhand / backhand tosses ■ Forehand / backhand ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ With various baserunners and various outs ■ Pass balls at home ■ Force plays ■ Relays/Cut-offs ■ 1st and 3rd ■ Pick-offs ■ Bunt coverages | <ul style="list-style-type: none"> ○ Balls (Regular, Tennis Balls, Whiffle Golf Balls) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22”) or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Frisbees or CDs ○ Helmets ○ Pool Noodles |



| | Practice Objectives | Skill Focus | Required |
|--------------|--|--|--|
| Practice #32 | <p>Practice #32 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics / strategies using game simulations. ○ To have fun using a competition challenge. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Hitting under game conditions ■ Sacrifice bunt ■ Bat speed ○ Baserunning <ul style="list-style-type: none"> ■ Reading the hit ball ■ Getting out of the batter's box ■ Rounding the base and jamming ■ Reading Coach's signals ■ Reading outfielder's play ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Forehand / backhand ■ Drop step ■ Reading fly ball direction ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ■ Quick exchange | <ul style="list-style-type: none"> ○ Ball Buckets ○ Balls (Regular, Plastic Hockey Balls or Whiffle Balls) ○ Bases ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Helmets ○ Home Plates ○ Pitching Plates |
| Practice #33 | <p>Practice #33 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics / strategies using game simulations. ○ To have fun using a competition challenge. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Hitting under game conditions ■ Against live pitching ○ Baserunning <ul style="list-style-type: none"> ■ Getting out of the batter's box ■ Running through 1st ■ Rounding base ■ Round and jam ■ Reading Coach's signals ■ Reading outfielder's play ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle step ■ Cross-over step ■ Forehand / backhand ■ Drop step ■ Near fence ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ■ Exchange ○ Defensive tactics / strategies: <ul style="list-style-type: none"> ■ Using game simulations | <ul style="list-style-type: none"> ○ Balls ○ Bases ○ Bats (Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Cones ○ Helmets ○ Pool Noodles ○ Agility ladders |



| | Practice Objectives | Skill Focus | Required |
|--------------|--|---|---|
| Practice #34 | <p>Practice #34 Objectives:</p> <ul style="list-style-type: none"> ○ To develop athletic abilities in warm-up routines and everyday. ○ To refine fundamental softball skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Hitting ■ Baserunning ○ To refine positional skills under game conditions: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ■ Infielders ■ Outfielders ○ To refine team offensive and defensive tactics / strategies using game simulations. ○ To have fun using a competition challenge. | <ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Strength ■ Suppleness ■ Stamina ■ ABCs (Agility, Balance, Coordination and Speed) ○ Hitting mechanics <ul style="list-style-type: none"> ■ Swing sequence ■ Hitting under game conditions ■ Sacrifice bunt ■ Bat speed ○ Baserunning <ul style="list-style-type: none"> ■ Lead-offs ■ Retreat slide ■ Situational baserunning ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Shuffle / cross-over step ■ Forehand / backhand ■ Pivots ■ Drop step ■ By the Fence ○ Throwing mechanics: <ul style="list-style-type: none"> ■ Overhand ■ Pivots ■ Quick exchange | <ul style="list-style-type: none"> ○ Bases ○ Balls (Regular, Plastic Hockey Balls or Whiffle Balls) ○ Bats (Heavy, Regular and Nemo or Mini Bat (18-22") or Wooden Dowel/Broomstick Bats) ○ Batting Tees ○ Cones ○ Fence ○ Helmets |



PRACTICE PLAN #27

DATE:

| | | | | | |
|-------------------------|---|-------------------------------|------------------------------------|---------------------|--|
| Location: | | # of Athletes: | | Length of Practice: | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine fundamental softball skills under game conditions | 2 To refine hitting mechanics | 3 To further develop mental skills | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

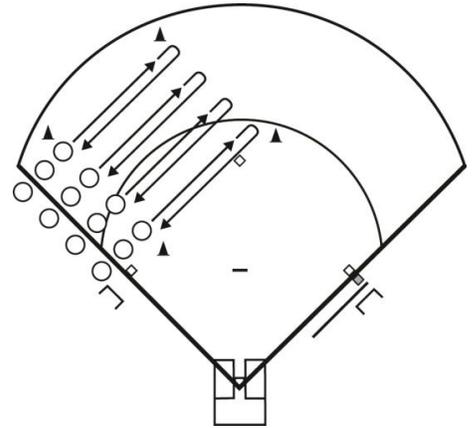
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

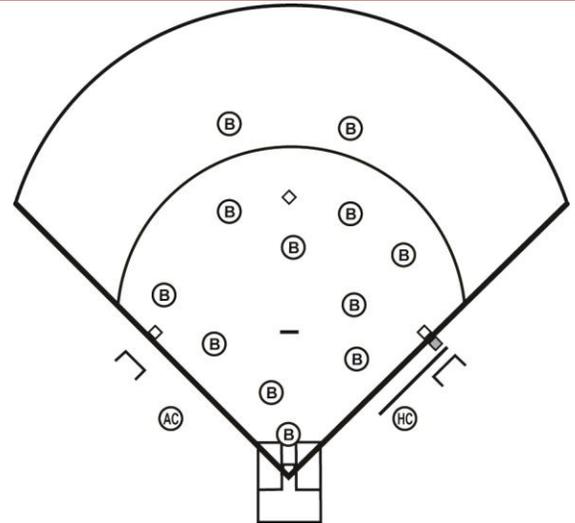
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time 10 minutes

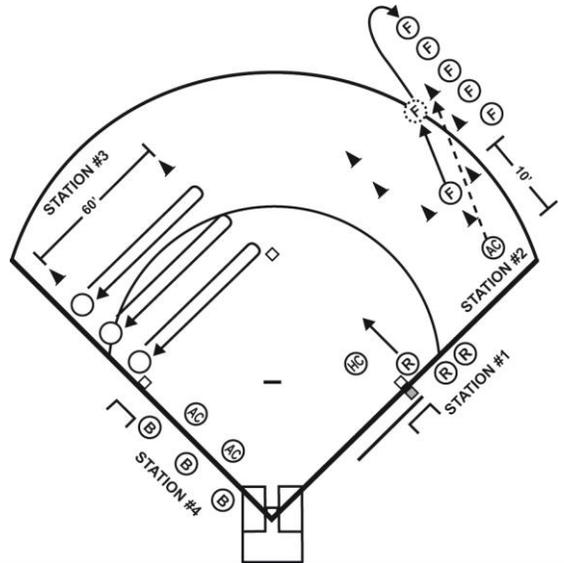
Equipment: Bases, Cones, Balls, Pool Noodles, Bats

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 4 groups of 3 players.
- **Station #1 – Reaction (Get Up and Go)**
 - Player assumes dive back position at Base.
 - On Coach's signal, player gets up as quickly as possible and sprints toward next base (5 - 6 hard steps). Then returns to back of line.
- **Station #2 – Agility (Cone Fielding)**
 - Player lines up 10' in front of Coach.
 - Coach will give the player a visual cue to indicate an imaginary ground ball or fly ball that they must pretend to field.
 - Set up flat cones to indicate which type of footwork is required to field the following types of hits:
 - A ground ball 1 shuffle step to the left or right of the fielder and slightly in front of them (Coach Cue: Ball in the hand at Coach's side).
 - A ground ball 5' in front of the fielder who must charge the ball (Coach Cue: Ball held in both hands in front of Coach).
 - A ground ball 5' to either side and behind the player who completes a cross-over step to field a forehand or backhand at 30-45 degrees (Coach Cue: Ball is hand with arm extended out to side).
 - A fly ball 10' to either side and behind the player on an angle of 60 degrees (Coach Cue: Ball in hand and arm raised above Coach's head).
 - 5 reps per player.
- **Station #3 – Speed (Form Running)**
 - Set up cones 60' apart.
 - Players run to far cone and back performing:
 - High knees: bring knees to 90 degrees and pump arms to mid-line of body.
 - Butt Kicks: bring foot up as high as you can to bring heel to butt.
 - Skipping Glide Steps: skip so you try to stay in the air as long as possible.
 - 2 sprints at full speed based on 12 o'clock pitching arm cue:
 - ◆ Each player will count their steps on the first sprint.
 - ◆ On second sprint, players will try to lengthen stride to reduce their steps by one.
- **Station #4 – Hitting (Pool Noodle)**
 - Player swings at pool noodle held at various places in strike zone
 - 7-10 swings per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

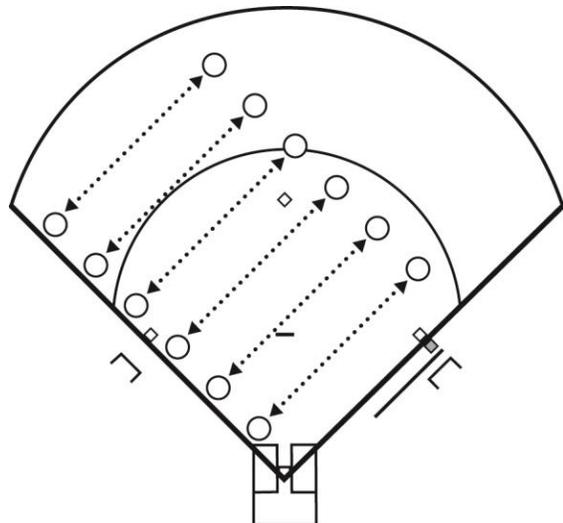
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points.
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 5 minutes

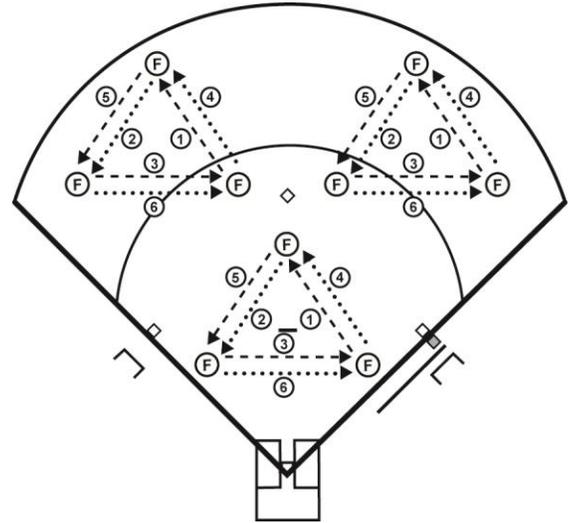
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique, pivot footwork and throwing mechanics

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Encourage players to challenge each other with ground balls at varying speeds and to the backhand.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- _____
- _____
- _____

MAIN PART

DRILL: HITTING CIRCUIT

Time: 30 minutes

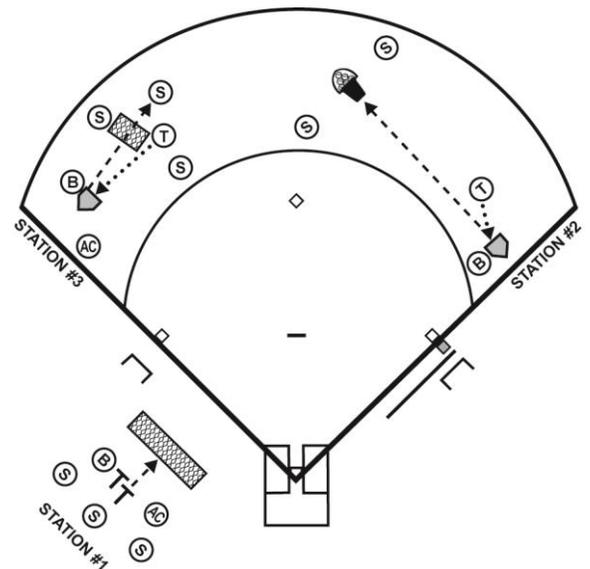
Equipment: Balls (Regular, Whiffle Balls or Lite Flight Balls), Bats, Fence, Screen, Batting Tees, Ball Bucket

Objective(s) of Drill:

- To refine hitting mechanics
- To develop an inside/outside swing
- To teach fake bunt and slap technique

Drill Description:

- Divide players into 3 groups of 4.
- Groups will rotate through 3 stations (10 minutes per station):
 - Station #1 – Double Tee Inside Out Swing Drill**
 - Place 2 Tees with a whiffle or lite flight ball on the front inside corner of the plate and on the back outside corner of the same plate.
 - As the player takes their stride, the Coach will call out which ball to hit into the net or fence.
 - If swing is performed correctly, the player will not hit the other ball.
 - 2-3 sets of 5 swings.
 - Station #2 – Soft Toss from Side Drill**
 - Set up with one hitter, Coach tosser and 3 shaggers.
 - The Coach will soft toss a ball from the side of the hitter.
 - The hitter will hit the ball into the field.
 - The shaggers will collect the balls, put them into a bucket and return the bucket to the tosser.
 - 2 sets of 8 swings.
 - Station #3 – Fake Bunt - Slap Hit Drill**
 - Set up with one hitter, one tosser and 2 shaggers.
 - Tosser who is protected behind the fence tosses whiffle balls from in front of hitter.
 - Hitter assumes pivot sacrifice bunt stance as ball is released.
 - Hitter pivots back to regular hitting stance and slap hits the ball by swinging down and through the ball.
 - 2-3 sets of 5 swings.



Key Teaching Points:

- _____

2 _____

DRILL: GAME SIMULATIONS

Time: 30 minutes

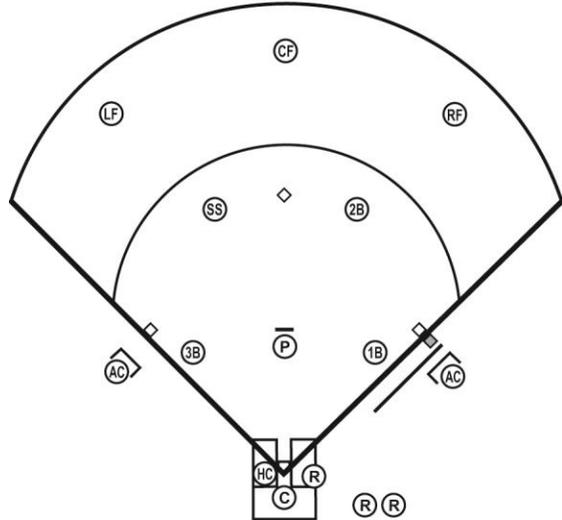
Equipment: Bases, Balls, Helmets, Bats

Objective(s) of Drill:

- To review defensive and offensive tactics

Drill Description:

- Place players in all defensive positions. Extra players will be baserunners.
- The Coach will call out various game situations (number of outs, baserunners on base, etc.) and then hit a ball to the defense:
 - Runner from home
 - Runner at 1st
 - Runner at 1st and 2nd
 - Runner on 2nd
 - Runner at 3rd
 - Runner at 2nd and 3rd
 - Bases loaded
 - Cut-offs/relays
 - Bunt situations including squeeze
 - Deep foul fly ball with runner on 3rd and less than 2 out
 - Safety squeeze trap play with voice signal from Catcher, Pitcher or 3rd Base (whoever fields the ball fakes a throw to 1st Base and traps runner between 3rd Base and Home)
 - Intentional walk
- If possible, have another Coach or the pitcher simulate throwing a pitch so the baserunners can time their lead-offs.
- Have Coaches at 1st and 3rd Base giving signals to baserunner so players learn to read signals from Coach while baserunning. Have players yell out the signal (bunt, steal, etc.).
- Rotate players into defensive positions and baserunning spots.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: MENTAL SKILLS

Time: 15 minutes

Equipment: n/a

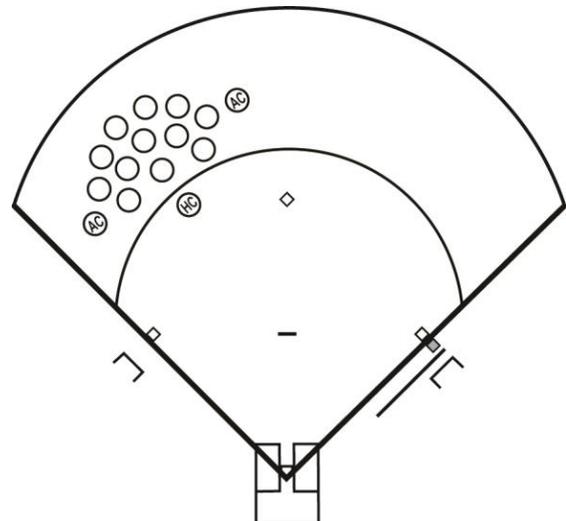
Objective(s) of Drill:

- Build confidence in performance
- Develop an understanding of the value of positive mental attitude

Drill Description:

○ **Drill #1 – Mental Skills Review**

- Coach gathers players in a huddle to review and discuss the following mental skills:
 - **Visualization** – see yourself in your mind’s eye making the correct plays in various situations (mental rehearsal)
 - **Parking** – leaving all concerns and distractions outside ball park or leaving a mistake behind and focusing on the task at hand
 - **Relaxation** – the use of deep breathing technique to gain control of excitement and gain focus on the task at hand (often used before stepping into the batter’s box, before stepping onto the pitcher’s plate, etc.).
 - **Positive Self Talk** – saying key words or phrases to help focus attention and build confidence in performance (often used in on-deck circle, or before stepping into the batter’s box. For example: “See the ball, Hit the ball.”).
- The Coach will review a routine for an at bat using the above mental skills:
 - Step #1 – On Deck Circle Routine
 - ◆ Park all distractions (crowd noise, etc.)
 - Step #2 – Before Stepping into Batter’s Box Routine
 - ◆ Focus – Take a wide focus of the field in front of you and review the situation (where is the defense positioned, are there any baserunners, where are the baserunners, number of outs, etc.).
 - ◆ Relaxation – Take a deep breath prior to stepping into the batter’s box.





- ◆ Positive Self Talk – State a phrase that will put you into a confident state of mind (“See the ball, hit the ball”, “Crush it”, “I’ve done it before, I can do it again”, etc.). This is individual to each player.
- Step #3 – In the Batter’s Box Routine
 - ◆ Focus – As the pitcher begins their wind-up, narrow the focus to the pitcher’s release point and pick up the imaginary ball.
 - ◆ Visualize – See the ball from ball release and track it. Read the spin. See and feel yourself make solid contact with the ball.
- Drill #2 – At Bat Routines
 - Partner up players. One partner will be the batter (no bat) and will discuss and walk through their routines during an at bat using the above mental skills while the other player acts as the pitcher (no ball) who pitches to the batter.
 - Line up all batters along one foul line with their partner-pitcher about 40’ away.
 - The batter will go through the mental skills used in each of these situations:
 - On-deck circle routine
 - Before stepping into the batter’s box
 - In the batter’s box:
 - ◆ Prior to the pitch release
 - ◆ At pitch release
 - ◆ Between pitches
 - Switch roles.
 - Complete 3 reps per player.
- Encourage players to practice using these mental skills throughout the drills in today’s practice.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|

PRACTICE PLAN #28

DATE: _____

| | | | | | |
|-------------------------|--|---|--|--------------------|-------|
| Location: | _____ | # of Athletes: | _____ | Length of Practice | _____ |
| Absent Athletes: | _____ | | | | |
| Support Staff: | _____ | | | | |
| Objectives of Practice: | 1 To have fun with a competitive challenge | 2 To refine fundamental softball skills of throwing, fielding and baserunning | 3 To refine team tactics and strategies under game conitions | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

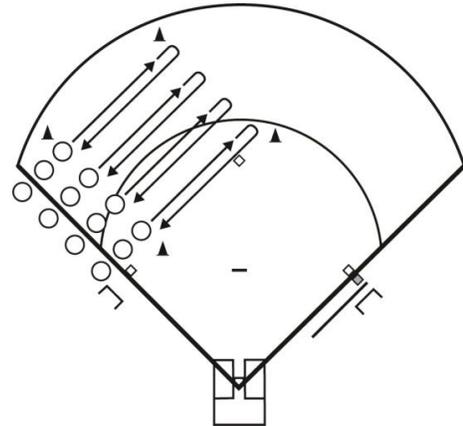
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

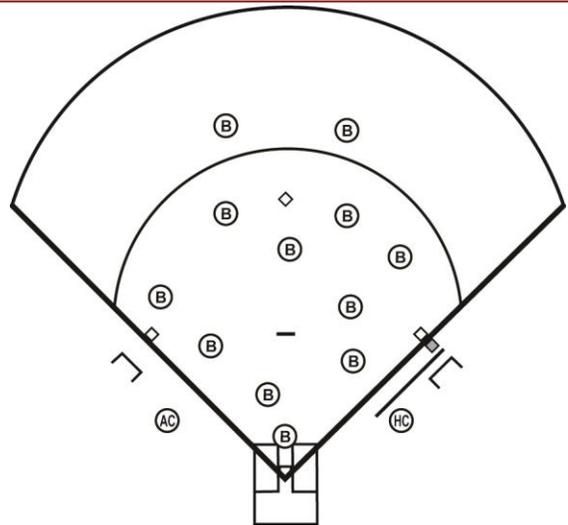
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: CRASH

Time: 10 minutes

Equipment: Bases, Bats (Regular, Heavy and Wooden Dowel/Broomstick Bats), Cones

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Set-up 4 groups of 3 (allow for different groupings for greater team interaction).
- Groups will rotate through all 4 stations (2minutes per station).

○ **Station #1 – Footwork Square Drill**

- Set-up a square using cones with corners about 15' apart.
- One player will complete the drill one at a time always facing the same direction by:
 - Sprinting from the 1st cone to the 2nd cone.
 - Kareokaing from the 2nd cone to the 3rd cone.
 - Back peddling from the 3rd cone to the 4th cone.
 - Side shuffling from the 4th cone back to the 1st cone.
 - And then immediately reversing direction and performing the movements in the opposite direction.
- Next player in line completes the drill.
- 3 reps per player.

○ **Station #2 – Speed (H to 1st)**

- The Coach will review the rules regarding the use of the orange base.
- Set up 1st Base (double base) at U17 basepath distance (60') from batters.
- Player swings bat as if in batter's box, drops bat, runs through 1st Base, gains control, turns right towards the foul line to return to the base.
- Use good form running:
 - Good body lean
 - Pump arms
 - Knees high
 - Stretch stride after first 2-3 steps
 - Run through base

○ **Station #3 – Reaction (Cone Fielding)**

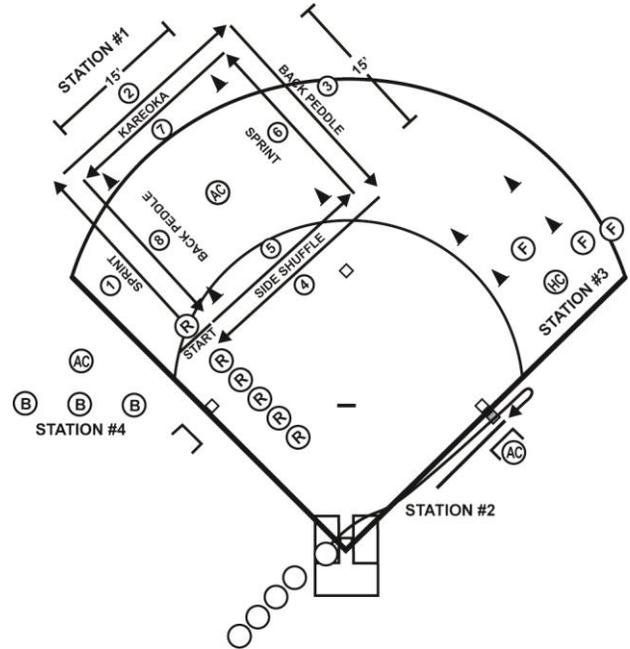
- Place flat cones 10' left and right of start position; and 2 other cones at a 60* angle back left and right.
- Player moves from ready position to field either imaginary ground ball or fly ball as dictated by Coach pointing to a cone either in the air or on the ground.
- Player should visualize tracking an imaginary ball, make proper pivots, complete footwork to get to ball and set up to make throw to target.
- 5 reps per player.

○ **Station # 4 – Hitting (Shadow Swings)**

- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
- The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
- The player will swing at the following speeds using each of the bat types:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

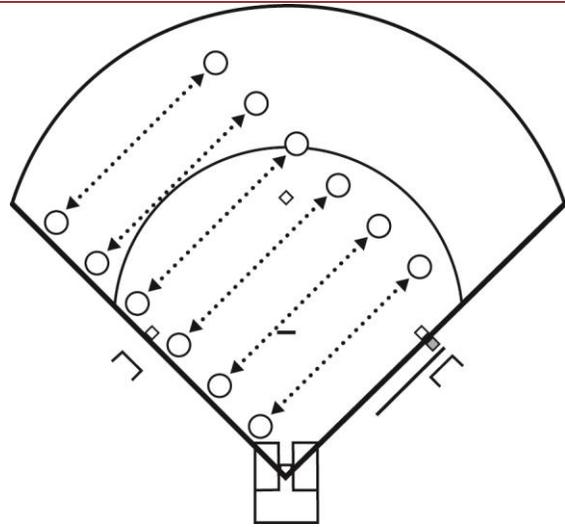
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 10 minutes

Equipment: Bases or cones, Balls

Objective(s) of Drill:

- Refine pivots, overhand throwing mechanics, underhand, backhand tosses and receiving mechanics

Drill Description:

- Set up bases or cones in diamond formation.
- Divide players into 4 groups with 3 players per corner.

■ **Variation #1 - Pivot and Throw**

- Set bases about 50' apart.
- First player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to player at 2nd Base. Continue throwing to each base.
- Players will rotate to the end of their line at their corner after completing throw (go to back of their line).

● **Variations:**

- ◆ Reverse direction of throws.
- ◆ Throw ground balls to next base to working on fielding technique.
- ◆ Add 2nd ball.

● **Challenge:**

- ◆ Ask players to make 10 good throws in a row to end the drill

■ **Variation #2 - Underhand and Backhand Tosses**

- Set bases about 15' apart
- First player in line at Home tosses ball to 1st player at 1st Base who receives throw, pivots and tosses to player at 2nd Base. Continue tossing to each base.
- The type of toss (underhand or backhand) is dictated by the tosser's throwing hand. If the receiver at 1st Base is right handed they will backhand toss to 2nd Base. If they are left handed, they will underhand toss to 2nd Base.

