



U13 COACHES GUIDE

Learn to Train (L2T) / Train to Train (T2T)

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, the support staff present and list of all team equipment required.

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, players will be expected to arrive early prior to the actual start time of the practice and complete a dynamic warm-up (see Appendix B)). 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.

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 the 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. (Also see Appendix 4.7 Practice Planning Check-list)

Total Practice Time

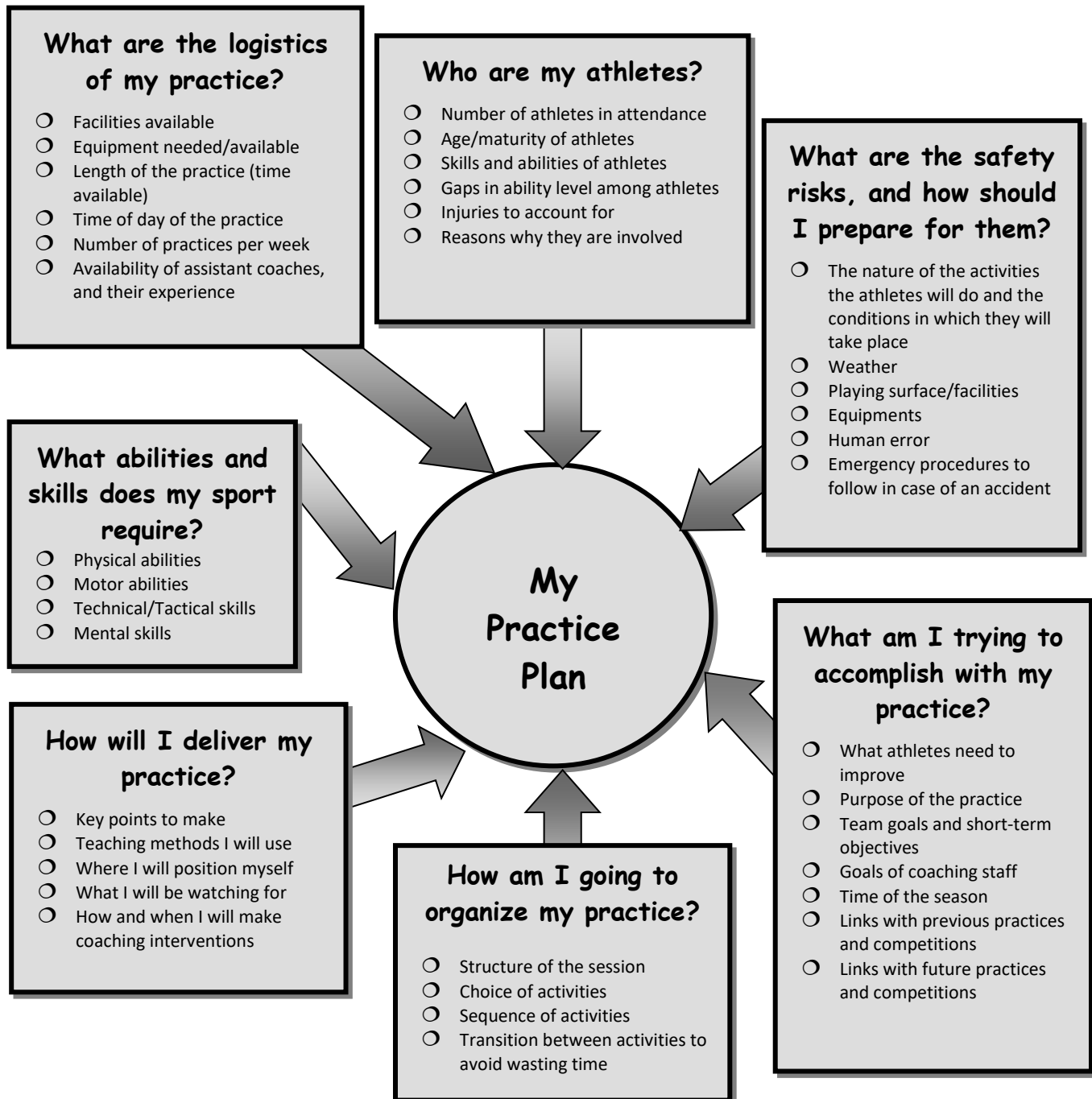
The practice plans have been created with a total time of 90 minutes (not including either the dynamic warm-up that should be completed prior to the start of the practice or the cool down and debrief which should take about 10 minutes each).