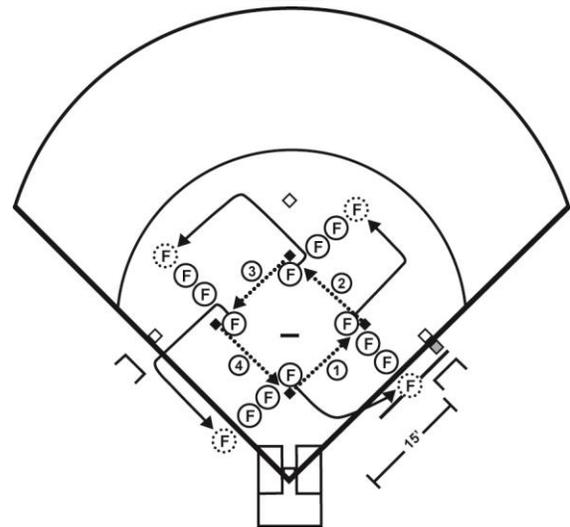
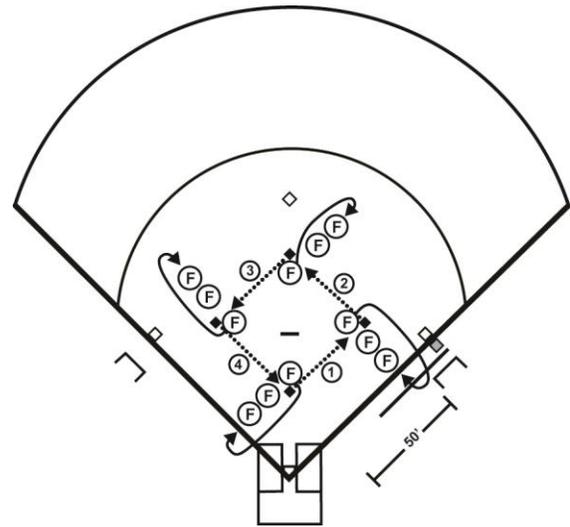
- Players will follow their throw and line up at next base.
- Reverse direction of tosses.

● **Challenge:**

- ◆ Count the number of throws before an error is made.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: BACKHAND/FOREHAND FIELDING DRILL

Time: 15 minutes

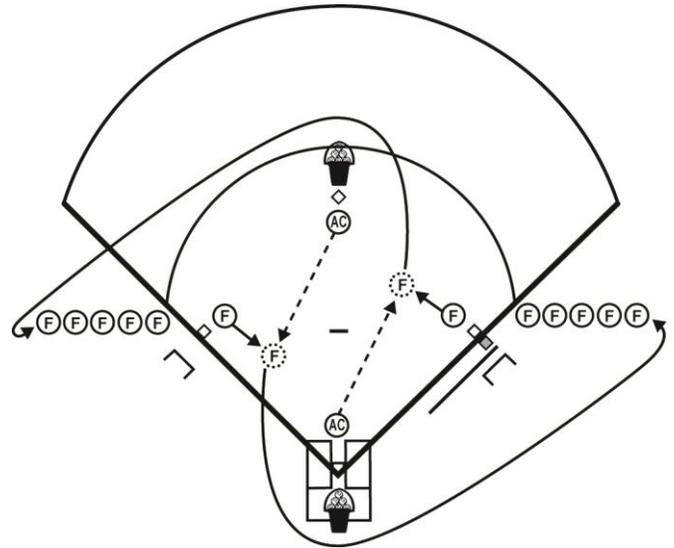
Equipment: Bases, Balls, Ball Buckets, Bats

Objective(s) of Drill:

- To practice cross-over step when fielding ground balls on backhand and forehand while on the move
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

- Set up 2 Coach fungo hitters each with a bucket of balls with 1 hitter stationed at 2nd Base and the other at Home.
- Players are divided into 2 groups of 6:
 - Group #1: Positioned at 1st Base fielding balls hit between 1st and 2nd from Coach positioned at Home.
 - After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 3rd Base.
 - Group #2: Positioned at 3rd Base fielding balls hit between 3rd and Home from Coach positioned at 2nd.
 - After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 1st Base.
- After 10 minutes, switch direction of hits:
 - Group #1: Positioned at 1st Base fielding balls hit between 1st and Home from Coach positioned at 2nd.
 - After fielding ball, player drops ball in the bucket at Home and runs around fungo hitter to join line at 3rd Base.
 - Group #2: Positioned at 3rd Base fielding balls hit between 3rd and 2nd from Coach positioned at Home.
 - After fielding ball, player drops ball in the bucket at 2nd and runs around fungo hitter to join line at 1st Base.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: THREE STOPS BASERUNNING DRILL

Time: 15 minutes

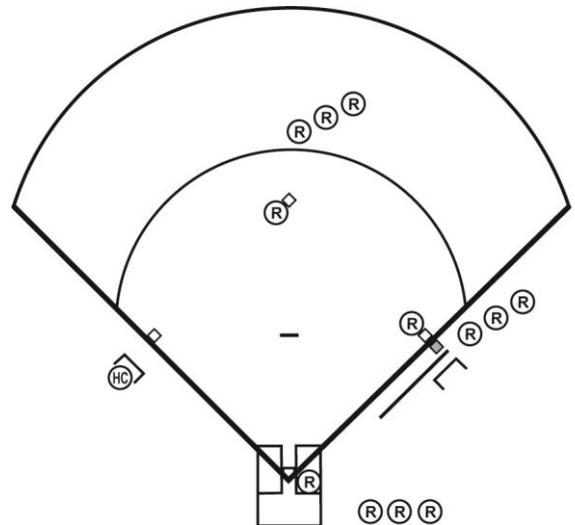
Equipment: Bases, Helmets

Objective(s) of Drill:

- To practice baserunning effectively when one or more bases are occupied
- Conditioning

Drill Description:

- Divide players into 3 groups of 4. Position a group of 3 baserunners at Home, 1st Base, and 2nd Base with extra players lined up safely behind each base.
- Position a Coach in the 3rd Base coach's box.
- On signal from the 3rd Base Coach, all three baserunners will run to the next base and read the 3rd Base Coach's instructions for advancing or not.
- The 3rd Base Coach can:
 - Stop the lead baserunner at 3rd.
 - Signal the lead baserunner to advance to Home.
 - Stop the 2nd Baserunner at 2nd.
 - Stop the 2nd baserunner at 3rd.
 - Signal the 2nd baserunner to score all the way from 1st.
 - Have the batter run out a single.
 - Have the batter run out a double.
 - Have the batter run out a triple.
 - Etc.
- Once the play is completed, the next set of 3 baserunners quickly takes their position at Home, 1st Base and 2nd Base and repeats with a new option.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: SCRUB

Time: 45 minutes

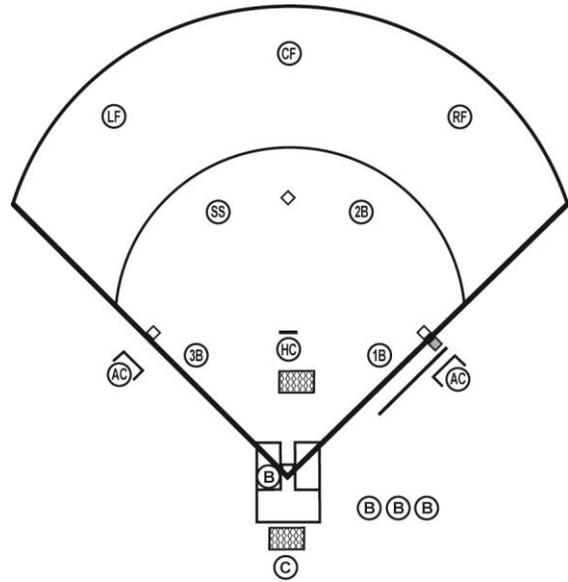
Equipment: Bases, Helmets, Balls, Safety Screen or Nets, Bats

Objective(s) of Drill:

- To have players experience playing many different positions in a fun, competitive game like situation

Drill Description:

- Set-up with players in all defensive positions except Pitcher.
- The player is assigned the number of the fielding position they are in and will rotate positions in descending order as outs are made (i.e. Short Stop is #6 and will move to #5 – 3rd Base).
- Remaining players are the batters.
- The Coach will front toss from behind a safety screen or net from 25'-30' in front of the hitter.
- Any ball hitting the screen or net protecting the Pitcher will be considered a foul ball.
- Batters will run out the hit ball and continue as baserunners until they are put out or score.
- Once a player is put out, they lose their turn at bat and enter the game defensively in Position #9 (Right Field).
- All other players move down a number until they get to bat.
- When in the Catcher position, the player does not need equipment because they will simply stand behind a safety screen or net until a play is made at Home.



Key Teaching Points:

- _____
- _____
- _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #29

DATE:

| | | | | | |
|-------------------------|-------------------------------|---|---|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine hitting mechanics | 2 To refine the ability to field bad throws | 3 To refine team defensive tactics and strategies | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

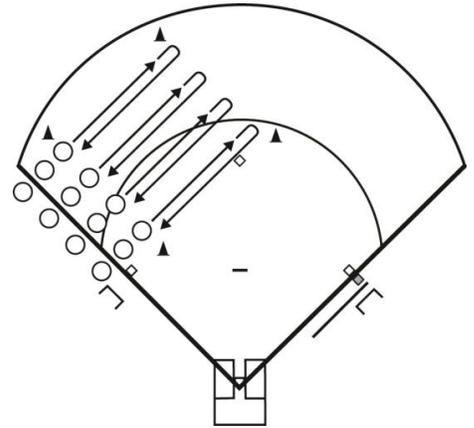
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

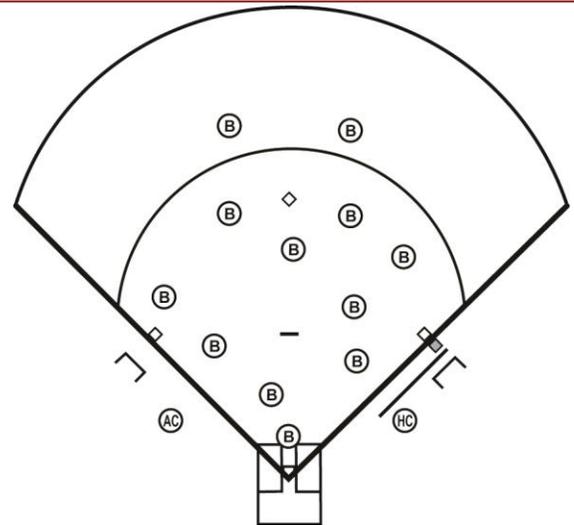
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time 10 minutes

Equipment: Bases or Cones, Balls, Bats (Heavy, Regular, Wooden Dowel or Broomstick Bats), Agility ladders

Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 4 groups of 3 players.
- **Station #1 – Reaction (Bunt Read)**
 - Coach in pitcher's position pretends to pitch.
 - Player at 1st Base takes a lead-off when pitcher's arm gets to the 12 o'clock position.
 - The Coach will give a visual cue so the player must read what they must do:
 - Coach drops ball - baserunner reads that the bunt is down and must run to 2nd Base.
 - Coach throws a pop up - baserunner must read a pop up and return to the Base.
 - Coach gets into overhand throwing position - baserunner must read pick-off and dive back to Base.
 - 5 reps per player.

Station #2 – Agility (Agility ladder Drills)

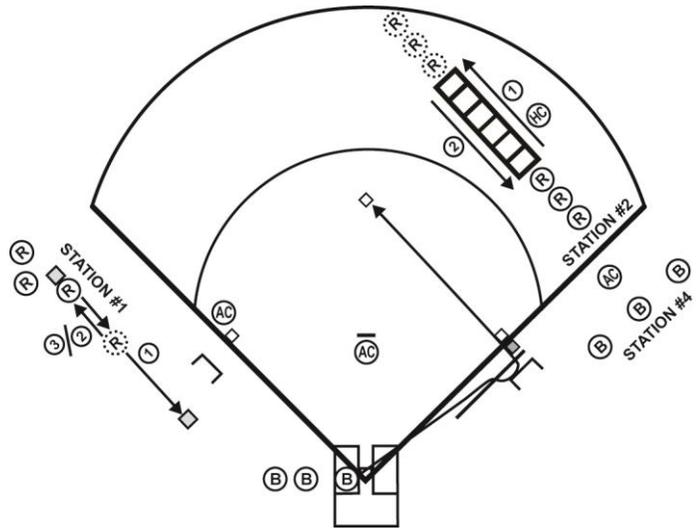
- **Note:** The Coach should take the agility ladder drill descriptions from **Appendix D** with them to the field.
- Place a agility ladder on the ground and have players line up at one end to perform the drills below.
- When doing any one of these footwork drills, the whole line of players will go through to the end and then wait until everyone gets through before returning back using the same steps. The Coach will select 3-4 of the following ladder drills:
 - Slow jog – one foot per square (up and back)
 - Slow jog – both feet in each square with a quick 1-2, then the next square 1-2, (Up and back)
 - High Knees – one foot per square
 - High Knees – both feet per square
 - Out, In, Out, In
 - In, Out, In, Out – quick steps. Starting inside of the first square the player quickly moves each foot (1-2) outside of the 2nd square, then into the 3rd square, continue until done.
 - In, Out, In, Out – quick steps back. On the return trip have the player face the same direction when they return to work on the other leg muscles.
 - Kareoka (grapevine) – Same footwork as #7 but twisting sideways in both directions as the player goes through the ladder.

Station #3 – Speed (H to 2nd Base – No Slide)

- Player swings the bat at imaginary pitch, runs to 1st Base, rounds 1st, continues to 2nd Base and stands up at 2nd.

Station #4 – Hitting (Shadow Swings)

- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
- The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
- The player will swing at the following speeds using each of the bat types:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

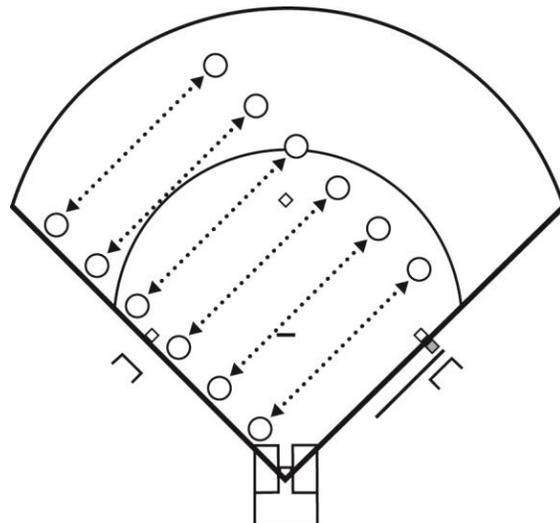
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill
 - **Challenge:** Count the number of throws made in 30 seconds.
 - Repeat

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: STAR DRILL

Time: 5 minutes

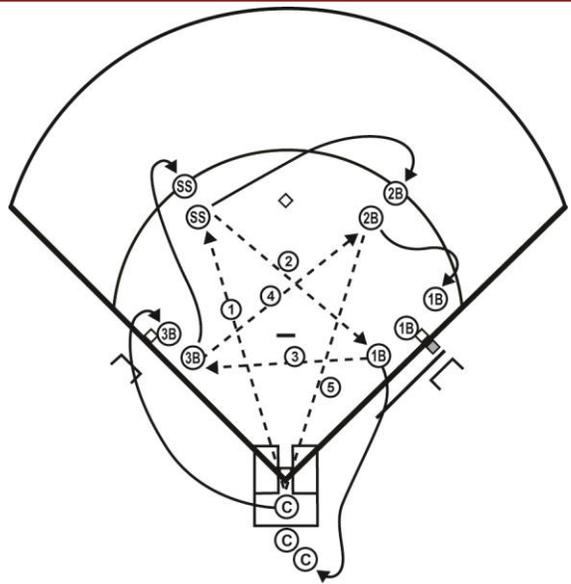
Equipment: Balls

Objective(s) of Drill:

- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position.
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING BAD THROWS DRILL

Time: 15 minutes

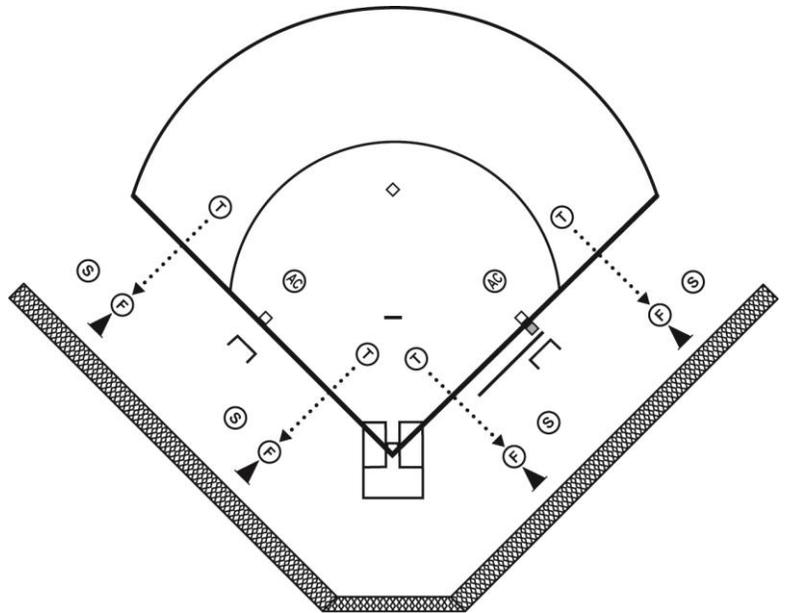
Equipment: Balls, Bases or Cones

Objective(s) of Drill:

- To practice fielding bad throws

Drill Description:

- Set up 4 stations along the back stop with a cone acting as a base.
- Divide players into groups of 3:
 - 1 Fielder
 - 1 Tossler
 - 1 Shagger
- Fielder takes receiving stance in front of cone as if waiting for a thrown ball to a base for a force out.
- The Tossler throws a ball from about 25'-30' away so that the fielder must move off the base to receive it:
 - Short hop to the left or right of Fielder
 - Slightly high throw
 - Slightly wide throw
- Fielder moves to field the bad throw in the middle of the body, if possible, or stretches for the wild throw (i.e. jumps).
- The Shagger gathers any balls that are missed by the Fielder.
- Rotate players after 5-6 throws.
- 3 reps per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: HITTING CIRCUIT

Time: 30 minutes

Equipment: Balls (Regular, Flight Restricted and Whiffle Balls), Bats (Regular and Wooden Dowel/Broomstick Bats), Batting Cage or Fence or Nets, Batting Tees

Objective(s) of Drill:

- Practice/refine hitting mechanics

Drill Description:

- Divide team into 3 groups of 4.
- Each group will rotate through all 3 stations (10 minutes per station).

■ **Station #1 – Double Tee Inside Out Swing Drill**

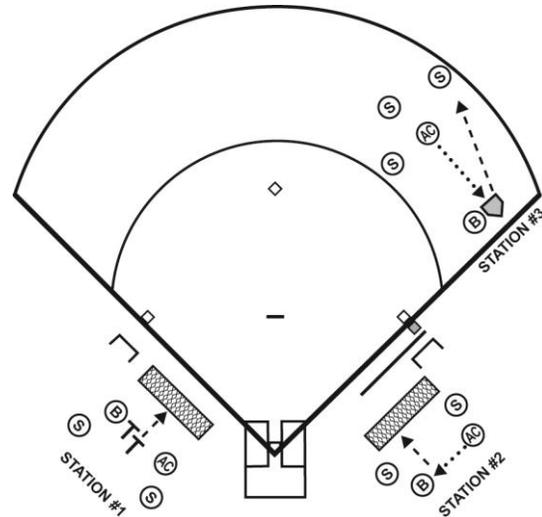
- Purpose is to train to avoid the long swing (casting).
- Place 2 Tees with a ball on the front inside corner of the plate and the other on the back outside corner of the same plate.
- The player leads with their hands to hit the ball positioned as the inside pitch.
- Then on next swing, the player hits the ball positioned as an outside pitch.
- If swing is performed correctly, the player will not hit the other ball.
- This drill is best done in a batting cage. If this is not possible then perform into a net or fence.
- Whiffle balls can be used.
- 2 sets of 5 swings at each ball position (inside then outside).

■ **Station #2 – One Hand Swing Drill**

- Player will be down on 1 knee with front leg extended and one hand on the Wooden Broomstick bat (22" bat).
- A Coach will soft toss a whiffle ball from the side to the player to hit into a net or fence.
- 2 sets of 5 swings with each hand.

■ **Station #3 – Inward Rotation and Soft Stride Drill**

- Purpose is to practice inward rotation of the front side, stride, and weight transfer helping the hitter to develop essential timing and rhythm.
- Coach is positioned about 20-25' in front of batter.
- Coach will front toss to batter.
- Batter is in an open stance with feet parallel to pitcher.
- As ball gets to the pitcher's release point (pitcher's hip), the batter will stride into a balanced parallel stance with lead shoulder pointing at pitcher (weight should be 60% back and 40% forward after taking stride) and then hit the tossed ball.
- Key Points: this drill is especially designed for the hitter who has no trigger or inward rotation of the knee, shoulder and front side.
- Use limited flight balls or whiffle balls to protect Coach.
- Other players in group act as shaggers.
- 10 swings per batter.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: INTERSQUAD GAME

Time: 30 minutes

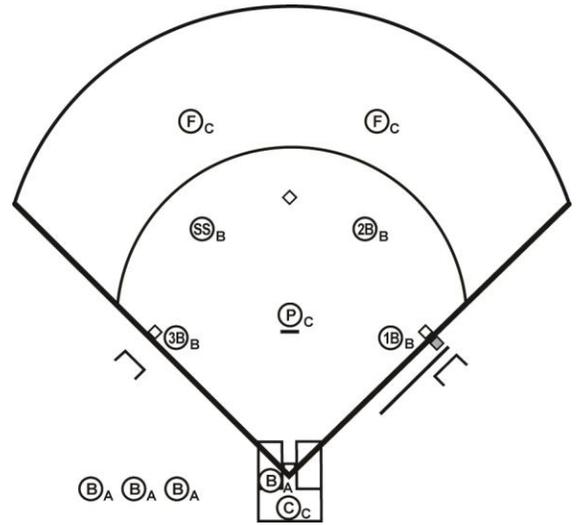
Equipment: Bats, Balls, Helmets, Bases

Objective(s) of Drill:

- To review defensive situations within a game setting
- To refine hitting mechanics using live pitching

Drill Description:

- Divide players into 3 teams (generally 4 vs. 4 vs. 4) who will play an intersquad game against each other.
- Allow 10 minutes for warm-up for:
 - Pitchers and catchers – pre-game warm-up
 - Other players are doing a pre-game warm-up
 - Coach hits ground balls and fly balls to players at infield and outfield depths
- One team is at bat and other teams fill in defensive positions:
 - Depending on the number of pitchers on the team, pitching can be:
 - 2 soft tosses from the side per at bat from teammate
 - Live pitching from the Coach
 - Live pitching from team pitcher (Note: if only 2 pitchers on the team, then either a coach will pitch or the pitchers will switch half way through the game.)
- 3 outs and rotate new team into bat.
- The Coach can stop play to instruct or repeat a play.
- The Coach can dictate the situation (number of outs, number of strikes on batter, place runners on bases, etc.).
- Each team keeps track of the runs they score.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #30

DATE: _____

| | | | | | |
|-------------------------|---|--|--|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine fundamental softball skills | 2 To refine outfielder positional skills | 3 To have fun and enhance team bonding | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

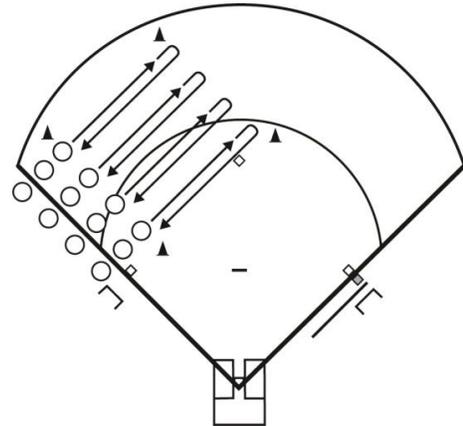
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

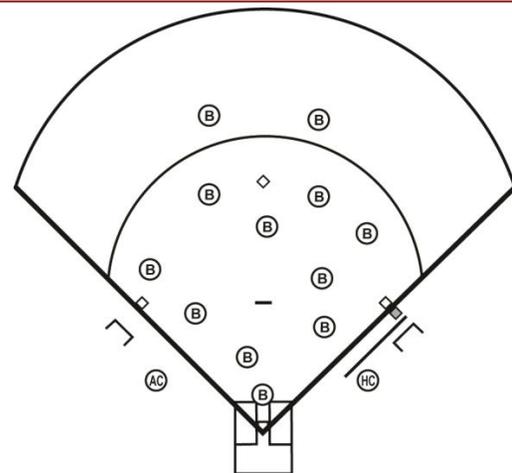
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____



DRILL: CRASH – LAST ROUND UP

Time: 10 minutes

Equipment: n/a

Objective(s) of Drill:

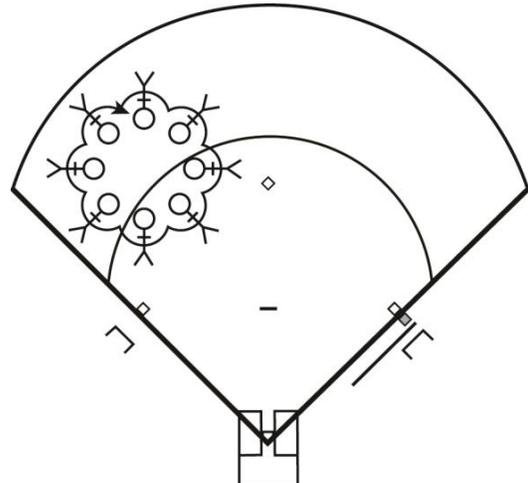
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Players lay on their stomach in a circle leaving 1-2 meters between each player.
- Heads should be on the inside of the circle (facing in).
- On command, chosen player gets up quickly and runs left or right, jumping over each player in the circle. As the runner jumps over the player, that player jumps up and runs around the circle jumping over all the players. Continue until all players have run around the circle and everyone has returned to their starting position.
- Repeat in the opposite direction.

Key Teaching Points:

- 1 _____
- 2 _____





DRILL: THROWING EVERYDAYS

Time: 5 minutes

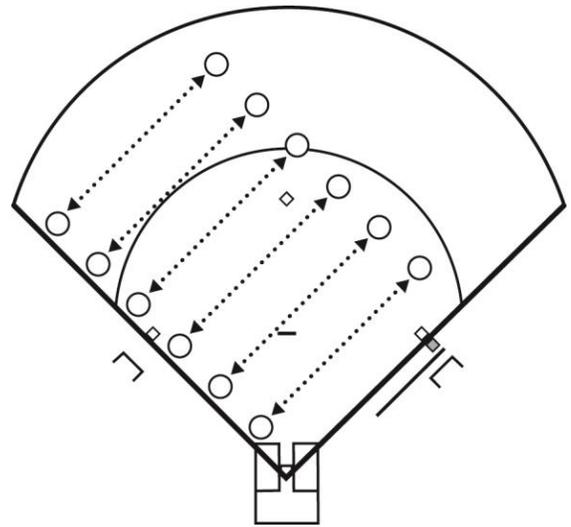
Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill
 - **Challenge:** Count the number of throws made in 30 seconds.
 - Repeat



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: LONG THROW DRILL

Time: 5 minutes

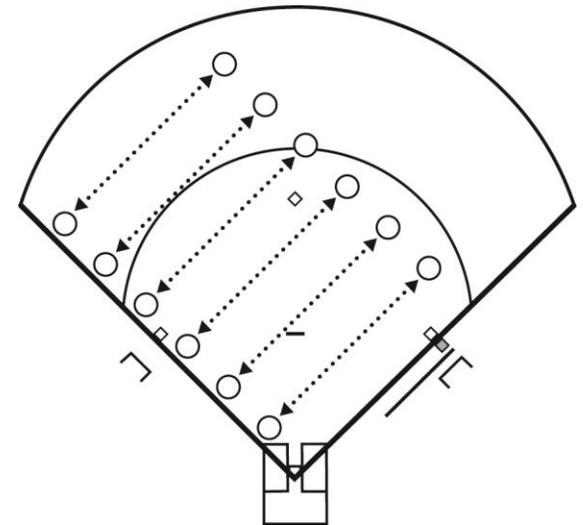
Equipment: Balls

Objective(s) of Drill:

- To review and practice the long throw technique including crow hop and kick through

Drill Description:

- The Coach will gather players in a semi-circle and review the long throw technique using the crow hop and kick through footwork.
- Players will partner up and stand about 70-80' away from their partner and practice making long throws to their partner.
- Players will progressively increase the distance between their partner so throws will be longer and longer. When the throw takes more than one bounce to get to their partner or the throw balloons in the air, the pair will remain at that distance apart and not move further back.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: RELAYS/CUT-OFFS

Time: 20 minutes

Equipment: Balls

Objective(s) of Drill:

- To teach the proper receiving technique to relay a ball from the outfield
- To teach cut-offs for a ball from the outfield

Drill Description:

○ **Relay Drill #1**

- Divide players into 4 groups of 3.
- Each group of 3 players will form a straight line.
- Player at one end starts with the ball and throws to middle player who catches the ball using proper technique to relay the ball to the third player.
- Increase the distance between players to increase the challenge.
- After 5 throws, rotate players so all have been in the middle.

○ **Relay Drill #2 - Relay Race**

- Divide players into 2 groups of 6.
- Each group of 6 players will form a straight line.
- With the ball starting at one end, players throw to next player in line until the ball gets to the end of the line and back to the first player.
- The winning team is the one to throw to the end of line and then back the fastest.
- Increase the distance between players to increase the challenge.
- Race 2 or 3 times changing position of players each time.

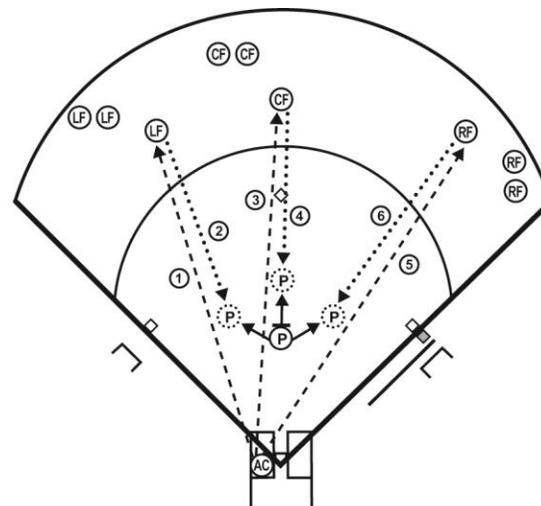
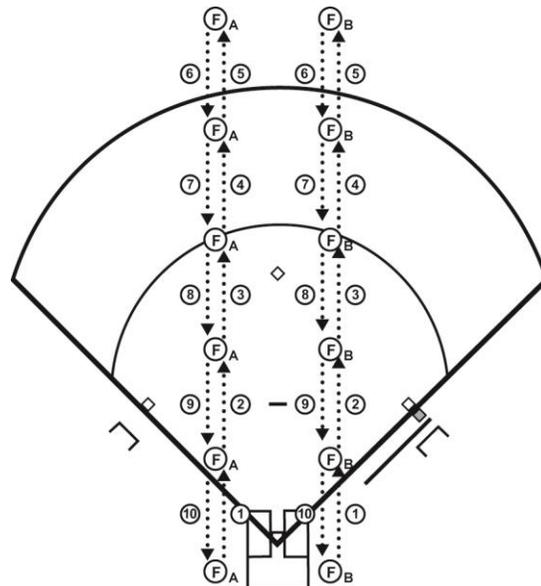
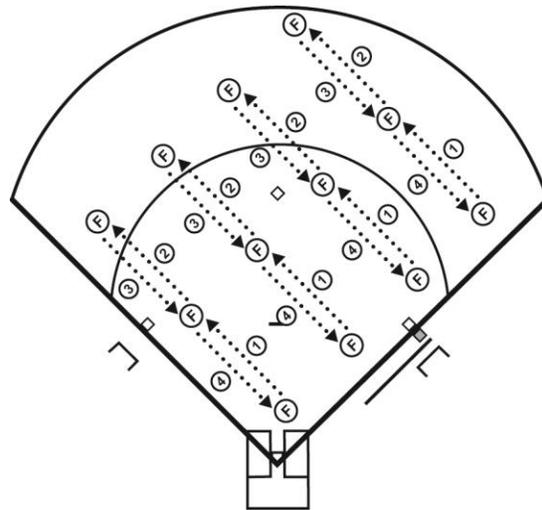
○ **Cut-offs**

- Set up 2-3 players in each position (LF, RF, CF, and at Pitcher or 1st Base).
- The Coach determines who will be the cut-off person (typically the pitcher or 1st Base).
- The Coach hits a ball to an outfielder who fields the ball and makes a throw to the cut-off person. Cut-off person receives throw and then pretends to throw to 1st or 2nd Base using proper footwork, then rolls the ball back to the Coach.
- Cut-off person should be at a depth between the pitcher's mound and the back of the pitcher's circle and lined up with home plate.
- At least 2 reps for each cut-off person from each outfielder.

Note: Coach's choice for what infielder to use as the cut-off person. It is a coach's decision based on their defensive philosophy and the skill level of their players.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: OUTFIELD PLAY

Time: 30 minutes

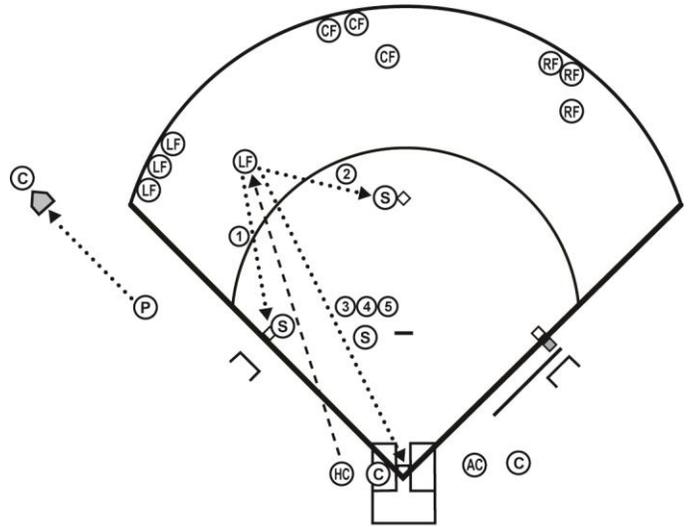
Equipment: Balls, Bases, Bats, Home Plate, Pitching Plate

Objective(s) of Drill:

- To refine outfield positional play and refine fielding mechanics and footwork
- To review long throws and footwork
- To review team tactics (coverages, relays, cut-offs)

Drill Description:

- 1 Pitcher and Catcher will work on sidelines practicing pitching and receiving and then will join outfielder practice and be replaced by another pitcher and catcher until all pitchers and catchers have completed their practice.
- Set up all other players in outfield positions (RF, CF and LF) except 1 player who will shag throws at 2nd, 3rd base and act as relay and cut-off person and two players who will catch for the 2 Coaches:
- Two Coaches with Catchers will alternate hitting balls to the outfielder groups. All outfielders will throw to the same location as follows:
 - Catch and throw to 3rd Base
 - Catch and throw to 2nd Base
 - Catch and throw to Home without cut-off person
 - Catch and throw to Home with cut-off person
 - Hit ball over outfielder's head and throw to relay person
- After each set, rotate new players to shag and catch.
- After all players in group have completed the sequence, rotate group to next outfield position (LF to CF, CF to RF, RF to LF).
- Repeat until all players have fielded each position.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FOOTBALL DRILL

Time: 10 minutes

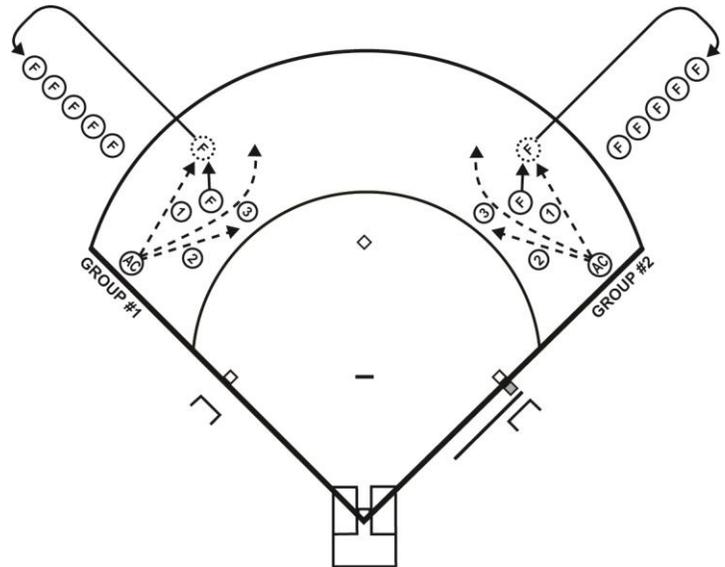
Equipment: Balls

Objective(s) of Drill:

- Refine pivots and going back for fly ball hit over fielder's head
- Refine catching a fly ball on the run

Drill Description:

- Divide players into 2 groups of 6 players with one group in right field and one group in left field.
- Both groups will complete the drill simultaneously.
- Each group will have a Coach acting as the quarterback throwing to the players.
- One player assumes outfielder ready position about 10' in front of Coach.
- On Coach's signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - Right
 - Left
 - And over their head
- Player makes catch, stops quickly, overhand throws the ball back to the Coach and moves to the back of the line.
- Once, all players have completed 2 reps in each direction, the Coach will then randomly select a direction to throw the ball to be fielded.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: RELAYS

Time: 15 minutes

Equipment: Cones, Bats

Objective(s) of Drill:

- To have fun

Drill Description:

- Divide players into 4 teams of 3.
- Place a set of cones for each team about 60' apart with each team lined up behind their cones.
- Coach selects 3 or 4 relays from the following list (as time allows):

■ **Bat Relay #1**

- 1st player in line has a bat that they balance in their palm.
- The player runs with bat to the cone, touches the bat on the ground and runs back again balancing the bat in their palm.
- Player gives bat to next player in line who repeats the run to the cone and back. Continue until all players have completed relay.
- If the bat falls, the player must stop and perform a physical activity (i.e. 2 Burpees, 5 push-ups) before continuing.

■ **Bat Relay #2**

- The 1st and 2nd players in line each holding the bat with their right hand (one player must face forwards and the other must face backwards) run to the cone, touch the ground with their left hand and then return to the starting cone.
- Players must always face the same direction they started facing. This way they both run forwards and backwards.
- The 1st player is dropped off and the 2nd player picks up the 3rd player and repeats the run.
- The 3rd player then drops off the 2nd player and picks up the 1st player and repeats the run one last time.

■ **Bat Relay #3**

- 1st player in line runs with the bat to the cone, touches the bat on the ground and then runs back to the start.
- When the 1st player gets back to the start, the 1st player picks up the 2nd player in the line with both players holding the bat. Together they run to the cone and back and then pick up the 3rd player in the line.
- Once the 3 players return to the start, the 1st player is dropped off. The players continue to run to the cone and back until all players are dropped off (reverse order 1st, then 2nd, and finally the 3rd player).

■ **Junk Relay**

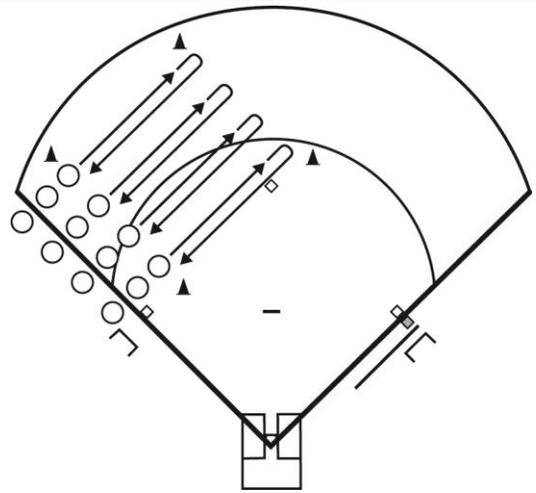
- Set up diamond with bases about 60' apart, teams at each of the Bases and an assortment of items (balls, gloves, cones, etc.) in the middle of the diamond.
- On "Go", the 1st player from each group runs to the middle, picks up an item and returns with it to their base and tags the next player in line.
- The next player runs to the middle, picks up an item and returns with it to their base and tags the next player in line.
- If there are no more items in the middle of the diamond, players can steal items from any of the other teams.
- Continue until the Coach shouts "Time".
- Team with most items wins.

■ **Shuttle Run Relay**

- Player starts in push up position with nose on ground.
- On signal from Coach, player gets up and runs to opposite cone, touches cone, and runs back and touches first cone. Sprints back to touch opposite cone, sprints back to first cone and tags next player in line. Repeat until all players have completed the relay.

■ **Tied Shoe Relay**

- All players remove their shoes and place in a pile at farthest cone. Coaches tie laces together of different shoes.
- One player from each group at a time will run to the pile of shoes, find their shoes, put them on and return to the start and tag next player on their team who will repeat until all players have their shoes.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #31

DATE:

| | | | | | |
|-------------------------|--|--|---|---------------------|--|
| Location: | | # of Athletes: | | Length of Practice: | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine fundamental softball skills of throwing and fielding | 2 To refine hitting mechanics and sacrifice bunt technique | 3 To refine team defensive tactics and strategies | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

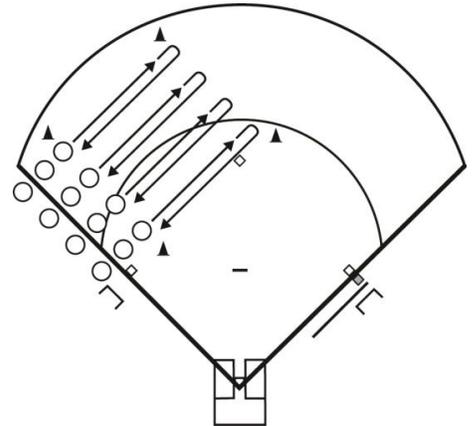
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

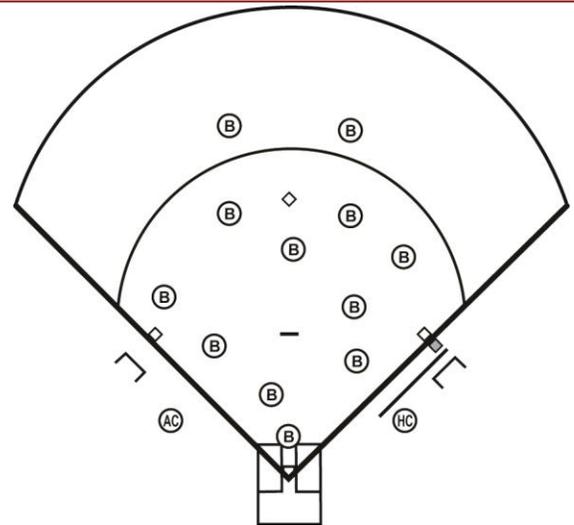
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CRASH

Time 10 minutes

Equipment: Bases or Cones, Balls, Bats (Heavy, Regular, Wooden Dowel/Broomstick)

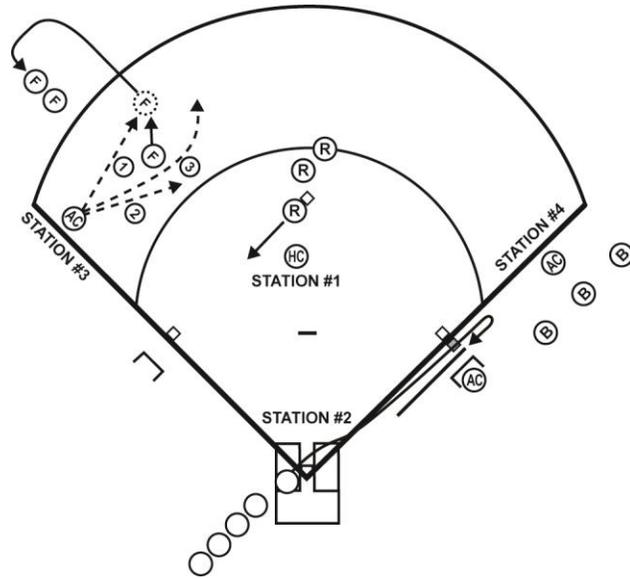
Objective(s) of Drill:

- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 4 groups of 3 players.
- Rotate players to next station after 2 minutes.
- **Station #1 – Reaction (Get Up and Go)**
 - Player assumes dive back position.
 - On Coach's signal, player gets up as quickly as possible and sprints toward next base (5 - 6 hard steps). Then returns to back of line.
- **Station #2 – Speed (H to 1st)**
 - Set at bases at 60'.
 - Player swings bat as if to hit imaginary ball, runs to and through 1st Base, quickly stops, and returns to 1st Base.
- **Station #3 – Reaction (Football Drill)**
 - A Coach will act as the quarterback throwing to the players.
 - One player assumes outfielder ready position about 10' in front of Coach.

- On Coach's signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - Right
 - Left
 - And over their head
 - Player makes catch, stops quickly, overhand throws the ball back to the Coach and moves to the back of the line.
 - Once, all players have completed 2 reps in each direction, the Coach will then randomly select a direction to throw the ball to be fielded.
- **Station # 4 – Hitting (Shadow Swings)**
- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
 - The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
 - The player will swing at the following speeds using each of the bat types:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

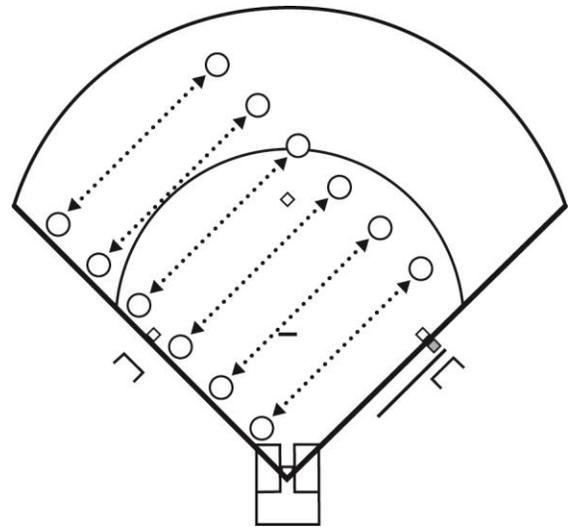
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: FOUR CORNER DRILL

Time: 15 minutes

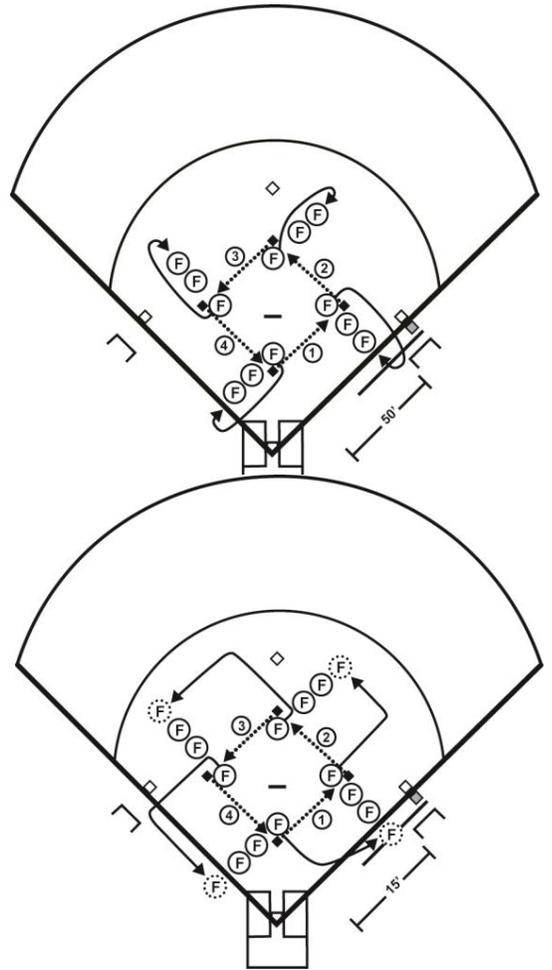
Equipment: Balls, Bases or cones

Objective(s) of Drill:

- To practice overhand throw mechanics and pivot footwork
- To practice underhand tosses
- To practice backhand tosses

Drill Description:

- Set up bases or cones in diamond formation.
- Divide players into 4 groups with 3 players per corner.
 - **Variation #1 - Pivot and Throw (6 minutes):**
 - Set bases about 50' apart.
 - First player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to player at 2nd Base. Continue throwing to each base.
 - Players will rotate to the end of their line at their corner after completing throw (go to back of their line).
 - **Variations:**
 - ◆ Reverse direction of throws.
 - ◆ Add tag after receiving throw.
 - ◆ Add 2nd ball.
 - **Variation #2 - Underhand and Backhand Tosses (4 minutes)**
 - Set bases about 15' apart.
 - First player in line at Home tosses ball to 1st player at 1st Base who receives throw, pivots and tosses to player at 2nd Base. Continue tossing to each base.
 - The type of toss (underhand or backhand) is dictated by the tosser's throwing hand. If the receiver at 1st Base is right handed they will backhand toss to 2nd Base. If they are left handed, they will underhand toss to 2nd Base.
 - Players will follow their throw and line up at next base.
 - Reverse direction of throws.
- Have extra balls ready so players aren't chasing bad throws.
- **Challenges:**
 - Count how many good throws and catches the team can make in a row.
 - Time how long it takes for the team to complete the drill and have all players arrive back at their starting position.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 10 minutes

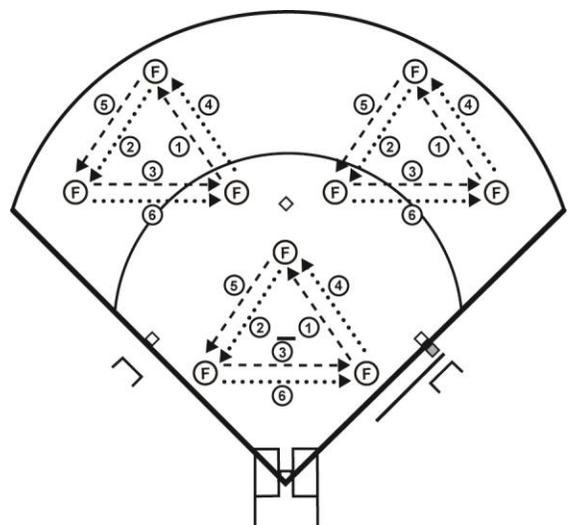
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique including ready position, footwork and throwing mechanics
- To teach the shuffle step (left and right)
- To teach the cross-over step (left and right)

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the person on their right. The player that receives the throw, rolls a ground ball to the person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right (shuffle step)
 - A few feet to the left or right (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to person to their left. The player that receives the throw, rolls a ground ball to the person on their left.
- 5 or 6 reps per direction per player.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Challenges:

- Count how many good throws and catches the team can make in a row.
- Time how long it takes for the team to complete the drill and have all players arrive back at their starting position.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: HITTING CIRCUIT

Time: 30 minutes (5 minutes per station)

Equipment: Batting Tees, Bats, Balls (Regular, Tennis balls, Whiffle Golf Balls), Frisbees or CDs, Cones, Pool Noodles

Objective(s) of Drill:

- To review hitting mechanics
- To review sacrifice bunting technique

Drill Description:

- Divide players into 6 groups of 2 with 2 players at each hitting station.
- 3 sets of 5 swings per station.

Station #1 – 1-2-3 Tee Drill

- Batter hits ball off tee into fence as Coach loudly counts to 3.
- On hearing each number, the player will perform the following actions of the swing:
 - On the count of “1” - Load
 - On the count of “2” - Weight shift
 - On the count of “3” - Swing and follow through
- After 1-2 reps, coach will increase speed of verbal count so players are swinging faster.

Station #2 – Bouncing Tennis Ball

- Partner to the side of batter bounces tennis ball and batter hits ball into fence.
- Purpose: Hand-eye coordination, timing of weight shift.

Station #3 – Whiffle Golf Ball (focus)

- Partner front tosses whiffle golf balls to batter
- Incorporate a Coach giving signals to the batter. Batter will state what signal is on or say nothing when getting into the imaginary batter’s box.

Station #4 – Pizza Swings

- One batter, one shagger
- Batter places CD’s or Frisbees between their hands, makes a swing like they are batting and releases the CD or Frisbee.
- The top and bottom hands should point to the sky and ground at impact. The hands should not turn over early.