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)

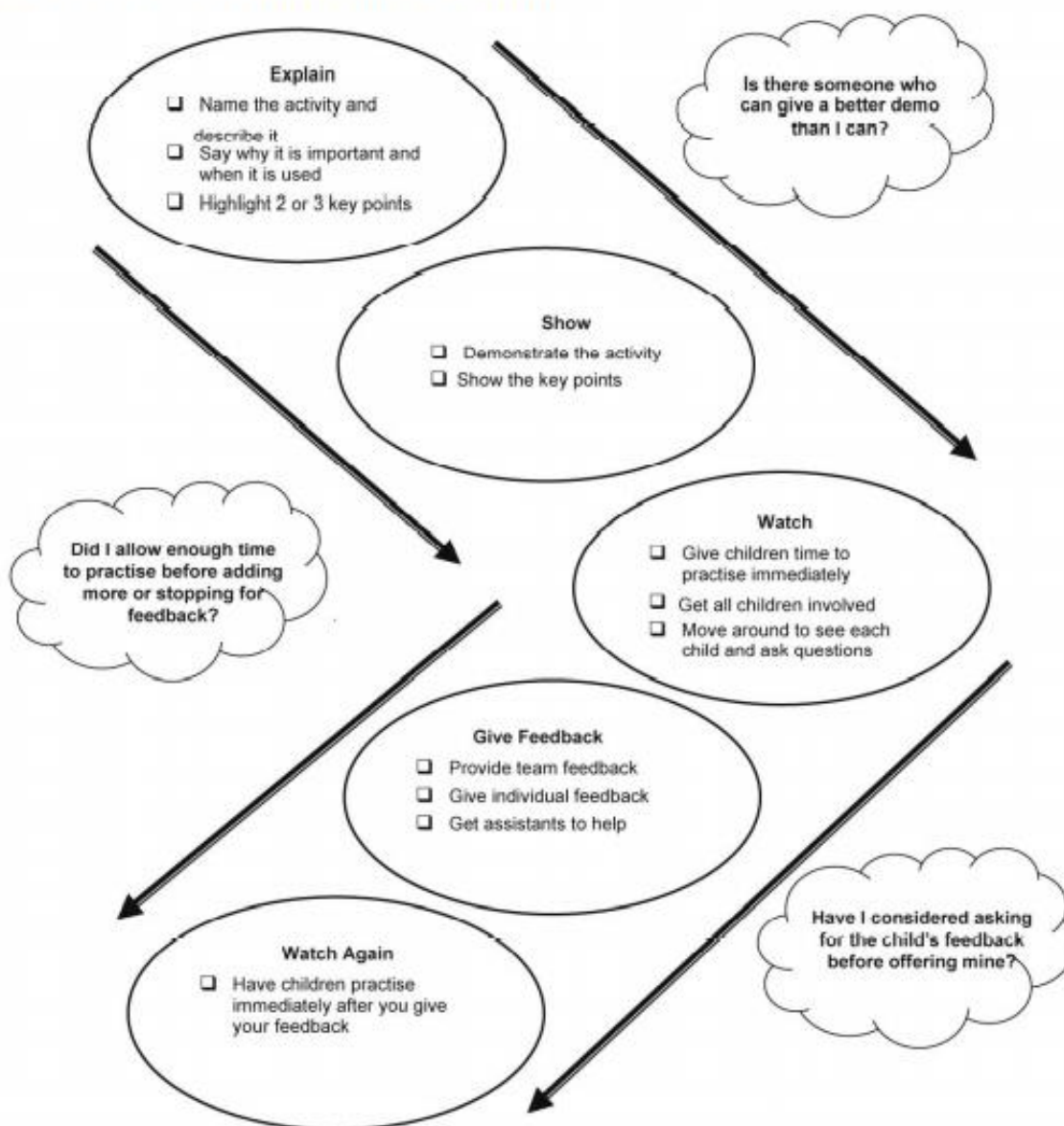


1.2 EXPLAINING AND DEMONSTRATING SPORT SKILLS

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.

This section presents the information that you as a community coach need to know to explain and demonstrate sport skills to the players you coach.

THE STEPS IN COACHING AN ACTIVITY





KEY POINTS FOR EACH STEP OF COACHING AN ACTIVITY

All five steps in coaching an activity – **Explain, Show, Watch, Give Feedback** and **Watch Again** – should take place in an environment that supports learning (ie: is respectful and enthusiastic).

EXPLAIN

- Position yourself so that everyone can see and hear you. Here are a few ideas for positioning a group while you are explaining an activity.
 - If you are outdoors, make sure the sun isn't in the player's eyes.
 - Position players so that distractions are behind them.
 - Check that you can see each player's eyes before beginning.
- Be prepared (written practice plan), Speak enthusiastically, loud enough and at a pace that everyone can follow.
- Use words that the players understand.
- Start your explaining by:
 - Naming the activity.
 - Stating the purpose of the activity.
 - Listing two to three key points about performing the activity for the players to focus on
- Give brief, clear and complete explanations; avoid long explanations for things you can demonstrate. Keep the explanation brief so players can get moving quickly. Spend less than 10% of the time explaining the skill or drill.
- Ask questions to verify that the players understand what to do.

SHOW

- The main purpose of a demonstration is to create a mental picture of a movement. To promote learning, this picture must be accurate, because what you show is what you usually get!
- In a good demonstration, movements are executed correctly.
Decide who should demonstrate and what view (front, side, back or a combination of these) the players will see.
- Consider using players who can do the activity as demonstrators.
- Use the Whole – Part – Whole method of demonstration:
 - A whole demonstration of the activity. During this demonstration, direct children's focus to the key points.
 - A Part demonstration. The demonstration breaks the activity into key points, and you provide verbal cues to reinforce the key teaching points (ie: extend here, rotate, shift weight, etc).
 - Another Whole demonstration. The demonstration presents the whole activity again to reinforce the start to finish of the skill/activity.
- After the Whole – Part – Whole Demonstration ask for questions of clarification.