Station #5 – Sacrifice Bunt to 3 targets

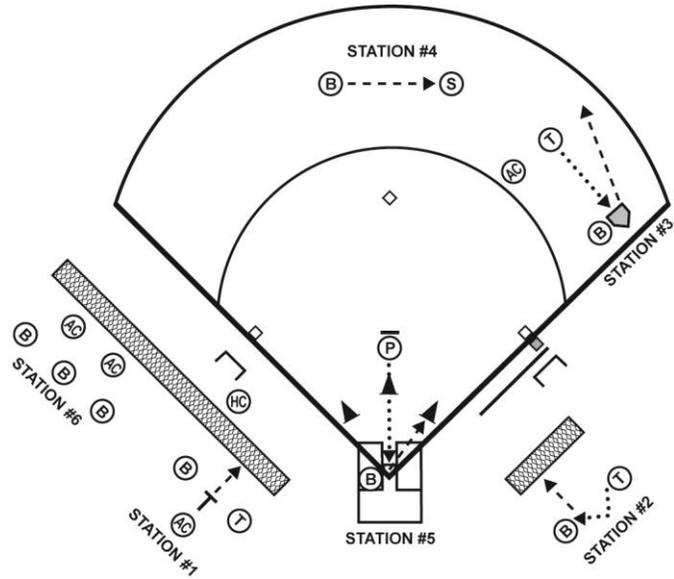
- Set up 3 target cones for batter to bunt a sacrifice bunt towards:
 - A cone just off the 3rd baseline
 - A cone up the middle
 - A cone just off the 1st baseline
- A pitcher tosses a ball to the hitter who bunts to the designated target.
- 1 point if bunt is placed towards the designated target.
- Each bunter counts their points.

Station #6 – Hitting – Pool Noodle Swings

- Player swings bat at the pool noodle at various points in the strike zone held by their partner.
- Coach observes technique and provides feedback.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: DEFENSIVE POSITIONAL PLAY & TEAM TACTICS

Time: 25 minutes

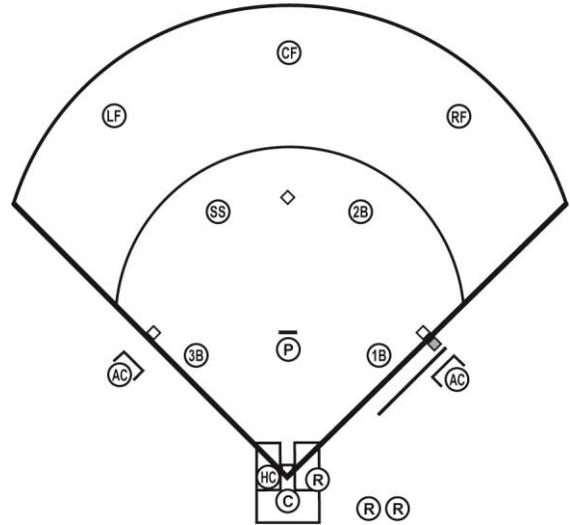
Equipment: Bats, Bases, Balls, Helmets

Objective(s) of Drill:

- Review defensive positional skills, defensive principles and special situations
- Refine technical skills and team and individual tactics/strategies

Drill Description:

- Place players in all defensive positions.
- Extra players will act as baserunners. Rotate baserunners into defensive positions so all players play defense and are baserunners.
- Coach hits balls to fielders in every position simulating game situations including:
 - Runners at various bases with various number of outs:
 - 1st Base with less than 2 outs
 - 2nd Base with two outs
 - 3rd Base with less than 2 outs
 - 1st and 2nd Base with two outs
 - Bases loaded with less than 2 outs
 - Etc.
 - Covering home on pass balls
 - Force plays
 - Relays/cut-offs
 - 1st and 3rd plays
 - Pick-offs
 - Bunt coverages



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|

PRACTICE PLAN #32

DATE: _____

| | | | | | |
|-------------------------|---|--|--|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine infielder positional skills | 2 To refine outfielder positional skills | 3 To refine hitting mechanics using competitive game | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

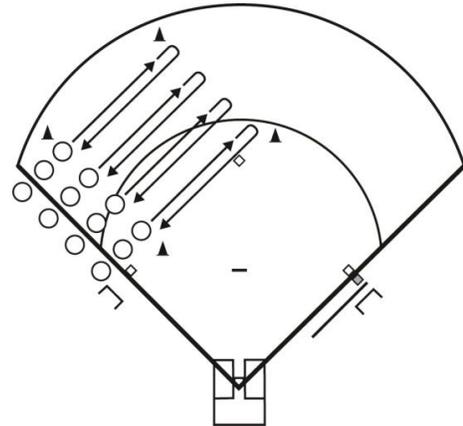
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See **Appendix B – Dynamic Warm-Up** for a full description of each activity).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

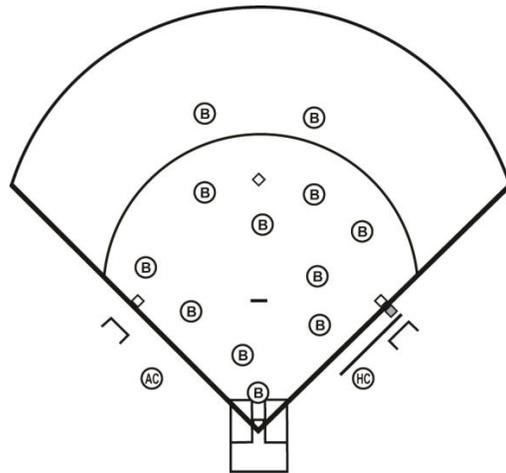
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in **Appendix F – Nemo Bat Stretches**):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- 1 _____
- 2 _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bases or cones, Balls, Bats

Objective(s) of Drill:

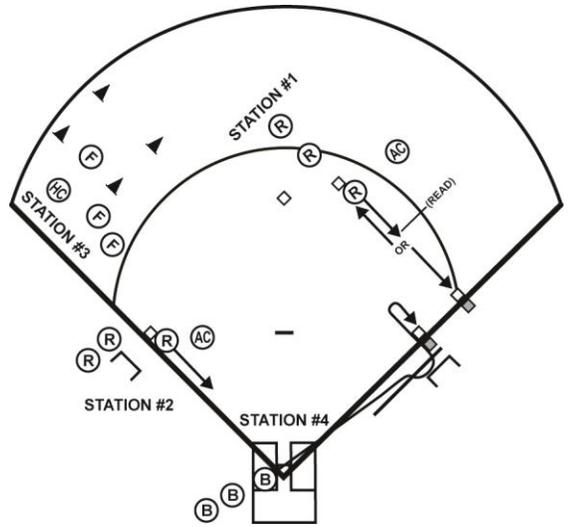
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 4 groups of 3 with one group at each station.
- Station #1 – Reaction (Reading the fly ball while on 3rd base)**
 - The Coach stands 10' ahead of players, takes pitching position and pretends to pitch. Players take a lead-off when the pitcher's arm is at 12 o'clock then reads:
 - If the Coach points up (for fly ball), the player must stop and return to the base.
 - If the Coach shouts "GO" and points to the ground, the player leaves the base and runs home.
- Station #2 – Agility (Get Up and Go)**
 - Player assumes dive back position.
 - On Coach's signal, player gets up as quickly as possible and sprints toward next base (5 - 6 hard steps). Then returns to back of line.
- Station #3 – Reaction (Cone Fielding)**
 - Players line up in front of Coach with flat cones placed 10' left and right of the player's starting position and 2 other cones back 10' at a 60* angle on the left and right.



- The player will read the visual cue given by the Coach:
 - ◆ The Coach points up and to which cone (left or right, parallel or back) to indicate a fly ball has been hit.
 - ◆ The Coach points down and to which cone (left or right, parallel or back) to indicate a ground ball has been hit.
 - Player moves from good ready position to field imaginary ground ball or fly ball as dictated by Coach. Player should visualize tracking imaginary ball and should use proper footwork (pivots) to get to ball and set to make imaginary throw back to Coach.
 - Player returns to back of line when "catch and throw" is made.
 - 5 reps per player.
- **Station #4 – Speed (H to 1st & Jam)**
- Player swings the bat to hit an imaginary ball, runs to 1st Base, rounds 1st, jams and returns to 1st Base.
- Players switch stations.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING EVERYDAYS

Time: 5 minutes

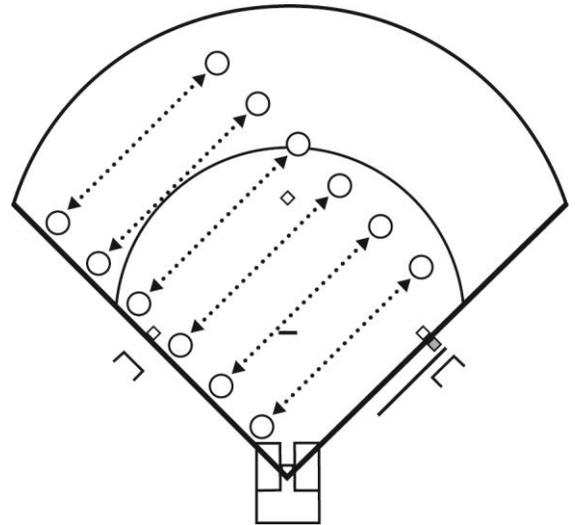
Equipment: Balls

Objective(s) of Drill:

- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Full motion
 - Quick Exchange Drill



Key Teaching Points:

- 1 _____
- 2 _____

DRILL: STAR DRILL

Time: 5 minutes

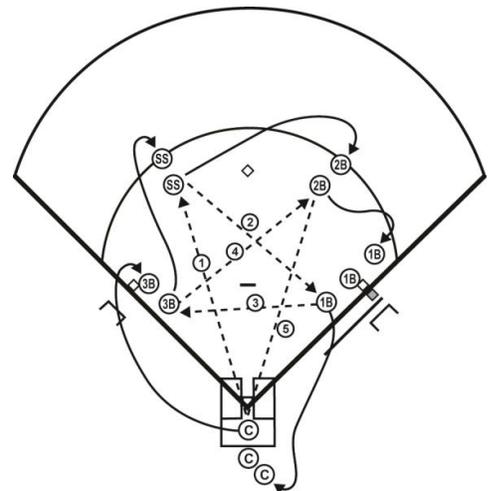
Equipment: Balls

Objective(s) of Drill:

- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position.
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: ROTATING INFIELD DRILL

Time: 20 minutes

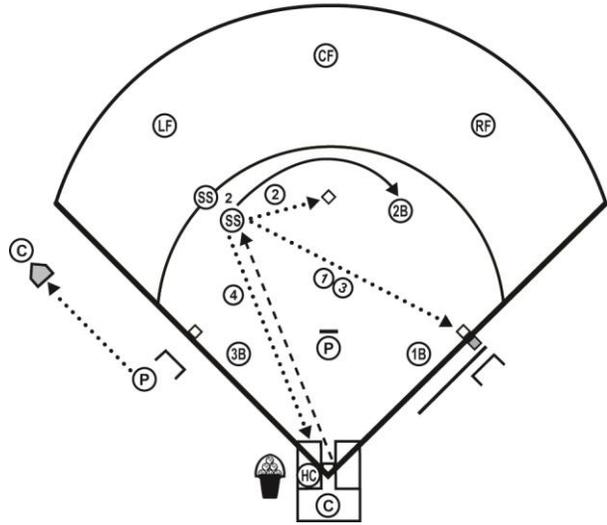
Equipment: Bases, Balls, Ball Buckets, Home Plate, Pitching Plate

Objective(s) of Drill:

- To practice fielding skills at various infield positions

Drill Description:

- Set up bases and place players at all infield positions including Pitcher and Catcher. Extra players will line up behind one of the infield positions.
- Note: One set of Pitchers and Catchers at a time will be practicing on the sidelines while they wait their turn.
- Coach starts with a bucket of balls and hits ground balls to 3rd, SS, 2nd, 1st, Pitcher and Catcher (including the extra player at each position).
 - For the 1st round, the play is made to 1st Base.
 - For the 2nd round, the play is made to 2nd (double play).
 - For the 3rd round, the play is again made to 1st Base again.
 - For 4th round, the play is made to Home.
- Then everyone rotates 1 position (3rd moves to SS, SS moves to 2nd, 2nd moves to 1st). Note: Only Pitchers and Catchers will rotate into their positions. No other players will need to field in these positions. The Catcher will field bunts from the squat position.
- Rotate until all players have fielded all infield positions at least 1 or 2 times.



Key Teaching Points:

- _____
- _____
- _____

DRILL: KAMIKAZE DRILL

Time: 15 minutes

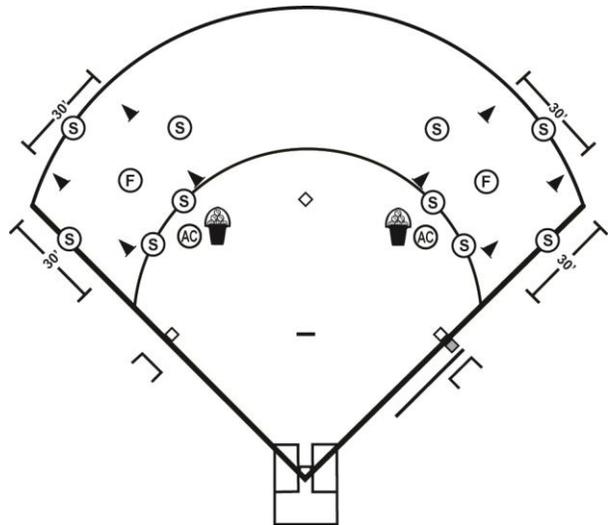
Equipment: Balls, Cones, Ball Buckets

Objective(s) of Drill:

- To develop Outfielder's ability to read direction of fly ball and change directions quickly

Drill Description:

- Set up 2 stations with each station having 4 cones in a 30' x 30' square in the outfield.
- Divide the players into 2 groups of 6.
- The Coach stands outside the square with a bucket of balls and tosses balls randomly in the air towards all corners of the square to represent fly balls.
- The player will start in the middle of the square and will break quickly to the ball. After catching the ball, the player will toss it outside the square and break for the next ball the Coach has tossed.
- The other players will shag balls.
- After 5 balls, rotate players.
- Each player will complete 2-3 rounds.



Key Teaching Points:

- _____
- _____
- _____

DRILL: HOME RUN DERBY

Time: 35 minutes

Equipment: Balls (Regular, Plastic Hockey Balls or Whiffle Balls), Bats, Bases, Batting Tee, Helmets, Home Plates, Pitching Plates

Objective(s) of Drill:

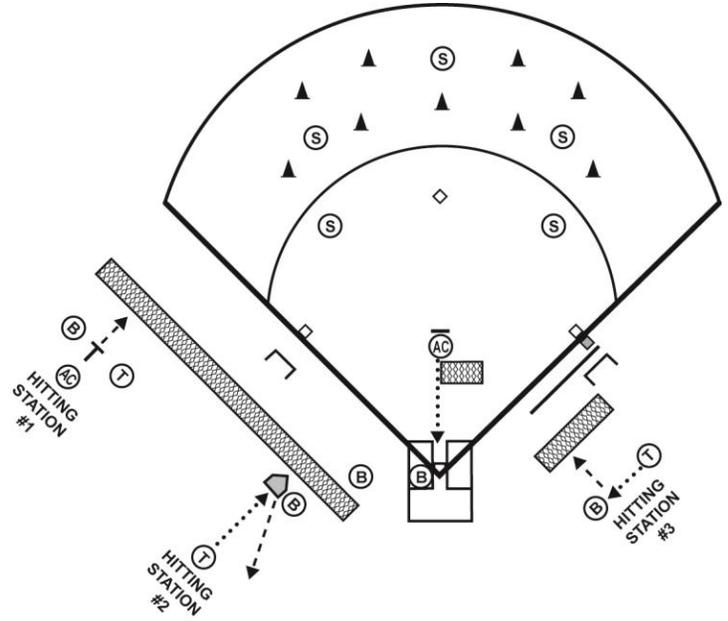
- To practice hitting in a competitive game and have fun
- Give pitchers and catchers an opportunity to practice

Drill Description:

- Set up the playing area:
 - Place one set of cones 15' deeper than normal cut out infield.
 - Place another set of cones at ~150-175' from Home Plate.



- Set up one batter, one player on-deck and three hitting stations with 2 players at each station. The extra players will act as shaggers.
- Shaggers are stationed anywhere in the infield or outfield.
- The on-deck batter will be working on their on-deck swing routine to warm-up.
- Each batter takes 5 swings and keeps their score (another Coach should record score and act as judge if needed).
- A Coach pitches (front toss) from behind a screen from 20-25' using light flite type balls. The first swing is practice. The batter then has 5 swings (fair or foul).
- The batter will score points as follows:
 - A swinging strike is counted as 0 pts.
 - A ball landing on the first bounce before the first set of cones is worth 3 pts.
 - A ball landing on the first bounce past the first set of cones is worth 5 pts.
 - A ball that bounces only once as it bounds over the last set of cones is worth 7pts.
 - A ball that lands for the first time behind the last set of cones is worth 10 pts and is called a Home Run.
 - If a shagger catches a line drive, the batter scores 2 less points based on where the shagger was standing when they caught the ball:
 - If the shagger was before the 1st set of cones, the batter would score 1 point (3-2=1).
 - If the shagger was between the 1st and 2nd set of cones, the batter would score 3 points (5-2=3).
 - If the shagger was past the 2nd set of cones, the batter would score 8 pts (10-2=8).
 - A foul ball receives 2 less points than it would have received if it landed in fair territory:
 - If the ball first bounces before the 1st set of cones, the batter would score 1 point (3-2=1).
 - If the ball first bounces in foul territory between the 1st and 2nd set of cones, the batter would score 2 pts (5-3 = 2 pts).
 - If the ball first bounces past the 2nd set of cones, the batter would score 8 pts (10-2=8 pts).
- All players rotate through batting and shagging except Pitchers and Catchers. Pitchers and Catchers will work in the bull pen (working on warm-up routine and throwing 50-70 pitches) while waiting their turn to bat.
- **Hitting Station #1 – Tee Work**
 - Batter hit balls into fence off batting tee working on inside and outside pitches.
 - 2 set of 10 swings.
- **Hitting Station #2 – Sacrifice Bunt**
 - The Tosser will underhand toss from 10' in front of the batter who bunts the ball.
 - 10 bunts per batter.
 - Count the number of good bunts that were made by each player.
- **Hitting Station #3 – Rapid Fire Soft Toss**
 - Using plastic orange hockey balls or whiffle balls, Coach will soft toss 5 balls from the side in rapid succession to the batter.
 - Batter hits balls into fence.
 - 2 sets of 5 swings per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | <p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p> |
|-------------------|---|

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #33

DATE: _____

| | | | | | |
|-------------------------|--|--|---|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine fundamental softball skills of throwing and fielding | 2 To refine baserunning skills and reads | 3 To refine offensive and defensive tactics and strategies using game simulations | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

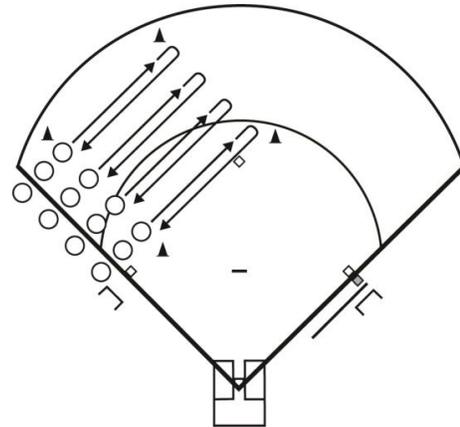
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See Appendix B – Dynamic Warm-Up for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

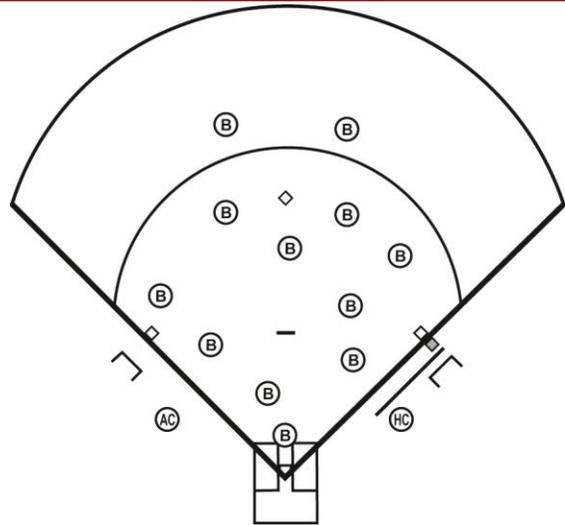
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bases, Cones, Balls, Agility ladder, Bats, Pool Noodles

Objective(s) of Drill:

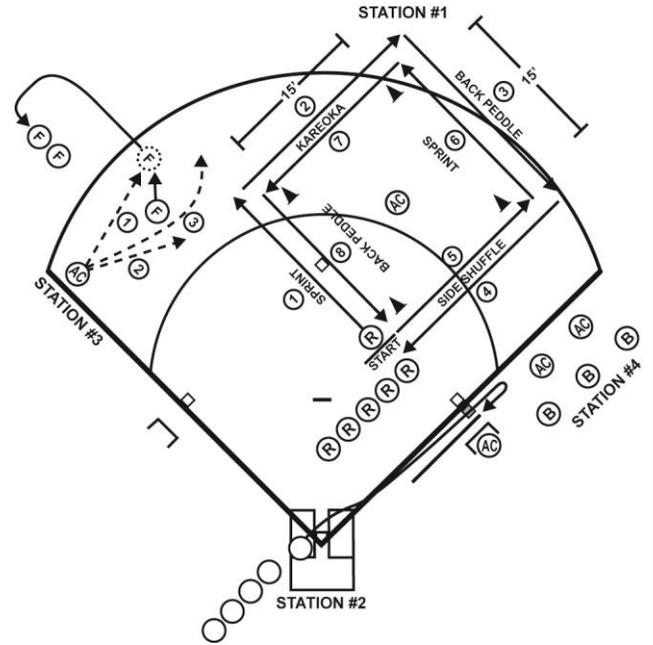
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 4 groups of 3 with one group at each station.
- Players will rotate through all stations with 2 minutes per station.
- Station #1 – Footwork Square Drill)
 - Divide players into 2 groups of 6 players.
 - Set-up two stations with one group at each station:
 - Set-up a square using cones with corners about 15' apart.
 - One player will complete the drill one at a time always facing the same direction by:
 - ◆ Sprinting from the 1st cone to the 2nd cone.
 - ◆ Kareokaing from the 2nd cone to the 3rd cone.
 - ◆ Back peddling from the 3rd cone to the 4th cone.



- ◆ Side shuffling from the 4th cone back to the 1st cone.
- ◆ And then immediately reversing direction and performing the movements in the opposite direction.
- Next player in line completes the drill.
- 3 reps per player.
- **Station #2 – Speed (H to 1st)**
 - Set up Home Plate and 1st Base (double base) at U17 distance (60’).
 - On Coach’s signal, player at Home Plate swings bat at imaginary ball and runs from Home to 1st Base running through 1st and hitting the orange portion of the base.
 - The player gains control and returns to 1st Base.
 - Player then jogs back to end of line.
 - 3 reps per player.
- **Station #3 – Reaction (Football Drill)**
 - A Coach will act as the quarterback throwing to the players.
 - One player assumes outfielder ready position about 10’ in front of Coach.
 - On Coach’s signal, player breaks in the direction indicated by Coach who throws the ball leading the player to make a catch on the run (like a quarterback throwing to a receiver):
 - Right
 - Left
 - And over their head
 - Player makes catch, stops quickly, overhand throws the ball back to the Coach and moves to the back of the line.
 - Once, all players have completed 2 reps in each direction, the Coach will then randomly select a direction to throw the ball to be fielded.
- **Station #4 – Hitting (Pool Noodle)**
 - Player swings bat at the pool noodle at various points in the strike zone held by their partner.
 - Coach observes technique and provides feedback.
 - 2 sets of 7 swings per player.
- After 2 minutes, players rotate to next station.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: STAR DRILL

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

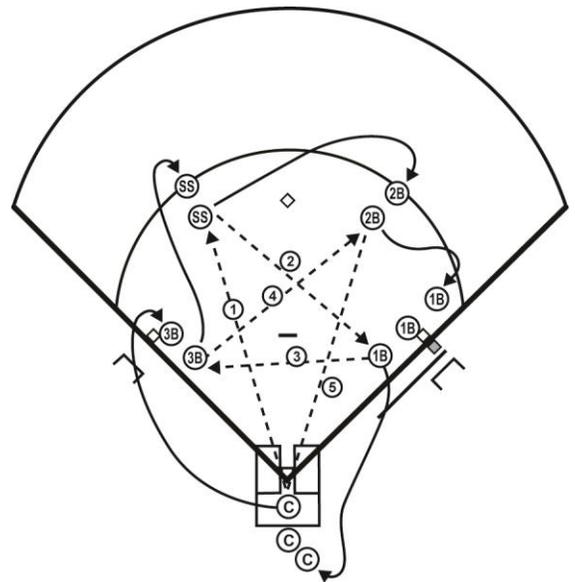
- Warm-up, refine throwing mechanics and pivots

Drill Description:

- Place players in all infield positions except Pitcher with extra players behind 1st player at that position.
- Catcher throws to SS who throws to 1st Base who throws to 3rd Base who throws to 2nd Base who throws to the Catcher at Home.
- Next player in line steps up.
- Players rotate clockwise to new position.
- Challenges:
 - Count how many good throws and catches they make in a row.
 - Time how long it takes to complete one rotation around the horn.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS (TRIANGLE)

Time: 10 minutes

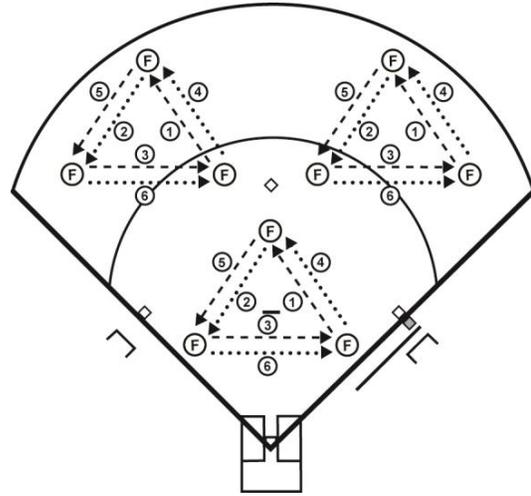
Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique

Drill Description:

- Form 4 groups of 3 players who stand in a triangle formation with 30' between corners and one player at each corner. Space triangles to use entire infield.
- First player throws a ground ball to the person to their right, player fields and throws to the next person on their right. The player that receives the throw, rolls a ground ball to the next person on their right.
- Ground balls should progress as follows:
 - Directly to fielder
 - 1 step to the left or right of the fielder (shuffle step)
 - A few feet to the left or right of the fielder (cross-over step)
- Halfway through time, reverse direction and have the player throw a groundball to the person on their left who fields the ball and throws to the next person to their left. The player that receives the throw, rolls a ground ball to the next person on their left.
- 5 or 6 reps per direction per player.
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

MAIN PART

DRILL: THREE STOPS BASERUNNING DRILL

Time: 10 minutes

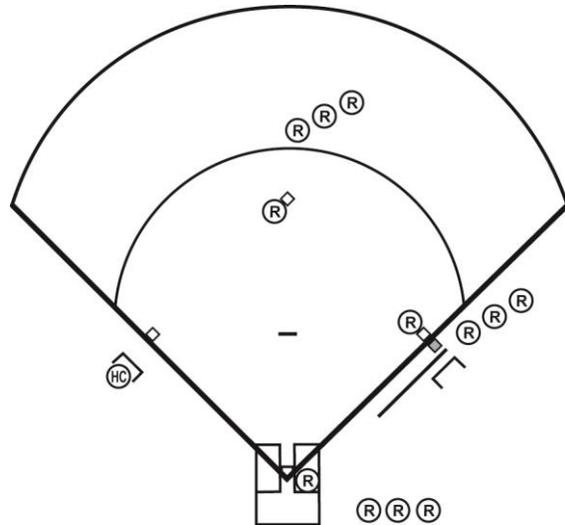
Equipment: Bases, Helmets

Objective(s) of Drill:

- To practice baserunning effectively when one or more bases are occupied
- Conditioning

Drill Description:

- Divide players into 3 groups of 4. Position a group of 3 baserunners at Home, 1st Base, and 2nd Base with extra players lined up safely behind each base.
- Position a Coach in the coach's box at 3rd Base.
- On signal from the 3rd Base Coach, all three baserunners will run to the next base and read the 3rd Base Coach's instructions for advancing or not.
- The 3rd Base Coach can:
 - Stop the lead baserunner at 3rd.
 - Signal the lead baserunner to advance to Home.
 - Stop the 2nd Baserunner at 2nd.
 - Stop the 2nd baserunner at 3rd.
 - Signal the 2nd baserunner to score all the way from 1st.
 - Have the batter run out a single.
 - Have the batter run out a double.
 - Have the batter run out a triple.
 - Etc.
- Once the play is completed, the next set of 3 baserunners quickly takes their position at Home, 1st Base and 2nd Base and repeats with a new option.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: BASERUNNING READS

Time: 15 minutes

Equipment: Bats, Balls, Bases, Helmets

Objective(s) of Drill:

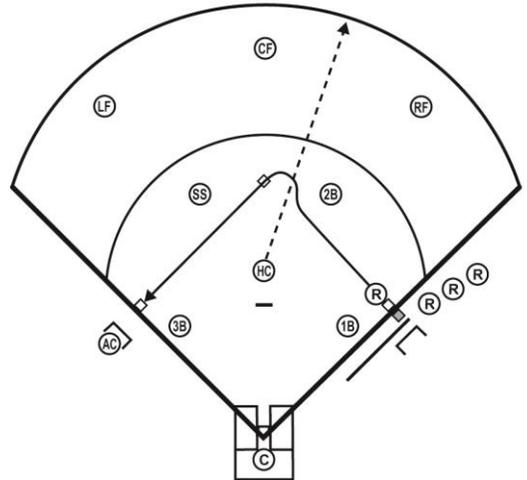
- To teach baserunner on either 1st or 2nd Base to read the balls that are hit into the gap or hit over the outfielder's head

Drill Description:

- Place players in all defensive positions except Pitcher. Extra players line up at 1st Base as baserunners with helmets on.
- The Coach sets up in front of the 8' pitching circle and fungos balls to the outfield.
- The baserunner takes their lead-off 1st and/or 2nd Base as the Coach tosses the ball into the air to hit to the outfield.
- The baserunner reacts to the hit and advances as far as they can.
- Ensure all players are rotated into the baserunning position.