WATCH

- 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.
- 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.
- Key points in the watching process:
 - Move around to view performances from different point of view.
 - Choose observation spots that are safe for both coaches and players.
 - Know what to look for:
 - If there are safety issues, intervene immediately.
 - If players are not on task, intervene immediate and ensure that they understand the task.
 - If players are on task but are not immediately successful, let the keep practicing and trying to succeed – encourage skill discovery.

GIVE FEEDBACK

The way feedback is delivered can have a profound impact on self-esteem. Here are some tips on how to give feedback that will help players improve their skills.

- Remember feedback comes in many forms, so your words, tone of voice, body language and facial expressions all can convey feedback – focus on the positive and with a smile.
 - Be positive and constructive, not destructive or negative.
- Use the “compliment sandwich” approach for feedback. Start with a positive, add what and how to improve (constructive negative), then finish with a positive.
- Keep it short and simple. Use simple and easy to understand language.
- Be specific when correcting a skill (i.e. “You rotated you hips well”, not just “good job”).
- More is not always better as it can lead to information overload for young learners. Avoid too many interruptions or too much feedback. The more you talk, the less they can practice.
- Don’t rush your feedback:
 - Give the learners time to figure thing out. Giving feedback too quickly can interfere with learners processing their own feedback that occurs with all learning.
 - Before giving feedback at times, ask the players to describe their own errors if they can as this will help learners get better at evaluating their own performance.
- Give feedback on only 1 thing at a time and then give more time to practice it

WATCH AGAIN

- Ensure that you move around and see everyone.
- Provide positive reinforcement to players who successfully made corrections.
- Encourage those still working on the corrections.



2 U13 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 13 (U13) 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 13 players over the course of a softball season.

The seasonal plan for training for Under 13 is divided into four (4) phases. 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.

Based on player assessment, the coach should plan for the next phase and make adjustments to the practices provided in this Under 13 Coaches Guide. The 5th, 10th, 15th and 20th practice plans in this coaches guide have been intentionally left blank to allow the coach to plan a practice 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 U13 team:

- The players demonstrated that they had fun.
- The players demonstrated improved individual fundamental softball skills and some positional skills (including pitching).
- The players demonstrated a knowledge and acceptance of game and team rules.
- The players demonstrated an ability to execute a wider variety of individual and team tactics.
- The players demonstrated an ability to execute a wider variety of team strategies.
- The players demonstrated improved fundamental movement skills and fitness levels.
- 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
Practices 1-5	Practices 6-10	Practices 11--15	Practices 16-20
<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 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 and respect for fair play code. ○ They made new friends. 	<p>The Players will demonstrate:</p> <ul style="list-style-type: none"> ○ Same as Phase 1 plus; ○ Improved individual fundamental skills and greater knowledge and application of individual tactics at several positions. ○ Improved knowledge and application of team tactics. ○ An understanding of basic team defensive plays: <ul style="list-style-type: none"> ■ Ground outs ■ Force plays ■ Relay plays ■ Cut-offs ■ Getting the lead runner ○ An understanding of game rules. ○ 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; ○ Ability to execute a wider variety of fundamental skills and tactics at a greater intensity level. ○ An understanding defensive plays: <ul style="list-style-type: none"> ■ 1st & 3rd ■ Infield in ■ Bases loaded ■ Cut-offs/relays ■ Pick-offs/ steals ○ An understanding of team tactics and strategies in offensive and defensive situations. 	<p>The Players will demonstrate:</p> <ul style="list-style-type: none"> ○ Same as Phase 1, 2 and 3 plus; ○ An ability to execute the correct team tactics and strategies in offensive and defensive situations.



Training Phase Instructional Objectives

PHASE 1 OUTCOMES	PHASE 2 OUTCOMES	PHASE 3 OUTCOMES	PHASE 4 OUTCOMES
<ul style="list-style-type: none"> ○ To assess and teach fundamental skills: <ul style="list-style-type: none"> ■ Throwing / Receiving ■ Fielding ■ Hitting ■ Bunting ■ Baserunning ■ Sliding ○ To assess and teach positional play: <ul style="list-style-type: none"> ■ Pitcher ■ Catcher ○ To develop warm-up routines that integrate practicing individual fundamental skills and developing fitness: <ul style="list-style-type: none"> ■ Dynamic warm-up ■ CRASH ■ Everyday ○ To assess and teach team tactics. ○ To introduce positional responsibilities. ○ To develop team rules and acceptable behaviour expectations (coach approved). ○ To enhance team bonding and leadership development in players: <ul style="list-style-type: none"> ■ Alternate leaders for warm ups ■ Vary groupings and teams ■ Use fun, competitive drills 	<ul style="list-style-type: none"> ○ To further develop fundamental skills and tactics. ○ To further develop team tactics. ○ To further develop positional skills and tactics (all players should learn 3-4 positions). ○ To refine all pre-game and practice routines. ○ To develop leadership qualities in all players: <ul style="list-style-type: none"> ■ Leading warm-ups ■ Responsibility for gathering equipment ■ Plate meetings, coin toss, bench clean up, lead cheer ○ To understand basic rules of play. ○ To continue to balance having fun with working hard. 	<ul style="list-style-type: none"> ○ To further develop fundamental skills and tactics. ○ To execute drills with greater intensity and speed of execution. ○ To further develop team tactics. ○ To further develop positional skills and tactics (all players should learn 3-4 positions). ○ To understand, apply and refine the skills and tactics to perform defensive plays and take advantage of situations offensively. <ul style="list-style-type: none"> ■ Pick offs ■ 1st & 3rd (defensive) ■ Bunt defense ■ Steal (offensive and defensive) ■ Infield in ■ Bases loaded ■ Pass balls ○ To continue to 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 drills with greater intensity and speed of execution. ○ To refine team tactics. ○ To further develop positional skills and tactics (all players should learn 3-4 positions). ○ To correctly execute the skills and tactics to perform defensive plays and take advantage of situations offensively. <ul style="list-style-type: none"> ■ Pick offs ■ 1st & 3rd (defensive) ■ Bunt defense ■ Steal (offensive and defensive) ■ Infield in ■ Bases loaded ■ Pass balls ○ To continue to develop leadership qualities in all players. ○ To continue to balance having fun and working hard.



3 U13 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	
- Tosser	
- Fielder	



3.2 PHASE 1 – PRACTICE OBJECTIVES AND PRACTICE PLANS

	Practice Objectives	Skill Focus	Required
Practice #1	Practice #1 Objectives: <ul style="list-style-type: none"> ○ To enhance team bonding. ○ To establish warm-up and practice routines. ○ To conduct fundamental skills assessment. ○ To teach overhand throwing mechanics. ○ To teach ready position, ground ball, and fly ball fielding techniques. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Ready position ■ Footwork ○ Baserunning 	<ul style="list-style-type: none"> ○ Cones ○ Bases ○ Batting Helmets ○ Bats ○ Balls (regular and tennis or softie balls) ○ Ball Bucket
Practice #2	Practice #2 Objectives: <ul style="list-style-type: none"> ○ To enhance team bonding. ○ To review and teach dynamic warm-up and practice routines. ○ To assess and teach fundamental skills (throwing/receiving, fielding, hitting, and baserunning). 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Shuffle step ○ Hitting mechanics ○ Baserunning 	<ul style="list-style-type: none"> ○ Cones ○ Bats (Regular and Wooden Dowel or Broomstick Bats) ○ Bean Bags ○ Bases ○ Balls ○ Batting Helmets ○ Batting Tees
Practice #3	Practice #3 Objectives: <ul style="list-style-type: none"> ○ To enhance team bonding and leadership opportunities. ○ To refine individual fundamental skills. ○ To teach sacrifice bunt technique. ○ To review and teach backhand fielding and footwork to field ground balls (shuffle and cross-over step). ○ To teach team defensive positioning and defensive principles. ○ To introduce fundamental catching skills and pitching practice routines. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball): <ul style="list-style-type: none"> ■ Cross-over step ■ Forehand / Backhand ○ Pitching mechanics ○ Catching mechanics: <ul style="list-style-type: none"> ■ Receiving ■ Blocking balls ■ Pop-ups ■ Fielding bunts ○ Sacrifice bunt ○ Baserunning 	<ul style="list-style-type: none"> ○ Cones ○ Bases ○ Balls ○ Bats ○ Folding Camping Chairs or 5 Gallon Buckets ○ Batting Helmets ○ Home Plates



	Practice Objectives	Skill Focus	Required
Practice #4	Practice #4 Objectives: <ul style="list-style-type: none">○ To refine warm-up routines.○ To continue team bonding and encouraging leadership development.○ To teach/refine infield and outfield fielding techniques.○ To teach the bent leg slide.○ To teach underhand and backhand tosses.○ To review infielder defensive positioning.○ To review pitching mechanics.	<ul style="list-style-type: none">○ Athletic Abilities:<ul style="list-style-type: none">■ Speed■ Agility■ Strength○ Overhand throwing○ Fielding (ground ball and fly ball):<ul style="list-style-type: none">■ Footwork/pivots■ Forehand / Backhand○ Bent leg slide○ Pitching mechanics	<ul style="list-style-type: none">○ Balls○ Cones○ Bats (Regular and Wooden Dowel or Broomstick Bats)○ Batting Helmets○ Bases○ Fence○ Paper Targets○ Home Plates
Practice #5	Practice #5 Objectives: <ul style="list-style-type: none">○ This practice plan is purposely left blank to allow the coach to design their own practice plan. This will allow the coach to work on skills or concepts to meet the individual needs of their respective team and players.		