Key Teaching Points:

- _____
- _____
- _____



DRILL: INTERSQUAD GAME

Time: 40 minutes

Equipment: Bats, Balls, Helmets, Bases

Objective(s) of Drill:

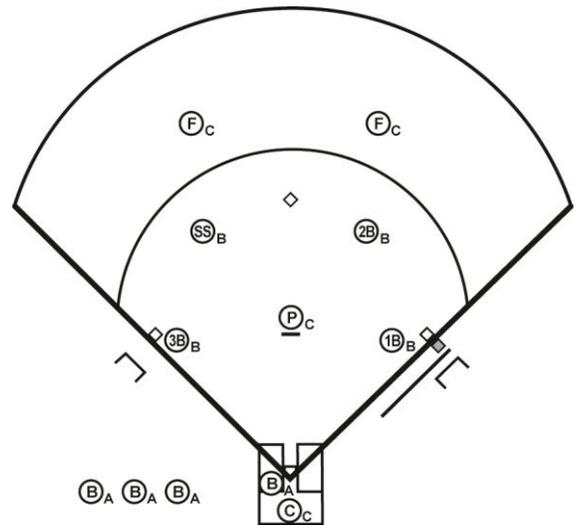
- To review defensive situations within a game setting
- To refine hitting mechanics using live pitching

Drill Description:

- Divide players into 3 teams (generally 4 vs. 4) who will play an intersquad game against each other.
- Allow 10 minutes for warm-up for:
 - Pitchers and catchers – pre-game warm-up
 - Other players are doing a pre-game warm-up
 - Coach hits ground balls and fly balls to players at infield and outfield depths
- One team is at bat and other teams fill in defensive positions:
 - Depending on the number of pitchers on the team, pitching can be:
 - 2 soft tosses from the side per at bat from teammate
 - Live pitching from the Coach
 - Live pitching from team pitcher (Note: if only 2 pitchers on the team, then either a coach will pitch or the pitchers will switch half way through the game.)
- 3 outs and rotate new team into bat.
- The Coach can stop play to instruct or repeat a play.
- The Coach can dictate the situation (number of outs, number of strikes on batter, place runners on bases, etc.).
- Each team keeps track of the runs they score.

Key Teaching Points:

- _____
- _____
- _____



COOL DOWN & CONCLUSION

| | |
|-------------------|---|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|--------------------------|--------------------------------------|
| What worked well: | What to change for next time: |
|--------------------------|--------------------------------------|



PRACTICE PLAN #34

DATE:

| | | | | | |
|-------------------------|---|---|--|--------------------|--|
| Location: | | # of Athletes: | | Length of Practice | |
| Absent Athletes: | | | | | |
| Support Staff: | | | | | |
| Objectives of Practice: | 1 To refine fundamental softball skills | 2 To refine the skills of fielding a fly ball off the fence | 3 To refine hitting mechanics using game simulations | | |

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

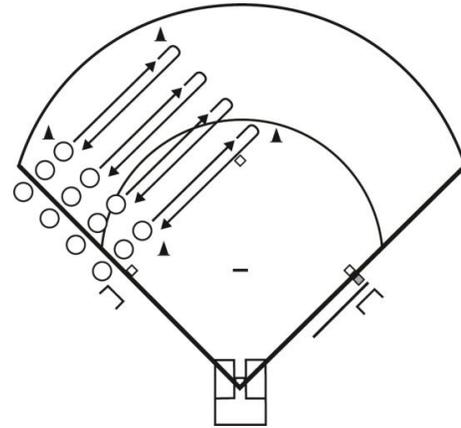
- To warm-up muscles and mobilize joints
- To train balance, co-ordination, agility and strength

Drill Description:

- Divide players up into 4 groups of 3 and line them up on one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line to the cone and back.
- The Coach will select 8-10 exercises for the players to complete as part of their warm-up (See Appendix B – Dynamic Warm-Up for a full description of each activity).

Key Teaching Points:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats (Regular or Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

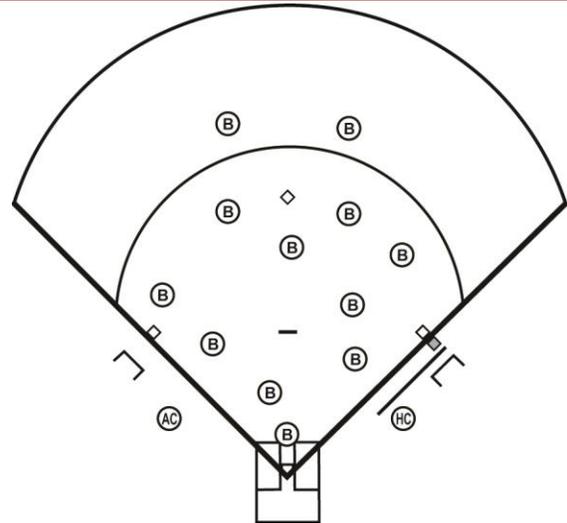
- Stretch and loosen up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises (See full descriptions in Appendix F – Nemo Bat Stretches):
 - Wood Chops (5 Reps)
 - Trunk Twists (3-5 reps each direction)
 - Arm Circles (5 reps)
 - Reverse Swings (3 reps)
 - Quick Returns (3 reps)
 - 1-2-3 Swings (3-4 reps)

Key Teaching Points:

- _____
- _____
- _____



DRILL: CRASH

Time: 10 minutes

Equipment: Bases, Cones, Bats (Heavy, Regular and Wooden Dowel/Broomstick Bats)

Objective(s) of Drill:

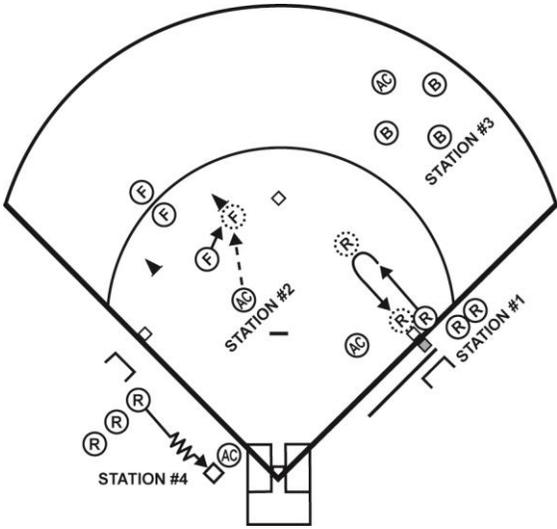
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills using game simulations

Drill Description:

- Divide players into 4 groups of 3 with one group at each station.
- Set-up 4 stations with 2 minutes per station.
- Station #1 – Reaction (Lead-offs)**
 - Coach will give a short explanation and demonstration of a lead-off.
 - Players will assume the Rolling Start-position on the base with a Coach in the Pitcher position pretending to deliver a pitch.
 - When the Pitcher's arm is at the 12 o'clock position, the baserunner will take their lead-off, jam, and return to the base.
 - This drill can be done on the infield dirt or with a base pegged in the outfield grass.
 - 3 reps per player.
- Station #2 – Reaction (Cone Fielding)**
 - Player assumes the ready position and lines up in front of the Coach on the infield with a cone at a 45 degree angle to their right and left and 12-15' away.



- On Coach's signal, the player will perform a cross-over step, field an imaginary ground ball on the run and pivot to throw to 1st Base.
 - No balls or gloves required for the drill as players will visualize the ball and pretend to make the play.
 - Player jogs to back of line and next player steps up.
 - 4-6 reps per player.
- **Station # 3 – Hitting (Shadow Swings)**
- Each player will perform 7 swings with each type of bat visualizing a pitched ball.
 - The player will concentrate on performing the following components of the swing correctly:
 - Load
 - Soft step
 - Swing Sequence (legs, hips, trunk, shoulders, arms, hands)
 - The player will swing at the following speeds using each type of bat:
 - Heavy bat – perform a super slow motion swing.
 - Light bat or broomstick – perform swing as fast as possible.
 - Regular bat – perform swing at normal speed.
- **Station #4 – Reaction (Retreat Slide or Dive Back)**
- The Coach explains and demonstrates how to perform the retreat slide or dive back (Note: If the Coach cannot perform this slide have someone available who can).
 - Player takes balanced athletic stance as if they've just lead off the base and jammed.
 - On Coach's signal ("GET BACK"), the player performs a retreat slide back to the Base.
 - 3-4 reps per player.
- Groups switch stations after 2 minutes



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

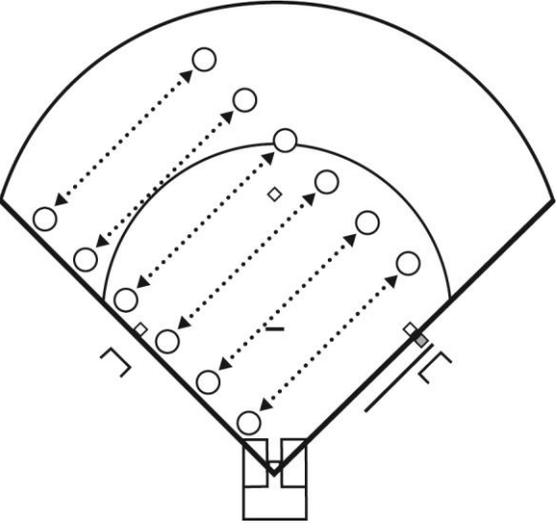
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Review receiving key teaching points
- Players will complete the following throwing progressions with a partner and a ball (see **Appendix E** for a full description):
 - Wrist snaps
 - 2 foot stationary throwing position or One Knee Drill
 - K position
 - K position with step or stride
 - Pre-stride into K position
 - Full motion
 - Full motion
 - Quick Exchange Drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: BACKHAND FIELDING DRILL

Time: 10 minutes

Equipment: Balls

Objective(s) of Drill:

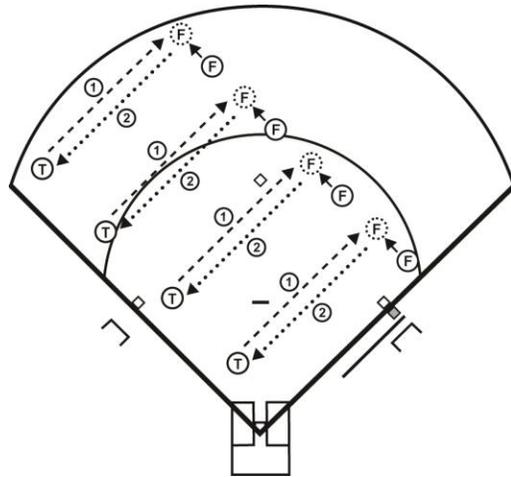
- To teach and review backhand fielding technique

Drill Description:

- In partners, players stand opposite each other 15' apart.
- They take turns rolling a ball to partner's backhand side:
 - Just outside backhand side foot.
 - Then within 1 cross-over step to the backhand.
 - Then about 2-3 steps to backhand side.
- Player fields ball and throws it back to their partner.
- After 5 groundballs to one location, players switch roles.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: FENCE DRILL

Time: 15 minutes

Equipment: Balls, Fence

Objective(s) of Drill:

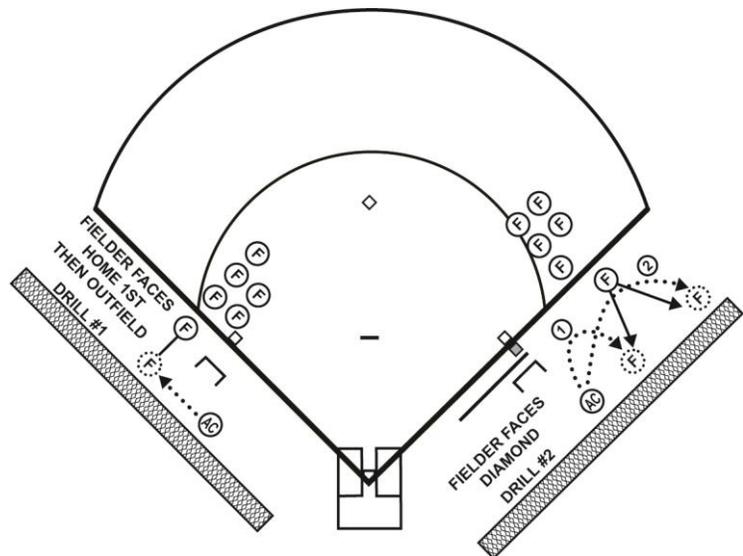
- To teach technique for catching a fly ball at the fence

Drill Description:

- Divide players into 2 groups of 6.
- Set-up 1 group on 1st Base side and other group on 3rd Base side.
- **Variation #1:**
 - Player sets up in infielder ready position about 10-15' from fence.
 - Coach who is positioned near the fence tosses a high fly ball that will come down near the fence.
 - On Coach's cue, player pivots and fields fly ball at fence.
 - Rotate players after every toss.
 - Be sure to work movement to their left and right by having players start drill by facing Home and then facing the outfield. Coach remains in same spot.
 - 10-12 fly balls in each direction.
- **Variation #2:**
 - Player sets up in outfielder ready position about 10-15' from fence facing into diamond towards pitching mound.
 - Coach gives player a verbal cue to turn left or right to find ball as ball is tossed high in the air at fence.
 - Player reacts and moves to catch fly ball near fence.
 - 10-12 fly balls in each direction.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: HOME RUN DERBY

Time: 30 minutes

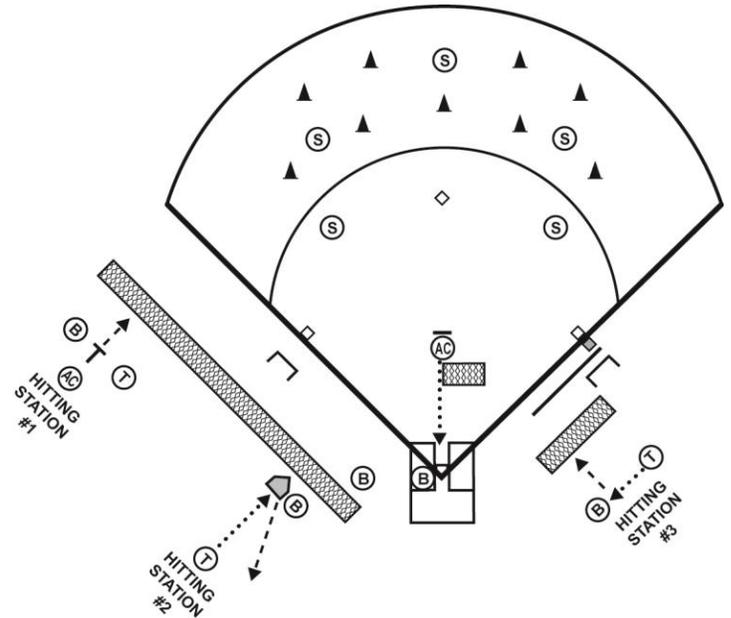
Equipment: Balls (Regular, Plastic Hockey Balls or Whiffle Balls), Bats, Bases, Helmets, Batting Tee, Cones

Objective(s) of Drill:

- To practice hitting in a competitive game and have fun
- Give pitchers and catchers an opportunity to practice

Drill Description:

- Set up the playing area:
 - Place one set of cones 15' deeper than normal cut out infield.
 - Place another set of cones at ~150-175' from Home Plate.
- Set up one batter, one player on-deck and three hitting stations with 2 players at each station. The extra players will act as shaggers.
- Shaggers are stationed anywhere in the infield or outfield.
- The on-deck batter will be working on their on-deck swing routine to warm-up.
- Each batter takes 5 swings and keeps their score (another Coach should record score and act as judge if needed).
- A Coach pitches (front toss) from behind a screen from 20-25' using light flite type balls. The first swing is practice. The batter then has 5 swings (fair or foul).
- The batter will score points as follows:
 - A swinging strike is counted as 0 pts.
 - A ball landing on the first bounce before the first set of cones is worth 3 pts.
 - A ball landing on the first bounce past the first set of cones is worth 5 pts.
 - A ball that bounces only once as it bounds over the last set of cones is worth 7pts.
 - A ball that lands for the first time behind the last set of cones is worth 10 pts and is called a Home Run.
 - If a shagger catches a line drive, the batter scores 2 less points based on where the shagger was standing when they caught the ball:
 - If the shagger was before the 1st set of cones, the batter would score 1 point (3-2=1).
 - If the shagger was between the 1st and 2nd set of cones, the batter would score 3 points (5-2=3).
 - If the shagger was past the 2nd set of cones, the batter would score 8 pts (10-2=8).
 - A foul ball receives 2 less points than it would have received if it landed in fair territory:
 - If the ball first bounces before the 1st set of cones, the batter would score 1 point (3-2=1).
 - If the ball first bounces in foul territory between the 1st and 2nd set of cones, the batter would score 2 pts (5-3 = 2 pts).
 - If the ball first bounces past the 2nd set of cones, the batter would score 8 pts (10-2=8 pts).
- All players rotate through batting and shagging except Pitchers and Catchers. Pitchers and Catchers will work in the bull pen (working on warm-up routine and throwing 50-70 pitches) while waiting their turn to bat.
- **Hitting Station #1 – Tee Work**
 - Batter hit balls into fence off batting tee working on inside and outside pitches.
 - 2 set of 10 swings.
- **Hitting Station #2 – Sacrifice Bunt**
 - The Tosser will underhand toss from 10' in front of the batter who bunts the ball.
 - 10 bunts per batter.
 - Count the number of good bunts that were made by each player.
- **Hitting Station #3 – Rapid Fire Soft Toss**
 - Using plastic orange hockey balls or whiffle balls, Coach will soft toss 5 balls from the side in rapid succession to the batter.
 - Batter hits balls into fence.
 - 2 sets of 5 swings per player.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: INTERSQUAD GAME

Time: 25 minutes

Equipment: Balls, Bases, Bats, Helmets

Objective(s) of Drill:

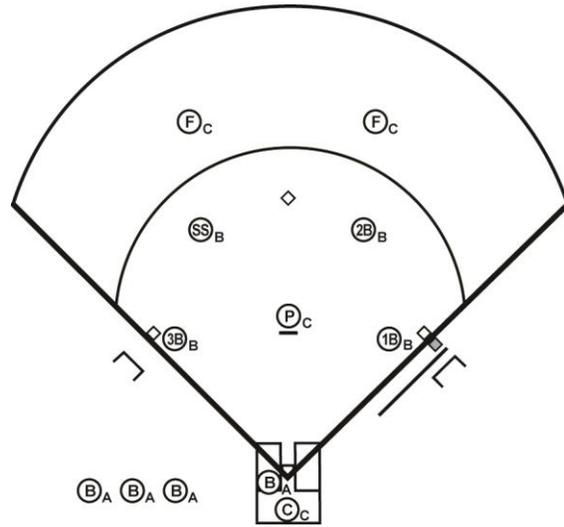
- To review defensive situations within a game setting
- To hit under game situations

Drill Description:

- Divide players into 3 teams (generally 4 vs. 4 vs. 4) who will play an intersquad game against each other.
- One team is at bat and other teams fill in defensive positions:
 - Depending on the number of pitchers on the team, pitching can be:
 - 2 soft tosses from the side per at bat from teammate
 - Live pitching from the Coach
 - Live pitching from team pitcher (Note: if only 2 pitchers on the team, then either a coach will pitch or the pitchers will switch half way through the game.)
- The Coach can stop play to instruct or repeat a play.
- The Coach can dictate the situation (number of outs, number of strikes on batter, place runners on bases, etc.).
- Each team keeps track of the runs they score.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|------------|--|
| 10 minutes | Static Stretching Routine (See Appendix C) |
| | Debrief: |

PRACTICE EVALUATION

| | |
|-------------------|-------------------------------|
| What worked well: | What to change for next time: |
|-------------------|-------------------------------|



4 APPENDICES

4.1 APPENDIX A: KEY TEACHING POINTS FOR SOFTBALL SKILLS

Coaching Tip

- Make up cue cards with the key teaching points for each skill.
- Laminate the cue cards and put a hole in the corner and carry using a lanyard.
- Keep these cue cards with you for quick reference to ensure you have covered all the key points with your players during drills.