PRACTICE PLAN # 1

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Team Bonding 2 Establishing warm-up routine, practice routines, and behavioral expectations		3 Fundamental skills assessment 4 Teach overhand throw mechanics		5 Teach the ready position, ground ball, and fly ball fielding technique

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 15 minutes

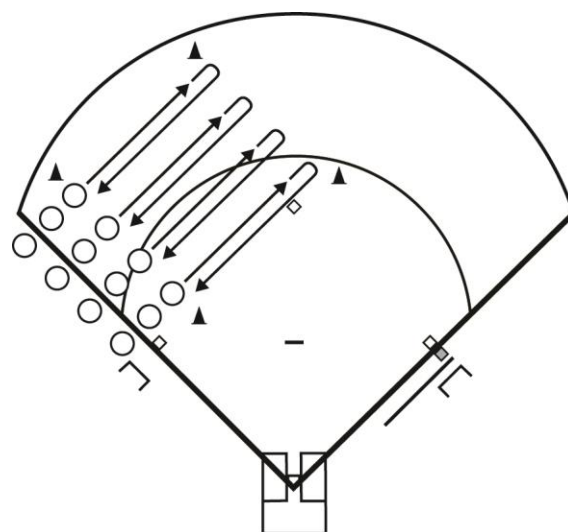
Equipment: Cones

Objective(s) of Drill:

- Warm-up the body

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

- Divide players up into 4 groups of 3 and line them up along one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line up 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: TEAM TAG

Time: 5 minutes

Equipment: Base or cones, Helmets

Objective(s) of Drill:

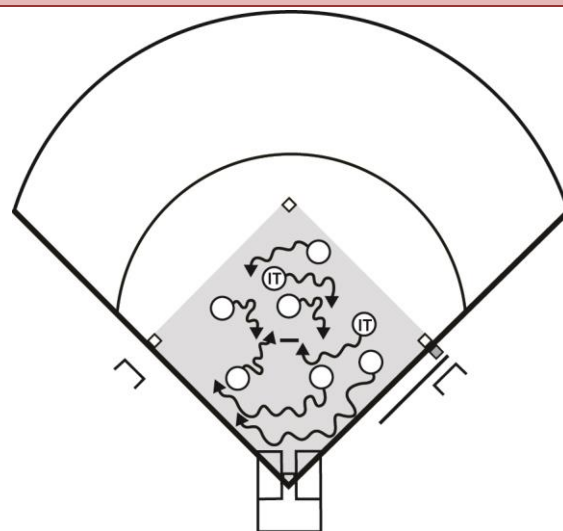
- To warm-up
- To learn teammates names

Drill Description:

- Select 2 players as "it" who will wear helmets.
- Using the infield with the basepaths as the boundary, play a game of tag. Players who are "it", must call the name of the player they are tagging before they tag them.
- Players who are tagged must perform an exercise outside the playing area before continuing (i.e. 5 jumping jacks, 5 sit-ups, etc.).
- Switch "it" players so all players have a chance to be "it".

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: CRASH – LAST ROUND UP

Time: 5 minutes

Equipment: n/a

Objective(s) of Drill:

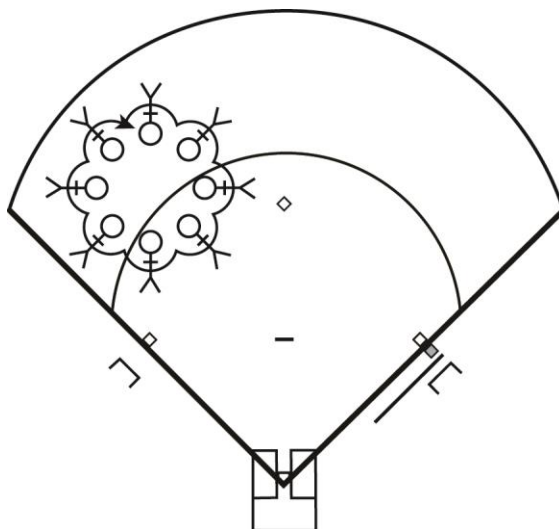
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

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 _____
- 3 _____



DRILL: CRASH - QUICK SPRINTS

Time: 5 minutes

Equipment: Bases, Bats

Objective(s) of Drill:

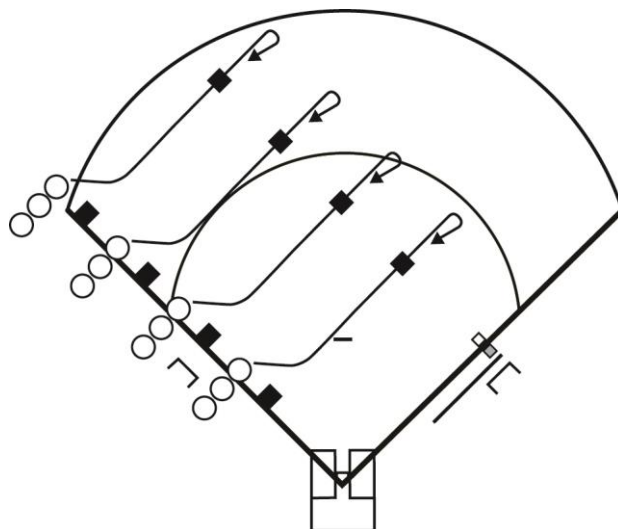
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

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 U13 basepath distance (~ 55') 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 _____





MAIN PART

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 10 minutes

Equipment: Balls

Objective(s) of Drill:

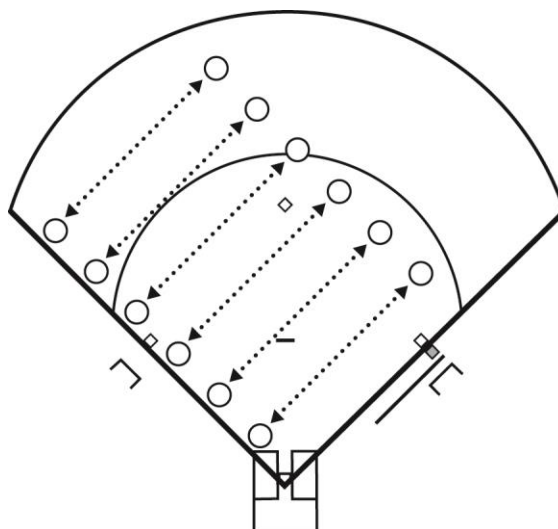
- To assess abilities of players
- To teach proper overhand throwing technique
- To teach proper use of glove and receiving technique

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

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL (THROWING)

Time: 10 minutes

Equipment: Bucket, Balls, Cones or bases

Objective(s) of Drill:

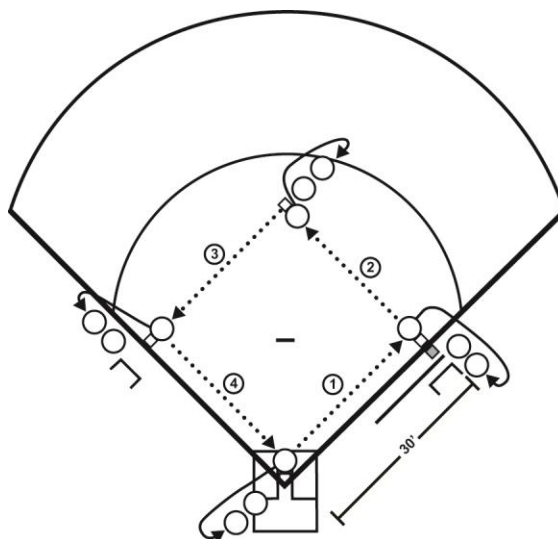
- To introduce 4 corner throwing drill
- To assess and provide feedback on the overhand throwing technique and footwork to make a throw after receiving a throw.

Drill Description:

- Set up a diamond with 4 bases about 30' apart.
- Position an equal number of players 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:
 - Introduce a competition. Count the number of throws that can be made until either a bad throw or a missed catch.
 - Record this number for future reference
- Have extra balls ready in case of bad throws or missed catches so players aren't chasing balls.
- Reverse the direction of the ball after doing the drill several times so players are using different footwork to make a throw.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS

Time: 10 minutes

Equipment: Tennis or softie balls, Balls, Bases or cones

Objective(s) of Drill:

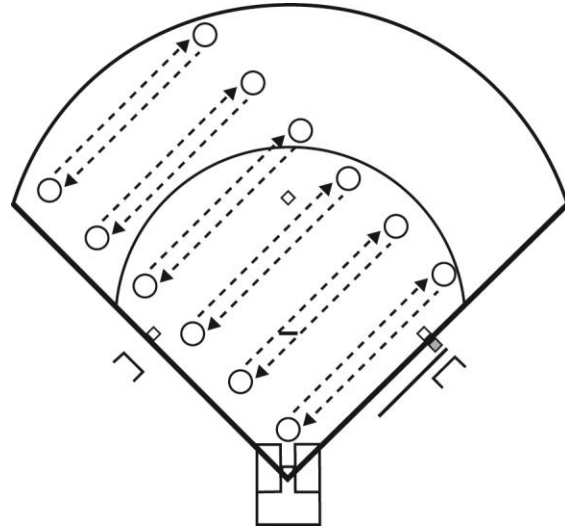
- To teach the fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

- Ground balls (with a partner)
 - Without gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
 - With gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
- Fly balls (with a partner)
 - Without a glove and using a tennis or softie ball, throw a fly ball directly to 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 directly to your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL (FIELDING)

Time: 10 minutes

Equipment: Bases or cones, Balls

Objective(s) of Drill:

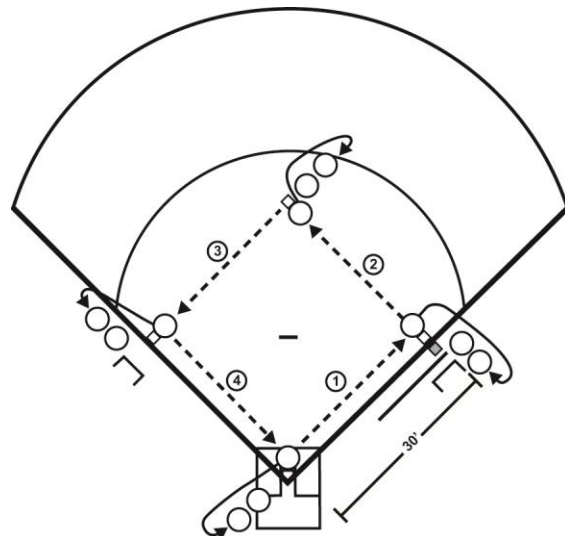
- To teach the fielding technique for ground balls
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