CATCHING (RECEIVING) THE THROW

Mechanics

- Stand in an athletic and balanced position to receive a throw:
 - Weight on the balls of the feet
 - Knees slightly bent
 - Feet staggered with the non-throwing foot slightly forward
 - Glove and throwing hand out in front of body
- Give a target to the thrower in centre of the body
- Use two hands to receive the throw
- Hands and glove work like the face of a clock (pinkies and thumbs)
 - When the ball is below the belly button, the pinkies should be together until just past the mid-line of the body the glove must turn over
 - When the ball is above the belly button, the thumbs should be together
- Move body so that the ball is caught on the throwing hand side to aid in a quick transfer to the throw
- When ball contacts the glove, the hands and elbows should give (Soft Hands)
- As you absorb the catch, bring the ball and glove to the throwing shoulder

THROWING

Grip

- 3, or 4 fingers (whichever is most comfortable depending on the size of the player's hand)
- Hold the ball in the fingers, not in the palm
- The fingers should cross the seams of the ball where the knuckles closest to the fingertips are
- Hold the ball firmly but not so hard that the wrist and arm become stiff

Throwing Mechanics

- Pre-Stride
 - Point instep of back foot (pivot foot) at target
 - Weight on the pivot foot
- Stride
 - Step with foot opposite throwing hand (stride foot)
 - Step straight towards target





- Body Rotation
 - Rotate trunk approximately 90 degrees away from target
 - Strong push off the back foot
 - Unwind in sequence: hips, shoulders, arm, wrist, fingers
- Arm Position/Action
 - Arm high with elbow at least parallel with shoulder
 - Concentrate on keeping arm high and having players come over the top (elbow leads and forearm and hand follow in sequence)
 - Pull non-throwing arm forcefully backward towards body and downward
- Wrist Action
 - Wrist under the ball at release
 - Hand snaps forward as ball is released
- Follow Through
 - Shoulder and arm continue forward rotation
 - Point throwing arm shoulder at target to complete motion
 - Allow pivot foot leg to swing forward naturally



Basic Throwing Rules

- Throw to a specific target
- Try to achieve reverse rotation on ball (6 o'clock – 12 o'clock rotation)

Underhand Toss

- Ensure the ball is visible to the receiver
- Create a floating toss (no spin on ball) by locking the wrist
- Step with the same foot, same arm

Backhand Toss

- Stay low
- Bring elbow up to shoulder height
- Extend elbow
- Create a floating toss (no spin on ball) by locking the wrist
- Thumb should be pointing down on release

FIELDING

Ready Position

- Taken on every pitch by fielders
- Infielder
 - Feet are wider than shoulder width apart and parallel or slightly staggered
 - Knees well bent, butt low
 - Back is straight with head up, eyes on the batter
 - Most of the weight is on the inside of both feet to allow for quick movements in any direction
 - Both hand and glove hand are out front of the body
 - Elbows out in front of knees





- Outfielder
 - Feet shoulder width apart with weight evenly distributed
 - Stride foot slightly ahead
 - Knees bent with slight bend at hip
 - Head up, eyes on batter
 - Body relaxed ready to move in any direction
 - Hands and glove about belt height



Footwork

Side Shuffle Step

- Used to cover short distances
- Feet do not cross
- Body kept low during side shuffle step (body does not rise up)
- Move ball side foot first then slide back foot back under the body returning feet to about shoulder width apart and remaining in an athletic stance
- Repeat if necessary to get body centred behind ball

Cross-Over Step

- Used to cover long distances
- Weight is shifted to the foot closest to the ball
- Pivot on foot closest to the ball as you cross-over with foot furthest away from the ball
- Turn shoulders and hips to the direction on is moving
- Body kept low during cross-over step (body does not rise up)

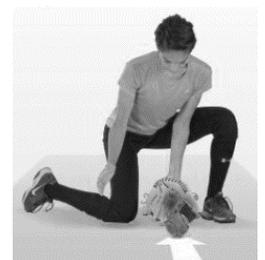
Fielding Technique

Ground Balls

- Infielders
 - Hands well out in front of body (past the toes) and the touching the ground
 - Glove wide open facing ball
 - Feet wider than shoulder width apart
 - Stride foot slightly ahead
 - Ball fielded from ground up
 - Absorb ball (soft hand) by giving with elbows into the body
 - Use both hands

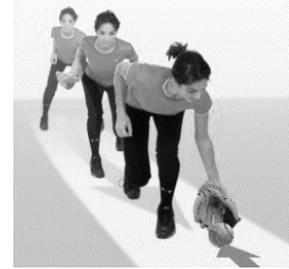


- Outfielders
 - Regular Ground Ball
 - Move around the ball so coming into the ball on a straight line towards target
 - Hands well out in front of body (past the toes) and the touching ground
 - Glove wide open facing ball
 - Feet slightly wider than shoulder width apart
 - Stride foot slightly ahead
 - Ball fielded from ground up
 - Absorb ball (soft hands) by giving with elbows into the body
 - Use both hands





- Do or Die Throw Ground Ball
 - Move around the ball so coming into the ball on a straight line towards target
 - Catch ball on glove hand side with stride foot beside glove
 - Push glove out to ball to catch it
 - Bring glove/ball up to throwing shoulder as player hops and plants pivot foot with instep facing the target to make throw (crop hop)



Fly Balls:

- Get to ball as quickly as possible. Do not run with glove arm extended and do not back pedal (run backwards)
- Set up under ball and stride into ball to catch
- Catch ball above the head over the throwing shoulder with shoulders in line with target.
- Catch ball with two hands watching it into the glove the entire way
- Soften the impact of the ball with the giving of the elbows and hands

Fly Balls at the Fence:

- Judge where the ball will come down and get to the fence as quickly as possible. It is both easier and safer to get to the fence and move away than to get to the fence and attempt to make a catch.
- Place hand closest to fence on the fence and gauge how much room there is to make the catch:
 - If ball is on or over the fence
 - And the bare hand is on the fence, keep hand on the fence and jump up to catch the ball.
 - And the glove hand is on the fence, jump as high as possible to catch the ball with the glove.
 - If ball is off of the fence, step away from the fence and make a two-handed catch.
- Keep in mind if there were baserunners and know where to throw the ball once the catch is made.

HITTING

Grip

- Hold the bat in the fingers not the palms
- Align the middle knuckles (door knocking knuckles) of both hands to prevent locking wrists
- Types of grip:
 - Long Grip
 - Hands together near at end of bat
 - Less control, more power
 - Choke Grip
 - Hands together about 3-5 inches from end of bat
 - More control, less power



Stance

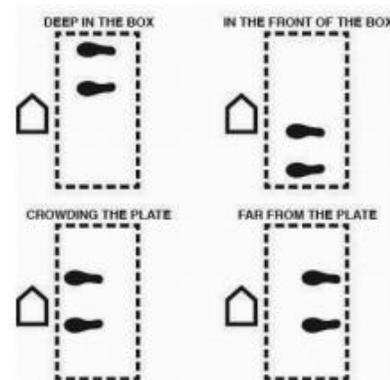
- Parallel
 - Both feet equidistant from plate
 - Compact swing, with power



- Closed
 - Front foot closer to plate
 - More power potential, harder to hit fast pitching
 - Easier to hit to opposite field
- Open
 - Back foot closer to plate
 - Better vision of ball
 - More control, less power

Location in Batter's Box

- Deep in the batter's box (further from the pitcher)
 - More time to react to the pitch
- Front of batter's box
 - Easier to hit breaking pitches
- Even with the plate
 - A neutral approach
- Crowding the plate
 - Easier to hit outside pitches
- Away from the plate
 - Easier to hit inside pitches



Ready Position

- Lower body
 - Both feet point towards the plate
 - Feet are outside the shoulders to a maximum of 1.5 shoulder width
 - Knees slightly bent
- Upper body
 - Bent slightly forward at hips
 - Shoulders and arms relaxed
 - Top hand at height between back shoulder and ear
 - Head level and both eyes facing the pitcher
 - End of the bat pointing at a 30 to 60 degree angle



Swing

- Load (Pre-Stride)
 - Weight shift to the back foot
 - Front shoulder & hip rotate inward toward catcher



- Launch (Stride phase)
 - Short (5-10 cm) stride towards the pitcher
 - Should be short, controlled (compact)
 - Front foot planted at no more than 45° open
 - Head & eyes remain steady
- Swing
 - Initiated with front heel planting
 - After hard push from back foot,
 - Back hip turns in, followed by shoulders and arms
 - weight transferred to front side (foot)
- Contact
 - The top hand will be facing up and the bottom hand will be facing down
 - Arms slightly flexed at contact
- Follow Through
 - Arm extend through and after contact
 - Hands should finish between the shoulder and the ear and the conclusion of the follow through



SACRIFICE BUNT

Stance

- Take normal batting stance in batter's box
 - Knees bent slightly
 - Body bent forward slightly at waist
 - Weight on the balls of the feet
 - Relaxed

Pivot

- On the balls of both feet
- When pitcher's hands break apart
- Better to pivot too early than too late
- Move up in the batter's box, if necessary

Grip

- Use "V" grip one-half the way up barrel of bat. Pinch bat between index finger and thumb
- Lower hand remains at bottom of the bat grip and is firm but with relaxed grip

Arm/Wrist Action

- Elbows are slightly flexed and bat is extended out from body
- Bat remains at 30 degree angle at top of the strike zone

Bat Action

- Start at top of strike zone so only have to move in one direction (down)
- Bend knees more for low pitches
- Try to "catch" the ball on the bat by giving at the elbows
- Only bunt strikes



FAKE BUNT/SLAP HIT

- Take normal batting stance in batter's box
 - Knees bent slightly
 - Body bent forward slightly at waist
 - Weight on the balls of the feet
 - Relaxed

Pivot

- On the balls of both feet
- When pitcher's hands break apart
- Better to pivot too early than too late
- After pivoting on the balls of feet, bat should be in front of plate, at the top of the strike zone and at about a 30 degree angle
- Move up in the batter's box, if necessary

Grip

- Use "V" grip one-half the way up barrel of bat. Pinch bat between index finger and thumb
- Lower hand remains at bottom of bat grip and is firm but with relaxed grip

Arm/Wrist Action

- Elbows are slightly flexed and bat is extended out from body
- Bat remains at about a 30 degree angle at the top of the strike zone

Bat Action

- As ball reaches the pitcher's release point, close hands together by bringing the bottom hand up to meet the top hand in a choked grip and bring ball to back shoulder
- Contacting the top half of the ball will result in a ground ball that will ideally be hit past the 1st or 3rd Base (pepper swing)

BASERUNNING

Leaving the batter's box

- First step taken with foot farthest from pitcher
- Drop the bat, do not throw it

Running to first base

- Do not watch the ball
- Run through first base at full speed
- Do not lunge
- Touch the part of the base closest to home plate
- Do not slide, unless avoiding a tag
- Gain control quickly by taking shorter steps and sinking the hips down
- Turn to the infield to return to the base
- Never turn away from the ball. Keep eyes on the ball even when returning to the base



Starting from a base

- Rolling Start/Rocker Start
 - Lead foot is in contact with the base
 - Step taken by back foot before the release of ball
 - Time step for when the pitcher's arm is at the 12 o'clock position
 - This start creates momentum
- Track Start
 - Back foot is on the base
 - Front foot extended in front of base
 - Knees bent, ready to sprint when pitcher releases ball

Leading off after a pitch

- Time step for when the pitcher's arm is at the 12 o'clock position
- Jam and return to the base quickly if ball is not hit
- Do not turn your back on the ball

Rounding a base

- Make a short loop before reaching the base
- Lean inward as much as possible when turning
- Touch the inside corner of the base with inside leg (left leg) if possible
- Maintain your stride

SLIDING

Determining the Sliding Leg

- Have players sit cross-legged
- Leg tucked under is usually sliding leg

Finish Position

- Sliding leg bent 90 degrees, tucked under other leg
- Other leg extended, slightly bent
- Extended leg foot is 4-6 inches off ground
- Base is contacted with extended leg
- Weight of slider is back
- Chin is tucked into to the chest
- Arms thrown above head



Distance

- Start slide about one and a half body lengths from base

General Tips

- Ensure players are wearing a helmet even in practice.
- Build confidence by starting easy and progressing gradually
- Use support people until slider is confident



- Practise sliding on wet grass, in a sand pit or in a gymnasium
- Use unfastened bases to start with
- Teach sliding to players in socks or bare feet

Sliding Teaching Progressions

- Determine the bent or tucked leg
 - Have players form a circle around the Coach.
 - Have the players sit down cross legged.
 - They will naturally tuck one leg underneath their body which will be the natural slide leg.
- Demonstrate the finish position
 - Slide leg straight but not locked
 - Bent leg tucked
 - Arms thrown above head
 - Chin tucked into chest.
- Finish position with movement
 - Using a volunteer player who is lying in the finish position, the Coach will grasp their foot and pull them to simulate the movement of the slide.
- Standing in Finish position
 - While standing, get the players to get into the Finish Position.
 - Be sure they throw their hands back over their head and tuck their chin on their chest.
- Sliding with Support
 - With the aid of two strong coaches, have them hold the slider's arms and gently lower them into the Finish Position
- Sliding with Support while Jogging
 - Same as above but do a slow jog first from about 10 meters.
 - Instead of two adults supporting slider, you can use two adults holding a broom stick or bat that the slider grabs to lower themselves to the ground.
- Sliding with Support while Sprinting
 - Same as above but from a sprint
- Bent Leg Slide while Jogging without aid
- Bent Leg Slide while Sprinting without aid

Coaching Tip

- Have players slide without shoes
- Teach sliding on wet grass



PITCHING

Pitching Sequence

- Receive ball in circle
- Move to a position 2-3 feet (1 m.) behind the pitcher's plate
- Step onto pitcher's plate with hands apart
- Both feet must be touching the pitcher's plate and be within its 24" width.
- Bring hands together in pitching position:
 - Hips should be in line with first and third bases
 - Ball in both hands in front or side of body
 - Must remain motionless at least one second and no more than 10 seconds
- Deliver legal pitch

Legal Pitch

- Must use underhand motion
- Must pitch directly from the pitching position
- Only one step permitted and must be forward towards the catcher within the 24" width of pitching plate
- Wrist below hip at release
- Wrist no farther from body than elbow at release
- Release of ball and follow through of the hand and wrist must be forward and past the straight-line position of the body

Pitching Mechanics

- Grip (basic fastball grip is similar to that used for overhand throw)
 - Hold ball in fingers and thumb
 - Use three or four fingers (depends on size of pitcher's hand)
 - Place fingers across seams; thumb directly across ball from middle finger
 - Grip should be comfortable (firm but relaxed)
- The Pre-Motion and Start
 - Pitching Stance
 - Comfortable stance with both feet touching pitcher's plate with feet staggered:
 - ◆ Narrow stance for easier rotation
 - ◆ Wide stance for more stability
 - Instep of pivot foot across front edge of pitcher's plate
 - Weight resting largely on the stride foot with hands apart.
 - After receiving the signal from the catcher, shift weight to pivot foot and pause when the hands are brought together.
 - Slightly turn pivot foot outward and point the stride foot towards the catcher.
 - Two ways to start the pitching motion:
 - Break hands apart and swing the pitching arm down and back to generate forward momentum towards the catcher. The backswing does not cross behind the body. If it does, the arm circle moves outside the body, causing the pitch to be off-target at the



point of release. As the arm swings back, keep weight on the back foot, preparing the legs to generate maximum momentum to the catcher.

or

- Keep hands together as pitcher prepares to drive off the mound.

○ The Push-Off

- Get into an athletic position by bending the knees, engaging the core and driving off the mound in a coordinated motion towards the catcher.
- Drive off from the mound using the pivot foot to push against and away from the mound while at the same time lifting and extending the stride foot and leg, glove arm, and pitching arm in a coordinated effort maintaining a straight line to the catcher.
- The stride length should be an extended walking step.
- Pivot foot rotates outward to allow hips to turn sideways to catcher and pushes away from the mound on a straight line to the catcher.
- Stride foot and leg should be kicked high to allow a longer push off the mound towards the plate and time to allow the pitching arm to get to the back of the down swing.
- It is at the onset of push-off that the three components of the pitching arm and arm circle become important. The pitching arm should:
 - Be straight but with the elbow slightly bent (12°)
 - Pass close to the ear at the top of the downswing and brush by the back hip before ball release. Arm must remain in line with direction of desired force.
 - Be fast with the arm circle picking up speed as it moves up and into the down swing producing a smooth motion
- Glove hand needs to come up (no higher than shoulder height) and point at the target to allow the pitcher to stay on the power line.



○ The Landing

- Land the stride foot at a 45° angle on a straight line to the catcher (power line).
- At the touch down of the stride foot, the pitching arm should be in the 10 o'clock position.
- The stride leg needs to be put down hard and the knee should be slightly flexed but strong and firmly planted so the pivot leg can come up to meet it.
- At landing, the pitcher's weight shifts into a firm front side (stride leg and torso) in a movement referred to as "stacking" and the pivot knee is brought under the back hip.
- **Pull** the pivot leg into the stride leg and bring the legs together allowing the pitcher to use the force generated from the lower body at push-off in the delivery of the ball to the plate. Therefore, it is extremely important that the stride leg is firm after landing and the torso is upright and strong to allow the pivot knee to stack under the back hip. If the stride leg or torso collapses at any time after landing, the pitcher's balance, accuracy, and velocity will be greatly affected.
- Hips and shoulders should be rotated 90° away from the catcher (glove arm shoulder pointing at catcher) when the stride foot lands.



○ The Release

- Once the pitching arm begins the down swing, the glove arm bends and is pulled toward the waist in a straight line for additional power as the pitcher's legs are brought forcefully together with the inside of the back knee visible to the catcher.
- The pitcher's weight is over their stacked legs.
- From touch down of the stride foot (where the arm is roughly parallel to the ground) to release (at the bottom of the circle), the upper arm should be brought close to the pitcher's side with the elbow leading the wrist into release.
- Lastly, the wrist snap should be sharp at the bottom of the pitcher's arm circle and finishes at the middle of the thigh of throwing arm side.
- At release, the pitcher's body must be upright and balanced over the stacking of the legs. Any deviation in the angle of the shoulders will cause accuracy problems both up and down in the strike zone and in and out through the strike zone.
- The hips and shoulders should be rotated 45° away from the catcher at the point of ball release.
- Release point is at mid-thigh of the back leg.



○ The Follow Through:

- Finish with the back of the pitching hand facing the catcher and the pitching arm in the middle of the chest toward the glove hand shoulder.
- Allow back foot to come forward naturally
- Finish in balanced position and ready to move any direction

CATCHING

Position in the Catcher's Box

- Wait for batter to get set
- Take note of their swing
- Position about one bat length behind back foot of batter
- Do not reach out to catch the ball. Let the ball come to you.

Giving the Signal

- Squat with heels off ground
- Hide signal from opposition using glove below knee of same side
- Align knees with edges of home plate
- Give the signal deep and against thigh

Giving the Target (no runners)

- Same as when giving signal except:
 - Feet staggered with more forward lean of trunk
 - Glove to side of leg to hide signal from opposing coach
 - Throwing hand hidden behind back or lower leg





Giving the Target (with runners on base or two strike count)

- Receiving position changes to allow for a quicker throw
 - Feet more spread apart
 - Heels on ground
 - Feet staggered with pivot foot farther back
 - Knees bent according to height of target
 - Throwing hand hidden behind back or lower leg

RUN DOWNS

Defense

- Dart throw or Snap throw (elbow and wrist only, from ear)
- Keep ball visible to defensive teammate
- Run hard at baserunner to force them to decide which direction to run
- Be a half step to your throwing side so baserunner is not in the way of the throw to your partner (i.e. and deflects the ball away).
- As soon as you see the number on the baserunner's back, you want to make the throw because the runner has committed to a direction to run.
- Goal is to not need to make a throw, or at most, make one throw to get runner out.
- Best case scenario is an out. Worst case is baserunner is safe at original base (i.e. does not advance).
- Better to give one good fake rather than 10 small fakes
- Defensive player movement
 - Peel
 - Once the defensive player throws the ball, they will peel off and return to the base they came from to act as a back-up to the next defensive player
 - or
 - Follow Your Throw (AKA figure 8)
 - Once the defensive player throws the ball, they will take a clearing step to get off the base path and then follow their throw to the base they threw to. They will act as a back-up in case of an errant throw or replace the defensive player when they follow their throw.

Offense

- Baserunner caught in a rundown should stay in the rundown as long as possible so runners behind them can advance as far as possible.
- Look for a defensive player without the ball to run into to get an obstruction call against the defensive team.

RELAYS

- The relay starts with a strong accurate throw from the outfielder
- The outfielder should try to throw the ball to the relay person's glove at about head height.
- The relay person:
 - Gives a big target with both arms in the air and calls for the ball.
 - Stands at a 45 degree angle to the glove side.
 - Pivots towards glove and throws quickly relaying the ball to the next target.



4.2 APPENDIX B: DYNAMIC WARM-UP

A dynamic warm-up is the first portion of a warm-up that prepares athletes physically and mentally for practice or competition. Athletes should do dynamic warm-ups before each practice or competition because they:

- Improve performance
- Reduce the risk of injury

Dynamic warm-ups have several advantages over traditional static stretching. Effective dynamic warm-ups:

- Increase heart rate more effectively
- Increase muscle temperature
- Improve force-generating capacity
- Train neural pathways used in the athlete's sport
- Provide the working muscles with energy from the energy systems used in the athlete's sport
- Improve mental preparation
- Help reduce the risk of injury

An effective dynamic warm-up has three components

- **1 – Get warm.** It usually consists of a moderate-intensity activity or exercises that gradually raise the heart rate, increase muscle temperature and improve range of motion
- **2 – Get loose.** This is achieved through a dynamic stretching routine that activates muscles through a large range of motion, gaining a better sense of balance and developing body control.
- **3 – Get fired up.** Once warm and loose, this phase involves higher-intensity exercises or drills that activate the nervous system and prepare the body to sprint and move quickly. At this point the players should be performing at full speed

An effective dynamic warm-up is specific to the sport

- *An effective dynamic warm-up uses the same muscle groups as the sport.* Example: Cycling does not increase muscle temperature in the upper body, so it would not be an appropriate warm-up for a pitcher.
- *An effective dynamic warm-up trains the neural pathways required in the sport.* Example: While running uses the same muscle groups as cycling, the order in which the muscles are recruited is very different, so running would not be the best warm-up option for a cyclist.
- *An effective dynamic warm-up uses the same energy systems as the athlete's sport.* Example: Softball relies primarily on ATP-CP energy system to provide energy to the working muscles, whereas long-distance running requires mainly oxidative sources. The softball player's warm-up should therefore include shorter, more intense bouts of activity interspersed with rest periods to mimic a typical play in softball.



An effective dynamic warm-up prepares the athlete for sport without causing fatigue

- Effective warm-ups and fatigue have the opposite effect on certain aspects of performance:

| Warm-ups... | Fatigue... |
|--|---|
| ○ Increase the ability to generate maximum force | ○ Decreases the ability to generate maximum force |
| ○ Increase the maximum velocity of contraction | ○ Decreases the maximum velocity of contraction |
| ○ Increase the maximum rate of force development | ○ Decreases the maximum rate of force development |
| ○ Decrease the time needed to “turn the muscle on” and “turn the muscle off” | ○ Increases the time needed to “turn the muscle on” and “turn the muscle off” |
| ○ Decrease the risk of injury | ○ Increases the risk of injury |

- Three variables determine the effectiveness of a dynamic warm-up:
 - The intensity of the warm-up activities
 - The duration of the warm-up
 - The length of time between the end of the warm-up and participation in the event
- If you alter one of these three variables, you must adjust the other two to produce the same results. For example, if you increase the intensity of the warm-up, you must either shorten the warm-up or provide more recovery time after the warm-up. And some variables may be easier to change than others. For example, the warm-up’s duration and the length of time before the game may be set by the league or umpires. In such cases, you must adjust the intensity of the warm-up to match the other two variables.



Example of Dynamic Warm-up

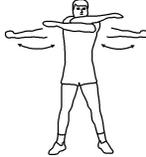
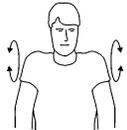
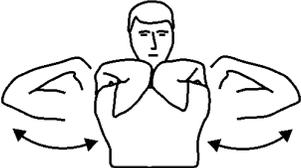
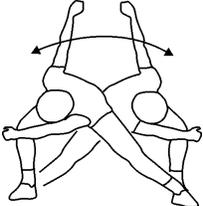
| Softball Example | |
|--|--|
| Athletes: | Youth softball team |
| Event: | Warm-up before a game |
| Duration: | 20 minutes |
| Time between warm-up and event: | 10 minutes |
| Active warm-up (5 minutes): | <ul style="list-style-type: none"> ○ 5 minutes of jogging or fun games (tag) ○ Increase intensity gradually ○ Mimic movement patterns in softball ○ Practise the skills at a lower intensity ○ Make it fun! |
| Dynamic stretching and body awareness (5 minutes): | <p>Complete two reps of each drill listed below, covering 40 metres on each rep; jog lightly back to the starting position between each rep:</p> <ul style="list-style-type: none"> ○ A walks/A skips ○ B walks/B skips ○ C walks/C skips ○ Walking deadlifts ○ Spider man ○ Walking lunges ○ Walking lunges with trunk rotation ○ Side lunges ○ Side lunges with pivot ○ Kareoka (grapevine) ○ Bounding with forward and lateral movement ○ Sprints ○ Backward sprints |
| Sport-specific skills (10 minutes): | <ul style="list-style-type: none"> ○ CRASH drills ○ Partner throwing (gradual increase in distance) ○ Partner fielding ○ Baserunning drills ○ Hitting drills (tee work, side toss, front toss and/or live pitching) |

DYNAMIC WARM-UP FOR SOFTBALL

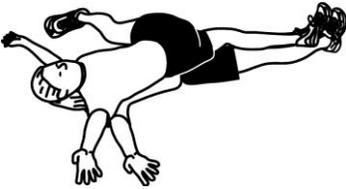
Goal: This dynamic warm-up is designed to get the body ready to perform. It will get the athlete warmed up, loose, and fired up. In addition, it will improve their balance, mobility, and overall flexibility. This should be done before every game, practice, and workout.