- Set up a diamond with 4 bases about 30' apart.
- Position an equal number of players at each base.
- The 1st player will throw a ground ball to a player at the next base and then go to the back of their line at their base. The receiver will then throw a ground ball to the next base and then go to the back of their line at their base. Continue until all players have received and thrown a ground ball 3 times.
- Variation:
 - Player throws a ground ball to the player at the next base. The receiver fields the ball and pivots and makes an overhand throw to the next base. The fielder follows their throw to the next base and goes to the end of the line at that base. Continue until all players have received and thrown a ground ball 3 times.
- 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 GAME

Time: 20 minutes

Equipment: Bases or cones, Bat, Balls, Batting helmets

Objective(s) of Drill:

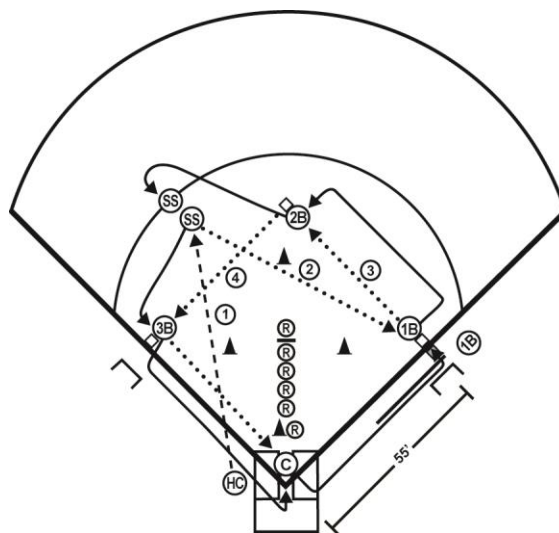
- Practice fielding technique and positioning
- To assess speed and baserunning technique

Drill Description:

- Divide players into two teams. One team will be the fielding team with a player at 1B, 2B, SS, 3B and C. Place any extra defensive players behind SS and 1B. The other team will be the batting team.
- Set-up a diamond with bases 55' apart for the defense to use.
- Set-up another four bases or cones inside the defensive team's bases for the baserunners to use.
- Baserunner at their Home Plate swings at imaginary pitch and runs around cones while SS fields a thrown ground ball from the Coach. Player (SS) throws the ball to 1st Base. 1B throws to 2B. 2B throws to 3B. 3B throws to C.
- After each "hit" rotate the defensive players (SS to 3B, 3B to C, C to 1B, 1B to 2B, and 2B to SS) and new baserunner steps in for next "hit".
- Record the number of bases touched for the offensive team before the ball reaches home.
- Switch teams after all offensive players have batted.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN AND CONCLUSION

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

What worked well:	What to change for next time:
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**PRACTICE PLAN #2****DATE:**

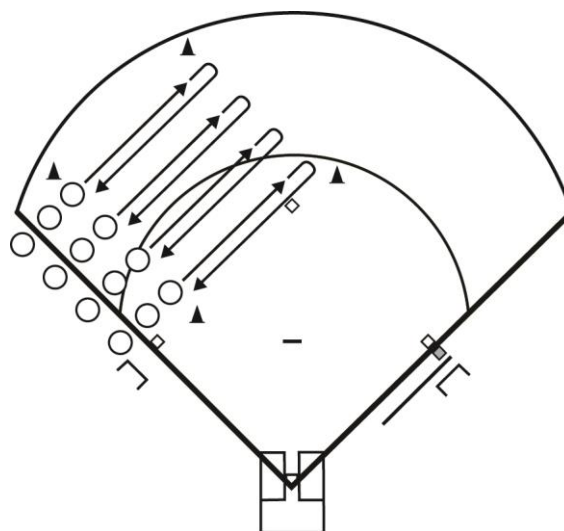
Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Team Bonding 2 Review warm-up, practice routines, and behavioral expectations		3 Review, practice, and assess fundamental skills (overhand throwing, receiving, baserunning) 4 Teach basic hitting mechanics		

WARM-UP**DRILL: DYNAMIC WARM-UP****Time:** 10 minutes**Equipment:** Cones**Objective(s) of Drill:**

- Warm-up the body

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

- Divide players up into 4 groups of 3 and line them up along one of the foul lines. Set a cone at 40'. Players will perform exercises from the foul line up 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 _____

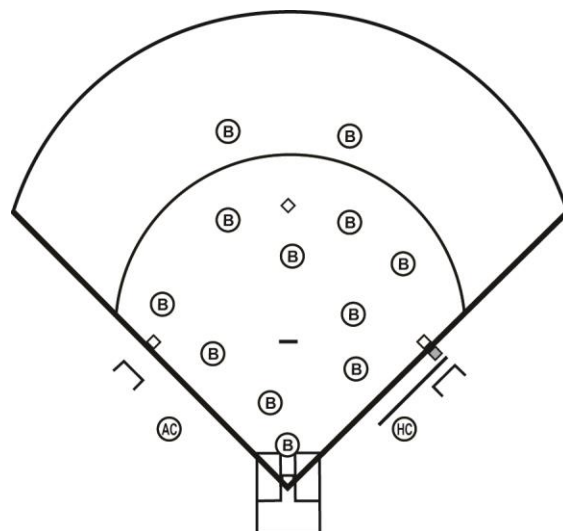
DRILL: NEMO BAT STRETCHES**Time:** 5 minutes**Equipment:** Bats or wooden sticks**Objective(s) of Drill:**

- Stretch and loosen up hitting muscles.