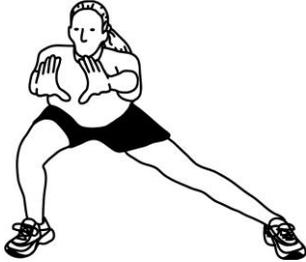
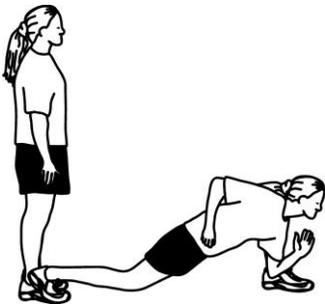
Instructions:

- Perform all movements for 20 to 30 seconds, with minimal rest between sets/exercises.
- Keep all movements smooth; avoid jerky or uneven movements which can strain your muscles.

| Exercise & Diagram | Instructions |
|--|---|
| <p style="text-align: center;">Jumping Jacks</p>  | <ul style="list-style-type: none"> ○ Stand upright, arms at your sides, with palms facing forward, feet comfortably side by side. ○ Jump and spread your legs slightly wider than shoulder width and while bringing both arms together over your head; land with feet spread. ○ Jump again, bringing feet back together and hands down to your sides. ○ Repeat. |
| <p style="text-align: center;">Horizontal Arm Swing or “Self Hug”</p>  | <ul style="list-style-type: none"> ○ Hold arms pointing outward, feet a comfortable stance apart. ○ Smoothly swing your arms across your body at shoulder level into a self hug position. ○ Swing arms back out, extending fully. ○ Repeat. |
| <p style="text-align: center;">Shoulder Rotation</p>  | <ul style="list-style-type: none"> ○ Rotate shoulders slowly and smoothly—up, forward, down and back. ○ Repeat. ○ Reverse direction—up, back, down, forward. ○ Repeat. |
| <p style="text-align: center;">Horizontal Elbow Swing</p>  | <ul style="list-style-type: none"> ○ Bring your hands to your shoulders and raise your elbows to shoulder level, as if showing off your biceps. ○ Smoothly move your elbows toward each other, touching gently. ○ Swing elbows back out to your sides. ○ Repeat. |
| <p style="text-align: center;">Bent Over Arm Swing</p>  | <ul style="list-style-type: none"> ○ Start in an athletic stance and bend forward at your hips (not your waist). ○ Drive your right arm out and past your left knee while swinging your left arm as high as possible behind you. ○ Rotate your trunk to reach out your left arm toward your right knee, raising your right arm as high as possible behind you. ○ Repeat, alternating sides. |



| Exercise & Diagram | Instructions |
|---|--|
| <p style="text-align: center;">Iron Cross</p>  | <ul style="list-style-type: none"> ○ Lie flat on your back with your arms stretched out to the sides with palms facing upward. ○ Slowly lift your right leg straight up, then roll over to your left side as close to your left hand as you can, keeping your right leg in line with your left arm. ○ Roll back, lifting right leg up in air again. ○ Slowly bring back down. ○ Lift left leg in air and do the same on your right side. ○ Repeat, alternating sides. |
| <p style="text-align: center;">Scorpion</p>  | <ul style="list-style-type: none"> ○ Lie on your stomach with arms out to the side with the palms facing down. ○ Lift left leg off the ground, knee bent. ○ Try to bring left leg to meet your right hand, making sure to roll out and open up your hips. ○ Repeat, alternating sides. |
| <p style="text-align: center;">Inchworm</p>  | <ul style="list-style-type: none"> ○ Give yourself a clear path across a room or field for this exercise. ○ Bend at the hips; bring your hands to the ground while keeping your legs straight. ○ As you touch the floor, slowly crawl forward using your hands (“hand walk”) without moving your feet, and go as far forward as you can, keeping your legs straight. ○ Variation: Perform a push-up once in this position. ○ Now, keeping legs straight, walk your feet forward, weight on the balls of your feet (“toe walk”) while keeping your hands stationary. ○ Repeat, inching forward. |
| <p style="text-align: center;">Cowboy Squats</p>  | <ul style="list-style-type: none"> ○ Start with feet spread more than shoulder width apart. ○ Toes should be pointing outward, and your knees are pointing in the same direction. ○ Put your hands behind your head. ○ Slowly squat by bending both knees until your knees are at a 90-degree angle. ○ Slowly return to standing position. ○ Repeat. |
| <p style="text-align: center;">Backward-Moving Toe Touch</p>  | <ul style="list-style-type: none"> ○ Stand straight. ○ Lift right foot off the floor, then slowly bend forward, extending right leg straight out behind you while bending 90 degrees (forming a “T”). ○ Touch left foot on floor with right hand. ○ Keeping extended leg straight, slowly lower it to floor slightly behind you. ○ Move backward to shift your weight onto right leg and raise left leg behind you. ○ Lower yourself into “T” position and touch right foot on floor with left hand. ○ Repeat, continuing backward movement. |

| Exercise & Diagram | Instructions |
|--|--|
| <p style="text-align: center;">Side Lunge</p>  | <ul style="list-style-type: none"> ○ Start in standing position with feet slightly further apart than shoulder width. ○ Begin bending right knee and lean toward your right side, pushing your buttocks out behind you. ○ Lower yourself to where your thigh is now parallel to the ground. Raise both arms in front of you at chest level. (Important: make sure your right knee does not extend beyond your toes.) Slowly shift your weight back to your original position. ○ Repeat in opposite direction. |
| <p style="text-align: center;">Lunge and Twist</p>  | <ul style="list-style-type: none"> ○ Stand upright, feet slightly apart. ○ Step left foot forward and bend front knee until thigh is parallel to the ground. This requires a lunging step to bend without the knee extending beyond the toes. Keep knee and ankle aligned pointing forward at all times. ○ As you descend, rotate your body toward your bent knee (when left knee is bent, rotate trunk to your left). ○ Lift your weight from your right foot behind you, and bring it forward to resume normal standing position. ○ Repeat same movement, using right foot to step forward. <p>Note: This exercise may also be performed in a stationary position by returning to your original position and alternating the movement.</p> |
| <p style="text-align: center;">Deep Lunge and Reach</p>  | <ul style="list-style-type: none"> ○ Stand upright, feet slightly apart. ○ Take lunging step forward with left leg, bending front knee and lowering your hip. ○ Bend forward and touch your left elbow to the instep of your left foot. ○ Make sure that knee and ankle are aligned forward with the toes as you do the specified movement. ○ Bring right foot forward, resuming upright position, slightly behind where you began. <p>Note: This exercise may also be performed in a stationary position by returning to your original position and alternating the movement.</p> |
| <p style="text-align: center;">High Knees</p>  | <ul style="list-style-type: none"> ○ Stand up right, feet slightly apart. ○ Hop onto left foot, lifting right knee high, so thigh is parallel to the ground with your feet flexed, and landing on the ball of your left foot. ○ Hop onto right foot, lifting left knee high and repeat, shifting weight back and forth in a high-stepping jog. Keep elbows bent at a 90-degree angle at all times, swinging them as if in a normal running position, keeping upper arms close to body and hands no higher than nose level. ○ Repeat at a running pace, moving quickly and smoothly. |



| Exercise & Diagram | Instructions |
|---|--|
| <p data-bbox="331 260 451 285">Butt Kicks</p>  A line drawing of a person from the side, performing a butt kick. The person is in a running stride, with their right leg forward and their left leg kicked back so that the heel is near the buttock. Curved arrows indicate the forward motion of the body and the backward motion of the leg. | <ul data-bbox="607 310 1510 569" style="list-style-type: none">○ Stand upright, feet slightly apart.○ Run forward, keeping your knees low. Bend your knees until your heel reaches your buttocks. Run forward, maintaining this movement, making sure to land on the balls of your feet.○ Keep elbows bent at a 90-degree angle at all times, swinging them as if in a normal running position, keeping upper arms close to body and hands no higher than nose level.○ Repeat at a running pace, moving quickly and smoothly. |



4.3 APPENDIX C: THE COOL-DOWN AND DEBRIEF

At the conclusion of practice, the value of an effective cool-down and debrief should not be overlooked.

The cool-down can speed up recovery following practice or competition, as it increases the rate at which the byproducts of exercise are removed from the working muscles.

The cool-down phase also allows for an opportunity for the coach to debrief the practice with the athletes and plan for future activities.

PRINCIPLES OF AN EFFECTIVE COOL-DOWN

- The cool-down should consist of low-intensity aerobic exercise that concludes with the heart rate returning to its resting rate.
- The cool-down should use muscle groups similar to those used in the athlete's sport.
- Conclude with a stretching activity.

ITEMS TO BE DISCUSSED IN A DEBRIEF INCLUDE

- How practice went (Intensity, length, enjoyment, etc.)
- What went well in practice.
- Areas that may require more attention in the future (ie: skills, tactics, etc.)
- Location and time for up coming team activities (ie: next game or practice)

SAMPLE COOL-DOWN ROUTINE

- Start with a lite slow jog out to the homerun fence and walk back to the dugout.
- Followed by a series of 6-8 static stretches (see samples below).
- During static stretching the practice debrief should occur.

WHAT ABOUT STATIC STRETCHING?

- There's no high-quality evidence to suggest that static stretching before or after sport activity reduces the risk of injury.
- So why would I use static stretching?
 - To improve sport performance in sports in which range of motion is important.
 - Example: Pitchers improve their pitching mechanics when they improve their range of motion and may also be able to generate more power which increases the speed of their pitches.

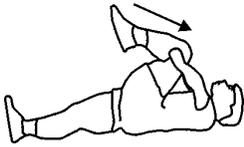
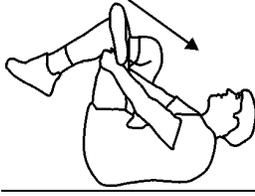
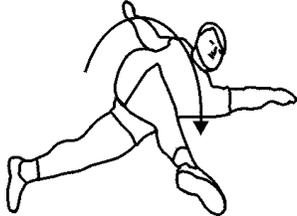
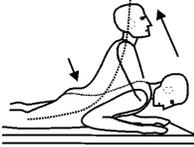


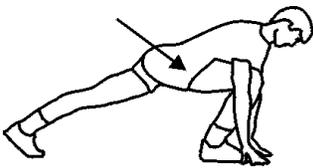
- To return muscles to their pre-exercise length. In sports that include many repetitive movements, muscles that are contracted repeatedly may become shorter over time. While this may benefit the specific skill being repeated, it may cause performance in other skills to suffer.
 - Example: In softball, the catcher is in a crouched position for extended periods of time which may cause one of the quadriceps muscles to become shorter as the muscle adapts to a flexed-hip position. This means the muscle is an optimal length during crouching, but baserunning performance may suffer because the muscle is no longer the optimal length for running. Catchers are encouraged to stretch their quadriceps muscles and hip flexors.
- To maintain or improve posture. Good posture minimizes the incidence of chronic injuries in the extremities. Static stretching over time helps minimize sciatica and thoracic outlet syndrome (a reduction of the space through which the blood vessels and nerves supplying the legs and arms pass), both of which are related to overuse injuries in the extremities. Improving posture often takes weeks or months of diligence. Muscles that are repeatedly contracted and become shorter over time can have a significant negative effect on posture.
 - Example: As described above, frequent crouching can cause the hip flexors of catchers to shorten, as can the defensive or receiving positions in softball. Shortened hip flexors in turn contribute to an anterior rotation of the pelvis. This rotation may increase the risk of lower-back, pelvis, and hamstring injuries.
- How do I effectively use static stretching?
 - Static stretching should take place when the muscles are warm (usually after a practice or event).
 - Static stretching should **not** take place as part of a warm-up in sports in which high-velocity or high-force muscle contractions are needed, because performance may suffer.
 - It is important to balance opposing muscle groups when stretching and to balance both sides of the body.
 - Athletes should feel only a mild stretch at the start of the stretch but should then feel a gradual release or elongation of the muscle.
 - The number of repetitions and the duration of each stretch depends on the reason for doing the stretch. For example:
 - To increase range of motion: performs three (3) 30-second repetitions.
 - To return muscles to their pre-exercise lengths: perform one (1) 30-second repetition.
 - To improve posture: perform (one) 1 progressive stretch that lasts up to 120 seconds.

COOL-DOWN/STATIC STRETCHING/FLEXIBILITY TRAINING

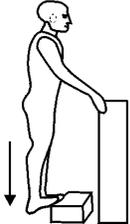
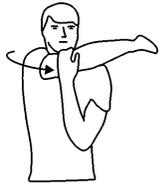
Below is a sample of exercises that can be used in various combinations as part of a post practice cool-down phase.

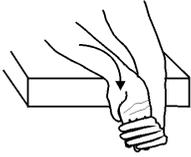
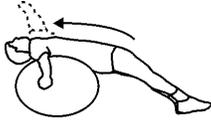
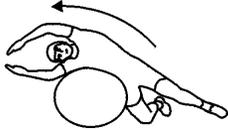
- Hold each exercise for 30 to 45 seconds.
- Stretching should be done slowly and smoothly, and is most efficient when performed after a good warm-up as part of a flexibility program or at the end of every game, practice, or workout as part of the cool-down.

| Exercise & Diagram | Instructions |
|--|---|
| <p style="text-align: center;">Low Back Stretch</p>  | <ul style="list-style-type: none"> ○ Lie down on your back. ○ Grab your knee with your hands and stretch it toward your chest. ○ Hold. Release. ○ Repeat, alternating legs. |
| <p style="text-align: center;">Buttock Stretch</p>  | <ul style="list-style-type: none"> ○ Lie flat on your back. ○ Without tensing and keeping your back on the ground, bring your left knee up and cross your right foot atop your left knee (forming a number 4). ○ Grab your left leg behind the knee and pull toward chest, stretching the right buttock. ○ Hold position, keeping your back firmly on the ground at all times and muscles loose and relaxed. |
| <p style="text-align: center;">Lying Cross-over ITB Band Stretch</p>  | <ul style="list-style-type: none"> ○ Lie comfortably on your back with legs extended flat. Stretch your arms out to your sides. ○ Raise your right leg without bending the knee. ○ Keeping your right hand flat on the floor, twist your body to the left, touching your right foot with your left hand. If you can, grab your right foot with your left hand while keeping your right leg straight. ○ Hold position. ○ Repeat, using other leg. |
| <p style="text-align: center;">Lying Abdominal Stretch (Cobra Pose)</p>  | <ul style="list-style-type: none"> ○ Lie facing the mat with elbows bent and hands flat on the mat by your chest. ○ Slowly push up on your hands, extending your shoulders and lifting your upper body off the mat, hyperextending your back. ○ Hold position. |

| Exercise & Diagram | Instructions |
|--|--|
| <p style="text-align: center;">Hip Stretch</p>  | <ul style="list-style-type: none"> ○ Start in a plank pose by lying face down on the mat, then lifting your upper body away from the mat, fully extending your arms like a push-up, keeping arms straight. ○ Step right foot forward between your hands, keeping left leg still extended behind you. ○ Maintain a straight line from the upper back to the Achilles' heel. ○ Keep hips low and make sure the knee does not extend beyond your toes. Hold. ○ Repeat using other leg. |
| <p style="text-align: center;">Quadriceps and Back Stretch</p>  | <ul style="list-style-type: none"> ○ Tuck feet beneath buttocks, keeping knees together. ○ Clasp your hands behind your body. ○ While in this deep kneeling position, bend forward, lowering your body to the floor. ○ Hold position. |
| <p style="text-align: center;">Sitting Lower Body Twist</p>  | <ul style="list-style-type: none"> ○ Sit on the floor, legs extended. ○ Slow rotate your trunk to left side. ○ Place your right hand by your left buttocks for stability. ○ Hold position. |
| <p style="text-align: center;">Hamstring Stretch</p>  | <ul style="list-style-type: none"> ○ Sit with legs together and extended. ○ Without flexing the knee, bend forward and try to touch your feet with your hands. ○ Hold position. |
| <p style="text-align: center;">Lower Body and Glute Stretch</p>  | <ul style="list-style-type: none"> ○ Sit with legs together and extended in front of you. ○ Flex left knee, lifting your left foot over your right knee and place left foot on the ground. ○ Place your right hand on the outside of your left knee; support yourself with your left hand comfortably behind you. ○ Hold position. ○ Repeat using other knee. |
| <p style="text-align: center;">Inner Thigh Stretch</p>  | <ul style="list-style-type: none"> ○ Sit on a flat surface, knees bent and the soles of your feet pressed against each other. ○ Keeping your feet as close to the body as possible, gently press down with your hands on the inside of your thighs. ○ Hold position. |



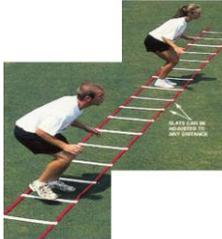
| Exercise & Diagram | Instructions |
|--|--|
| <p>Calf and Heel Stretch</p>  | <ul style="list-style-type: none"> ○ Stand straight, with a small platform inches above the floor in front of your feet. ○ Step onto the platform with the balls of your feet, leaving your insteps and heels suspended in the air. Support yourself by holding onto something stable. ○ Slowly lower your heels. ○ Hold position. |
| <p>Standing Hamstring Stretch</p>  | <ul style="list-style-type: none"> ○ Stand by a wall or any stable equipment. ○ With one hand on the wall, flex the opposite knee, pulling foot with other hand toward the buttocks. ○ Hold position. |
| <p>Abductor Stretch</p>  | <ul style="list-style-type: none"> ○ Stand with one shoulder by the wall. Place that hand against the wall for balance. ○ Lift the foot closest to the wall and swing leg behind other leg, stretching your hips. ○ Hold position. |
| <p>Rotator Cuff Stretch</p>  | <ul style="list-style-type: none"> ○ You may sit or stand doing this stretch ○ Flex both elbows. ○ Place one hand behind your body and the other bent back over your shoulder. ○ Grab hands and hold position. ○ Repeat, alternating arms. |
| <p>Triceps Stretch</p>  | <ul style="list-style-type: none"> ○ You may sit or stand doing this stretch. ○ Flex right elbow and position it above head with hand pointing down toward the small of your back. ○ Pull elbow back with left hand toward back of head. ○ Hold position. ○ Repeat, alternating arms. |
| <p>Shoulder Girdle Stretch</p>  | <ul style="list-style-type: none"> ○ You may sit or stand doing this stretch. ○ Raise your arm to shoulder level and position it across the body. ○ Pull elbow with free hand towards the chest. ○ Hold position. ○ Repeat, alternating arms. |

| Exercise & Diagram | Instructions |
|--|--|
| <p data-bbox="289 258 488 285">Forearm Stretch</p>  | <ul style="list-style-type: none"> ○ On a flat surface place forearm with palm facing upward in a supinated position and hanging free (such as off the end of a table). ○ Use your other hand to pull fingers downward gently to hyperextend hand. ○ Hold position. |
| <p data-bbox="159 493 618 520">Abdominal Stretch Using Stability Ball</p>  | <ul style="list-style-type: none"> ○ Lie on your back on stability ball. ○ Arch/hyperextend your back and relax. ○ Hold position. |
| <p data-bbox="175 695 602 722">Oblique Stretch Using Stability Ball</p>  | <ul style="list-style-type: none"> ○ Rest the side of your body on the stability ball. ○ Keep feet on the floor at all times. You may flex the lower knee for more stability. ○ Extend arms over head without resting them on the ball. ○ Bend and lean to one side. ○ Hold position. |

4.4 APPENDIX D: AGILITY LADDER DRILLS

Purpose: Agility ladders help players improve their footwork, quickness and conditioning.

Setup: The agility ladder is placed on the ground, either indoors or outdoors, in an area large enough for your team to be around both ends of it without being cramped.

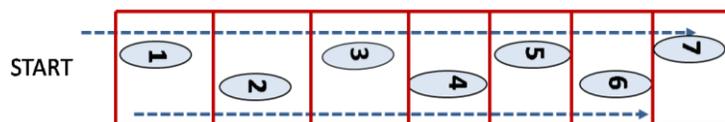


HOW THE DRILLS WORKS:

- If you only have one agility ladder than have half your team doing this while the other half jogs, and then rotate. If you have 2 agility ladders then your entire team can go through these workouts at the same time.
- The examples listed below are some of the common footwork drills for the Agility ladder but you can use as many different types as you can think of.
- When doing any one of these footwork drills, the whole line will go through to the end and then wait until everyone gets through before returning back using the same steps.
- Lay a agility ladder (rope or material so if stepped on NO ankles will be injured). Perform the activities below.
- Once they reach the end of the ladder, the player returns to the start.

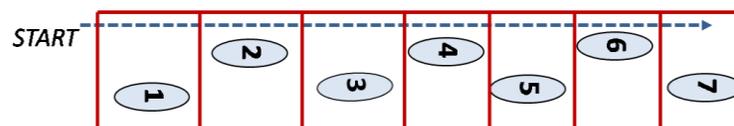
TYPES OF AGILITY LADDER DRILLS:

- **Slow Jog** – one foot per square (up and back)

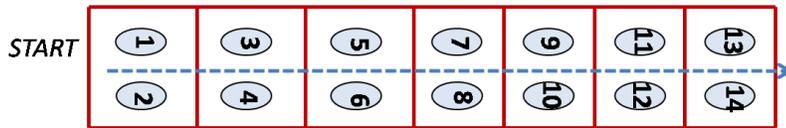


- **Slow Jog** – both feet in each square with a quick 1-2, then the next square 1-2 (up and back)

- **High Knees** – one foot per square

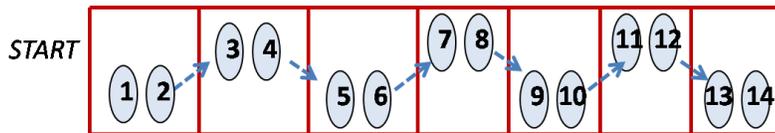


○ **High Knees** – both feet per square



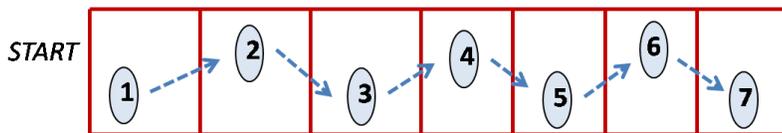
○ **Out, In, Out, In**

- Both feet start outside the first square, then moving both feet together the player then moves both feet inside the next square, then both outside the 3rd square, repeating all the way down the ladder.



○ **In, Out, In, Out**

- Quick steps. Starting inside of the first square the player quickly moves each foot (1-2) outside of the 2nd square, then into the 3rd square, continue until done.



○ **In, Out, In, Out**

- Quick steps back. On the return trip have the player face the same direction when they return to work on the other leg muscles.

○ **Karaoke**

- Same footwork as #7 but twisting sideways in both directions as the player goes through the ladder.

○ **Other Movements:**

- Bounding – the player jumps taking off on both feet and landing in every other square
- Straddle Jump –player begins feet apart jumps landing with both feet together in each square alternating stride jump landing outside of ladder, and feet together in side each square.
- Side Shuffle – player begin in good athletic position facing to a side beginning with foot closest to the ladder , while staying as low as possible shuffle sideways having each foot land in each square- RETURN facing the same way.
- Hot Steps – player starts running on spot then advances through the ladder (3 footsteps in each square; coach could increase to 5 footsteps per square.
- Cross-overs – Player begins running on the spot then steps into 1st square 2 footsteps then moves just outside the ladder to the right, makes 2 footsteps then moves up to just outside the ladder, make 2 footsteps then moves to 2nd square, 2 footsteps then moves just outside the ladder to the left, does 2 footsteps then moves up to just outside the ladder at the next level; player continues moving back and forth up the ladder.



4.5 APPENDIX E: THROWING/RECEIVING EVERYDAYS

Players will complete the following throwing progressions with a partner and a ball:

○ Wrist snaps

- Players stand 4-6' apart
- Players hold throwing arm elbow in their hand or glove
- Using wrist flexion only, players throw ball to their partner with 6 o'clock/12 o'clock rotation on the ball



○ 2 foot stationary throwing position or One Knee Drill

- The Coach can choose to use either drill for this progression. The purpose is to isolate the arm action.
- 2 foot stationary throwing position
 - Partners stand 10-12' apart with feet about shoulder width apart and facing forward
 - Using only trunk rotation and an arm circle, the player lightly throws the ball to their partner.
 - Players should exaggerate the follow-through down to their opposite knee or
- One Knee Drill
 - Partners should be positioned 15-20' apart (distance is also dependant on arm strength and accuracy).
 - In this progression, the player kneels down on the leg that his/her throwing-hand is on (i.e. if the player throws with his/her right hand, he/she would kneel down on the right leg).
 - Using only trunk rotation and an arm circle, the player lightly throws the ball to their partner.
 - Players should exaggerate the follow-through down to their opposite knee



○ K position

- Partners stand 12-15' apart
- Player stands with back or pivot foot perpendicular to the direction of the throw and taking a walking stride places front foot in the stride position with foot at a 45° angle. Their arms are out to the side and at shoulder height (K Position)
- Using trunk rotation and an arm circle, the player lightly throws the ball to their partner.
- Players should exaggerate the follow-through down to their opposite knee

○ K position with step or stride

- Partners stand 15-20' apart
- Player begins with feet together and perpendicular to the direction of the throw with their arms out to the side and at shoulder height (K Position).
- The player will then step or stride so the front foot lands with the foot at 45 degree angle and the back or pivot foot is still perpendicular to the direction of the throw.
- Using a step or stride, trunk rotation and an arm circle, the player lightly throws the ball to their partner.
- Players should exaggerate the follow-through down to their opposite knee and bring the pivot foot forward toward the target so both feet are in line.



○ **Pre-stride into K position**

- Partners stand 15-20' apart
- Player begins with feet together and facing target.
- The player will transfer weight to the pivot foot (throwing side foot) and pivot so pivot foot is perpendicular to target and then take a step or stride with the front foot.
- The front foot lands with the foot at 45° angle.
- As the front foot lands, the players places arms out to the side and at shoulder height (K Position).
- Using a step or stride, trunk rotation and an arm circle, the player lightly throws the ball to their partner.
- Players should exaggerate the follow-through down to their opposite knee and bring the pivot foot forward toward the target so both feet are in line.

○ **Full motion**

- Partners stand 20-30' apart
- Player begins with feet together and facing target.
- The player will transfer weight to the pivot foot (throwing side foot) and pivot so pivot foot is perpendicular to target and then take a step or stride with the front foot.
- The front foot lands with the foot at 45° angle.
- Using a step or stride, trunk rotation and an arm circle, the player throws the ball to their partner.
- Players should exaggerate the follow-through down to their opposite knee and bring the pivot foot forward toward the target so both feet are in line.

○ **Dart Throw Drill**

- Partners stand 30-40' apart and will simulate throws for a rundown situation.
- Player with ball shall sprint towards their partner keeping the ball visible to the receiver at all times.
- The player's elbow should be at shoulder height with the ball near the ear.
- To throw the ball to the receiver, the player will extend their elbow and snap their wrist (like throwing a dart).
- The receiver will catch the ball and sprint towards their partner and perform the same dart throw.

○ **Quick Exchange Drill**

- Partners stand about 40-50' apart.
- First player throws ball to partner.
- Receiver moves their feet to catch the ball in front of throwing shoulder with throwing hand close to retrieve the ball out of the glove.
- Receiver moves ball into position as quickly as possible to throw the ball back to their partner.
- Continue back and forth for 30 seconds counting each catch made by the partners.

○ **Side Arm Throw Drill:**

- Player starts facing 90 degrees away from their partner. Ball is stationary in front of player and on the ground. Player scoops the ball remaining in crouched stance and pivots on foot so flexed knee is pointing to target. Elbow is kept close to the body. Arm is brought back and arm is brought across body as side arm throw is made to partner.



4.6 APPENDIX F: NEMO BAT STRETCHES

Players will complete the following Nemo Bat Stretches to warm-up the hitting muscles:

- **Wood Chops**
 - Grip the bat like an axe. Swing the bat low and back, then over the top like chopping wood making sure to bend at the waist as you come down.
 - 5 reps.
- **Trunk Twists**
 - The bat is placed either behind the player's back or in front of the player's body, gripping the handle and barrel in each hand. The player slowly twists fully to the left and then to the right.
 - 3-5 reps each direction.
- **Arm Circles**
 - Player completes arms circles as follows:
 - Forward with bat in one hand - 5 reps with each arm.
 - Backward with bat in one hand - 5 reps with each arm.
 - Around their head with bat in both hands - 5 reps in each direction.
- **Reverse Swings**
 - The player begins the movement at the end of the follow through and quickly returns to the balanced ready stance for hitting.
 - 3 reps.
- **Quick Returns**
 - The players complete a batting swing including a full follow through and then quickly return the bat to the ready position.
 - 3 reps.
- **1-2-3 Swings**
 - Coach will loudly count to 3.
 - On hearing each number, the player will perform the following actions of the swing:
 - On the count of "1" – Load.
 - On the count of "2" - Weight shift.
 - On the count of "3" - Swing and follow through.
 - After 1-2 reps, coach will increase speed of verbal count so players are swinging faster.

4.7 APPENDIX G: ATHLETIC ABILITIES TEST PROTOCOLS

Athletic Abilities Test Protocols will change over time, however providing your players with periodic testing that measures physical abilities that are trainable and can improve with regular training will provide your players with a strong motivational and assessment tool.

Below are some general field tests (requiring only typical training equipment or facilities), as well several tests that minimally require a device to measure ball speed and/or a medicine ball.

Note: It is imperative to duplicate the testing environment with each test to ensure validity from one test to another ie: using the same equipment, testing surface, testers, etc

Speed Tests:

Home to Home: Measures speed on the basepaths.

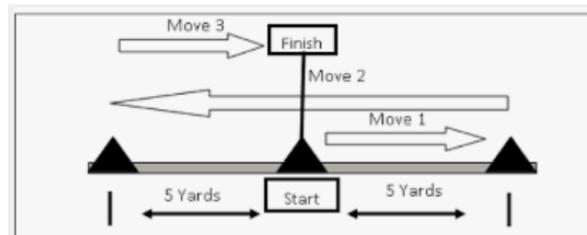
- Equipment required: Full softball infield with bases secured in place, stop watch (iphone, watch, etc)
- Procedure:
 - Start the athlete with one foot on home plate,
 - Timer has the athlete assume a ready position, holding up one arm and dropping to signal for the player to go, starting the timer on the first observable movement of the player and stopping on their stepping on home plate (they must step on each base for a time to be recorded)

40 yard straight sprint with 20 yard split time: Measures sprinting ability

- Equipment required: Unobstructed running surface with room for deceleration beyond the finish line (ie: at least 60 yards)
- Procedure:
 - Start the athlete with both feet behind the start line
 - Timer has the athlete assume a ready position, holding up one arm and dropping to signal for the player to go, starting the timer on the first observable movement of the player.
 - The timer hits the lap timer (split time feature on their timing device) and stopping on their crossing the finish line

5-10-5 (Pro Agility) Agility: Measures quickness and agility

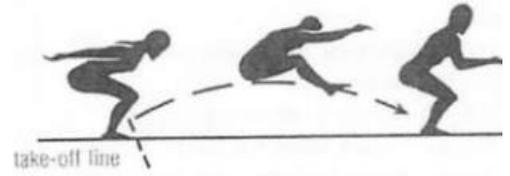
- Equipment required: An area to setup the agility course (ideally one with good footing) Three cones or system to place three marking lines on the ground.
- Procedure:
 - Start with the athlete centered (straddling) and touching with the center start-line with one hand
 - Timer has the athlete assume a ready position, holding up one arm and dropping to signal for the player to go, starting the timer on the first observable movement of the player and stopping on their crossing the finish line (they must touch the both perimeter lines or cones if used)



Power Test:

Broad Jump: Measures explosive full body power

- Equipment required: Unobstructed take off and landing areas for standing long jump, chalk or tape for starting line and a tape measure.
- Procedure:
 - Having the players stand with both feet touching the nearest edge of the start line.
 - Instruct the players to begin with flexing their knees and swinging their arms back before springing forward as far as they can.
 - The measure is the distance from the take off line to the point touched closest to the take off line on their jump (ie: if the player falls backward upon landing their distance will be where they fall to)



The following tests require additional equipment beyond what may typically be available at a regular practice ie: a radar gun or equivalent measuring device and a medicine ball

Sport Specific tests

Throwing speed:

- Equipment required: A supply of balls and radar gun or equivalent
- Procedure: Timer stands behind backstop
 - Have the player throw towards timer
 - The test can be with a stationary throw or allowing the player to run forward before throwing
 - Typically allow each thrower provided two sets of three throws with a break between sets (recording their fastest overall throw)

Hitting speed: Measures bat speed and ability to transfer force to the ball

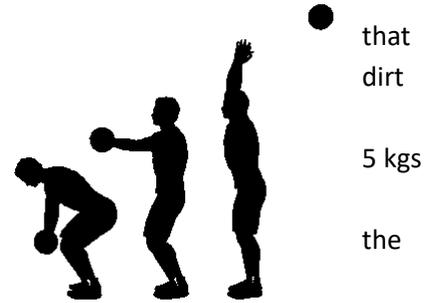
- Equipment required: A supply of balls, a hitting Tee and bat
- Procedure: Timer stands behind hitter to record ball being hit away from them
 - Have the player hit a ball off a Tee away from timer
 - Typically allow each hitter 3-5 hits, recording the 2nd fastest (this allows for anomalies due to timing device errors)



Power Tests (The following tests require access to a 3kg-5kg medicine ball)

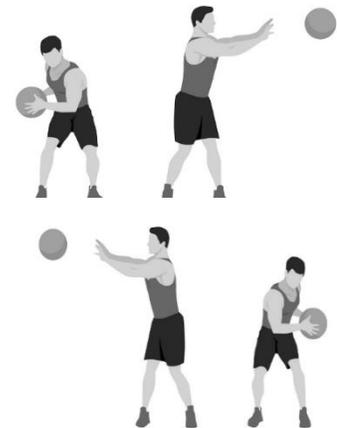
Reverse overhead medicine ball toss: Measures full body explosive power

- Equipment required: Space to throw a medicine ball allows for easy determination of it landing location (a dirt or hard surface is superior to grass), a tape measure, marking start line and a medicine ball between 3 and 5 kgs
- Procedure:
 - Have the athlete place their heels at the end of start line (ie: they are facing away from the direction of their throw)
 - The athlete should flex their knees, bend forward at the waist and lower the ball in front of them before generating the force to execute a reverse overhead throw.
 - The objective is not height but distance so there is often a learning period for the athlete to find the optimal angle of release
 - Each athlete should be provided several throws with a break between throws, recording their farthest throw.



Rotational medicine ball toss (Right & Left): Measures rotational power

- Equipment required: : Space to throw a medicine ball that allows for easy determination of it landing location (a dirt or hard surface is superior to grass), a tape measure, marking start line and a medicine ball between 3 and 5 kgs
- Procedure:
 - For throw to the left, have the athlete place the outside of their left foot at the edge of the starting line (reverse for throws to right) Similar to a batting stance position.
 - Encourage the athlete to load before throwing by moving the ball back and rotating away from the throw direction before creating their rotational force to throw the ball.
 - The objective is not height but distance so there is often a learning period for the athlete to find the optimal angle of release
 - Each athlete should be provided several throws with a break between throws, recording their farthest throw.
 - Both right and left batting stance throws should be measured.





4.8 APPENDIX H: DEVELOPING A PITCHING PRACTICE WORKLOAD

Establish a pitching workout for your pitcher(s) from the chart that follows. The program can then serve as a basis for planning other individual and group workouts, as well as serving as a log for monitoring and controlling the development your pitchers.

| ACTIVITY | U9 & U11 | U13 & U15 | U17 & U21 | SENIOR |
|--------------------------------|--|---|--|--|
| WARM-UP | YES – 10 min to include some overhand throwing | YES – 10-15 min to include some overhand throwing | YES – 15 min to include some overhand throwing | YES – must include some overhand throwing |
| DELIVERY | 50 pitches | 70 pitches | 100 pitches | 100 pitches |
| CONTROL | 40 pitches | 50-70 pitches | 80-120 pitches | 80-120 pitches |
| SPEED | 20-30 pitches | 30-50 pitches | 40-60 pitches | 40-60 pitches |
| SPINS (Short Distances) | n/a | 20-30 pitches | 40-6- divided by number of pitches | 40-60 divided by number of pitches |
| CONDITIONING | n/a | 10-15 min | 15-20 min | 20-30 min |
| RUNNING | Sprints for form | Wind sprints & jogging | 10-15 km per week jogging plus sprint work | 12-20 km per week jogging plus sprint work |
| TOTALS PER PRACTICE | 50-100 pitches | 100-150 pitches | 150-200 pitches | 150-200 pitches |



PITCHER'S WORKOUTS

Below is a Sample Pitcher's Workout for U17 player

| ACTIVITIES | EASY WORKOUT | MEDIUM WORKOUT | HARD WORKOUT |
|---------------------------------|---|---|--|
| War- up Drills | Snaps Basic clock drills | Snaps Basic clock drills | Snaps Basic clock drills |
| Momentum Drills | 50% walk through | 50% walk through | 50% Walk Through |
| Leg-Drive Drills | Skinny and wides | Skinny and wides One-leg drills | Skinny and wides Power drills One-leg drills Stride, stack, squeeze Sprint drills |
| Accuracy or Block Drills | 2 to 3 pitches on each side working targets | 2 to 3 pitches on each side working on targets | 5 pitches on each side working on targets |
| Speed Drills | | 3-2-1 arm circles | 3-2-1 Arm Circles |
| Pitches | Fast and change-up | Fast and change-up Movement pitches | Fast and change-up Movement pitches |
| Mechanical Focus | Make any adjustments during drills | Take one concept and drill out throughout the workout | Take one concept for each pitch and drill out throughout the workout |
| Game-Situation Drills | 5K drill | Ladder drill Opposite drill | Ladder drill Opposite drill 5K drill |
| Extra-Conditioning Drill | 3 o'clock drill with both feet | Sequence pitching using all pitches | Long distance throwing |

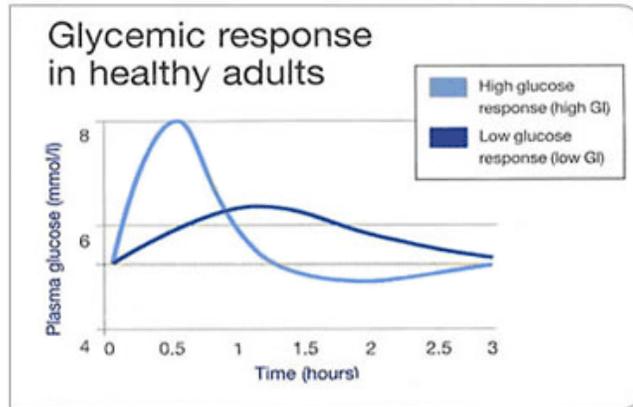


4.9 APPENDIX I: NUTRITION HANDOUTS FOR ATHLETES

Recovery & Regeneration: Post practice/competition suggestions

Top Recovery foods:

- 1) 1% Chocolate Milk
- 2) Low fat Yogurt
- 3) Peanut butter & Honey Sandwich
- 4) Cinnamon Raisin Bagel
- 5) Gatorade
- 6) Fruit energy bar (Dried fruit)
- 7) Fruit Smoothie
- 8) Bananas
- 9) Low fat granola cereal
- 10) Meal replacement drinks



Recovery Foods:

| | |
|--|---|
| <p>High Glycemic = Quick recovery = Ideal pre-exercise top-up</p> | <p>Low Glycemic = Overnight recovery = Fuels longer training</p> |
|--|---|

Glycemic Index

| Grains/Cereals | Fruits | Dairy | Snack Foods |
|--------------------------|---------------------------|-------------------|----------------------|
| Waffle – 76 | Dates – 103 | Ice cream – 61 | Rice cakes – 82 |
| Bagel – 72 | Watermelon – 72 | Choc Milk - 35 | Jelly beans – 80 |
| White Bread – 70 | Pineapple – 66 | Fruit yogurt – 33 | Graham Crackers – 74 |
| Whole wheat – 60 | Raisins – 64 | Milk, skim – 32 | Corn chips – 73 |
| Rice, instant – 91 | Banana – 53 | | Life savers – 70 |
| Rice, white – 72 | Orange – 42 | Sugars | Wheat crackers – 67 |
| Rice, brown – 55 | Pear/Apple – 36 | Maltose - 105 | Power bar - 58 |
| Muffins - 55 | | Honey – 73 | Popcorn – 55 |
| Spagetti, white – 41 | Starchy Vegetables | Table sugar – 65 | Oatmeal cookies – 55 |
| Spaghetti, wh wt – 37 | Potatoes, baked – 83 | Lactose – 46 | Potato chips – 54 |
| | Potatoes, instant – 83 | Fructose – 23 | Chocolate – 49 |
| Breakfast Cereals | Potatoes, massed – 73 | | Peanuts - 14 |
| Rice krispies – 82 | Carrots – 71 | Beverages | |
| Corn flakes – 83 | Green Peas - 48 | Gatorade - 78 | Other |
| Cheerios – 74 | | Soft drinks – 68 | French fries – 75 |
| Raisin bran - 73 | Legumes | Orange juice – 57 | Pizza, cheese – 60 |
| Life – 66 | Baked beans – 48 | Apple juice – 41 | Macaroni - 50 |
| Oatmeal – 61 | Lentils – 27 | | Tomato soup – 38 |
| Frosted flakes - 55 | | | Pizza, supreme - 35 |
| All Bran - 51 | | | |



Pre-Competition & Training Meals:

The pre-Event meal serves two primary purposes:

- 1) Keep athletes from keeping hungry and thus focused on tasks at hand, and
- 2) To maintain optimal levels of blood glucose and muscle and liver glycogen.

The ideal pre-game meal should contain 300-800 calories from low to moderate glycemic index carbohydrates, so that glucose is released into the circulation slowly without insulin surge. This meal should be eaten at least 2-4 hours before competition to allow for proper digestion.

Should include foods high in carbohydrates: Such as ...

| | | |
|---------|--------------|------------------------------------|
| Breads | Bagels | Fruits (Apples, Oranges & Bananas) |
| Cereals | Pasta / Rice | Vegetables (Potatoes, Corn & peas) |

Should Avoid: high Fat or Protein foods: Such as ...

| | | |
|------------|-------------|--------------|
| Steak | Fried foods | Donuts |
| Hamburgers | Hot dogs | Potato Chips |

Countdown to Event:

1 Hour Prior ... (Less than 250 Calories)

- Fruit and/or vegetable juice or
- Fresh Fruits such as ; Apples, Bananas or
- Sport Drinks

2 hours or more prior ... (250-500 Calories)

- Fruit and/or vegetable juice or
- Breads, bagels, low-fat yogurt, raisins or
- Sport Drinks

3-4 hours prior ... (500-800 Calories)

- Fruit and/or vegetable juice or
- Fresh Fruits and Vegetables or
- Breads, bagels, baked potatoes, cereal with low fat milk, low-fat yogurt, sandwiches with lean meat or low fat cheese.

Post-Competition & Training Meals:

- It is important to replace muscle energy (glycogen) stores immediately after a workout as that is the time when your muscles are most receptive to "soaking" up carbohydrate in the form of glycogen
- The "carbohydrate window" (of opportunity) is the 15-30 mins. after exercise when your muscles are really hungry for carbohydrate - the longer you wait to refuel the less hungry your muscles become & the less glycogen your muscles will store
- This would appear to be of particular benefit to athletes who are training & competing more than once a day and/or with less than 24 hours between practice/competition



SNACKS FOR THE GYM BAG (these foods travel well):

- Bagel
- Bran muffin (preferably homemade)
- Dried fruit (apricots, raisins, dates)
- Fig newtons (date, fig, apple, raspberry)
- Fresh fruit (apple, banana, peach, pear)
- Half sandwich
- Cartons of juice
- Low fat crackers (Carr's Whole Wheat, RiceKrisp, Wasa, Rice Cakes)
- Low fat cheese (part-skim mozzarella)
- Raisin bread
- Raw vegetables
- Unsweetened cereal
- Whole wheat roll

Hydration Recommendations:

- 1) Carry Water and use it regularly
- 2) Drink with all snacks
- 3) Water if : sweet or salty foods/drinks
- 4) 1 to 1 water to pop/caffeine/alcohol
- 5) **Training Guidelines:**
 - 2-3 cups 2 hours before training
 - 1-2 cups 15-30 min before training
 - $\frac{1}{2}$ - $\frac{3}{4}$ cups every 15 minutes of training



4.10 APPENDIX J: BLANK PRACTICE PLAN

| PRACTICE PLAN # | | DATE: | |
|-------------------------------|--|---------------------|---------|
| Location: | | Number of Athletes: | |
| Absent Athletes: | | | |
| Support Staff: | | | |
| Objectives of Practice: | 1 _____ | 2 _____ | 3 _____ |
| List of all team equip needed | Balls <input type="checkbox"/> # ___ Bats <input type="checkbox"/> # ___ Tees <input type="checkbox"/> # ___ Bases <input type="checkbox"/> Cones <input type="checkbox"/> Other: _____ | | |
| WARM-UP | | | |
| DRILL: | | | |
| Time: | | | |
| Equipment: | | | |
| Objective(s) of Drill: | <input type="radio"/> _____ <input type="radio"/> _____ | | |
| Drill Description: | <input type="radio"/> _____ <input type="radio"/> _____ | | |
| Key Teaching Points: | 1 _____ 2 _____ 3 _____ | | |
| | | | |
| DRILL: | | | |
| Time: | | | |
| Equipment: | | | |
| Objective(s) of Drill: | <input type="radio"/> _____ <input type="radio"/> _____ | | |
| Drill Description: | <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ | | |
| Key Teaching Points: | 1 _____ 2 _____ 3 _____ | | |
| | | | |



DRILL:

Time:

Equipment:

Objective(s) of Drill:

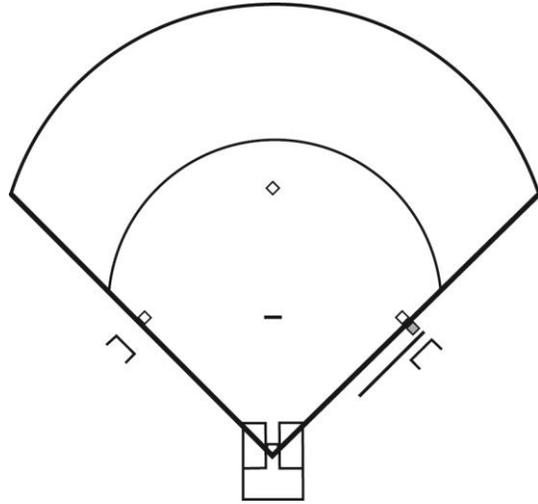
- _____
- _____

Drill Description:

- _____
- _____
- _____
- _____
- _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL:

Time:

Equipment:

Objective(s) of Drill:

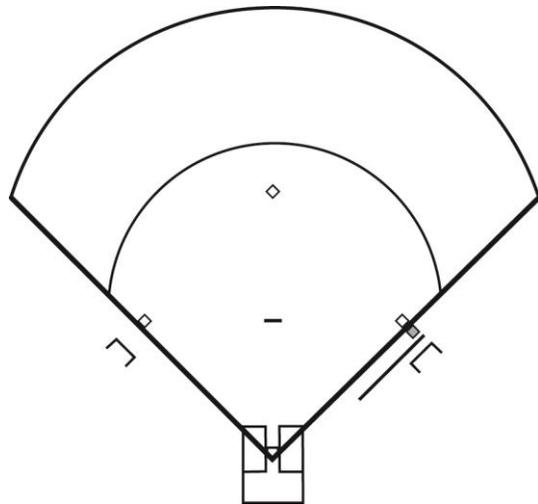
- _____
- _____

Drill Description:

- _____
- _____
- _____
- _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

Equipment:

Objective(s) of Drill:

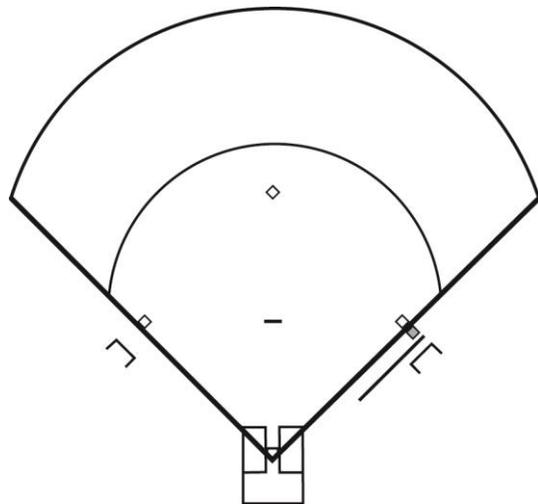
- _____
- _____

Drill Description:

- _____
- _____
- _____
- _____
- _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL:

Time:

Equipment:

Objective(s) of Drill:

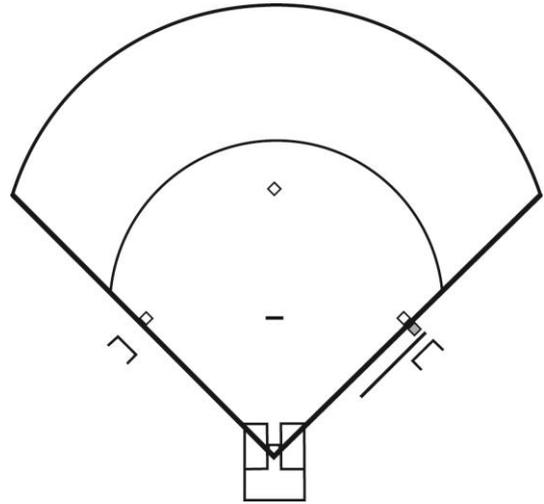
- _____
- _____

Drill Description:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

Equipment:

Objective(s) of Drill:

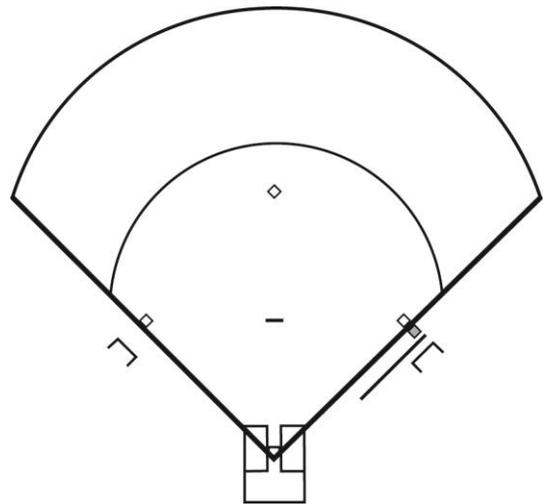
- _____
- _____

Drill Description:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

| | |
|-------------------|--|
| 10 minutes | Static Stretching Routine (See Appendix C) Debrief: |
|-------------------|--|

PRACTICE EVALUATION

| | |
|-------------------|-------------------------------|
| What worked well: | What to change for next time: |
|-------------------|-------------------------------|

4.11 APPENDIX K: PRACTICE PLANNING CHECKLIST



Practice Planning Checklist Structure and Organization

- ✓ The practice is organized and well structured (introduction, warm-up, main part, cool-down, conclusion).
- ✓ The length of the practice is appropriate for children's age and ability.
- ✓ Available facilities and equipment are used as fully as needed to achieve practice goals.
- ✓ The practice includes a variety of activities.
- ✓ Activities are planned so there is minimal waiting time for children.
- ✓ The transition from one activity to the next minimizes the time wasted.
- ✓ Activities are presented in the appropriate order in the main part of the practice.

Choice of Activities

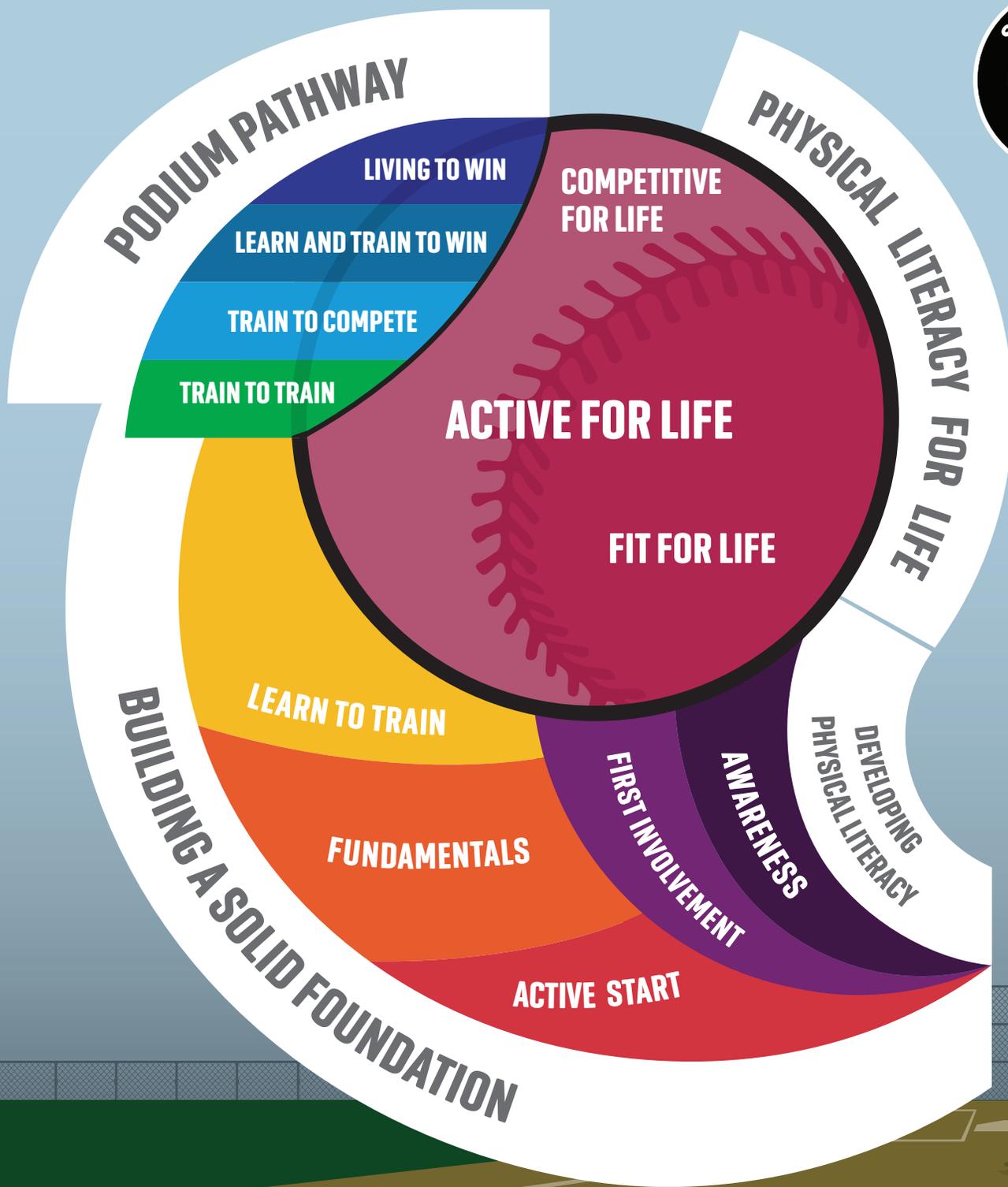
- ✓ The activities are appropriate to children's LTAD stage.
- ✓ The activities are adapted to children's skill and fitness level.
- ✓ The activities have well-defined goals, and the purpose of the tasks involved is clear.
- ✓ The activities are relevant to the sport.

Success and Challenge

- ✓ The activities present reasonable challenges to the children.
- ✓ The activities are chosen or designed so that the children succeed on average three out of four times when performing tasks.

Safety

- ✓ Potential environmental, equipment and facilities, and human risk factors have been considered, and the activities are designed accordingly.
- ✓ An Emergency Action Plan is available.



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