Drill Description:

- Each player will complete the following batting warm-up exercises:
 - **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 arm 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.

**Key Teaching Points:**

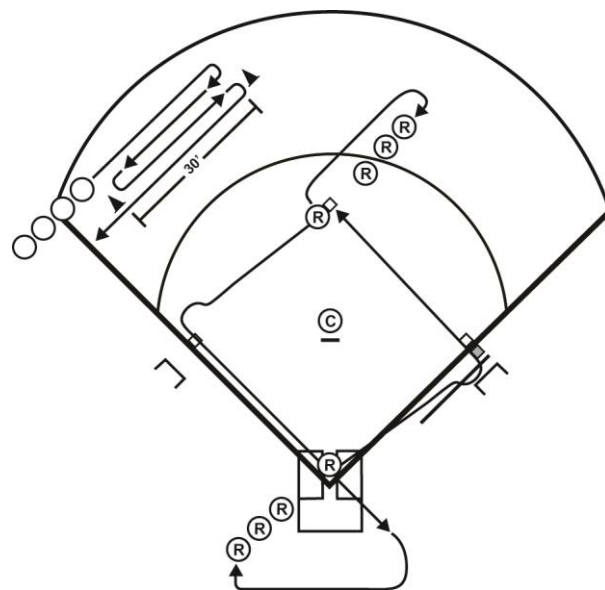
- 1 _____
- 2 _____
- 3 _____

DRILL: CRASH**Time:** 10 minutes**Equipment:** Cones, Bean bags, Bases, Bats or wooden sticks**Objective(s) of Drill:**

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

Drill Description:

- Divide players into 2 groups of 6
- **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.
- **Speed (Home to 2nd, 2nd to H – no slide)**
 - Set up a diamond with four bases at U13 basepath distance (~55' apart).
 - Divide players into two groups with half at home and half at 2nd.
 - On coach's signal, player at home plate swings bat and runs from Home to 2nd while player at 2nd runs from 2nd to H (no slide).
 - Repeat until all players have run bases twice.

**Key Teaching Points:**

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

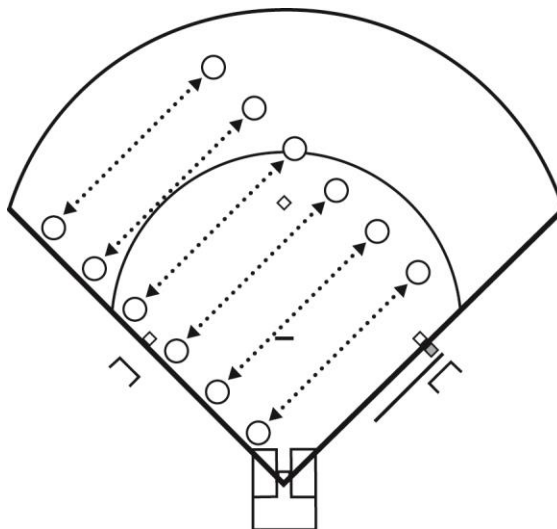
- Assess abilities of players
- Teach proper overhand throwing technique
- Teach proper use of glove and receiving technique

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: FIELDING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

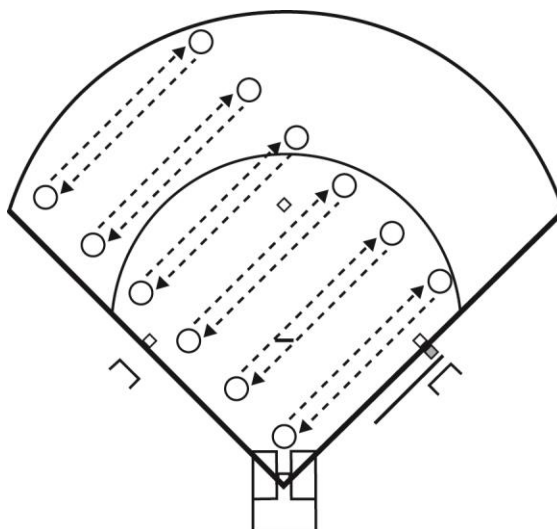
- To teach the fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics and pivot footwork
- To teach the shuffle step (left and right)

Drill Description:

- **Ground balls (with a partner)**
 - 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)**
 - 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: STATION WORK – HITTING & BASERUNNING

Time: 40 minutes (20 minutes per station)

Equipment: Helmets, Bats, Tees, Balls, Bases

Objective(s) of Drill:

- To review criteria for selecting a bat
- To teach the hitting technique
- To review baserunning technique

Drill Description:

- Divide team into 2 groups, one at each station.



- After 20 minutes, players switch stations.

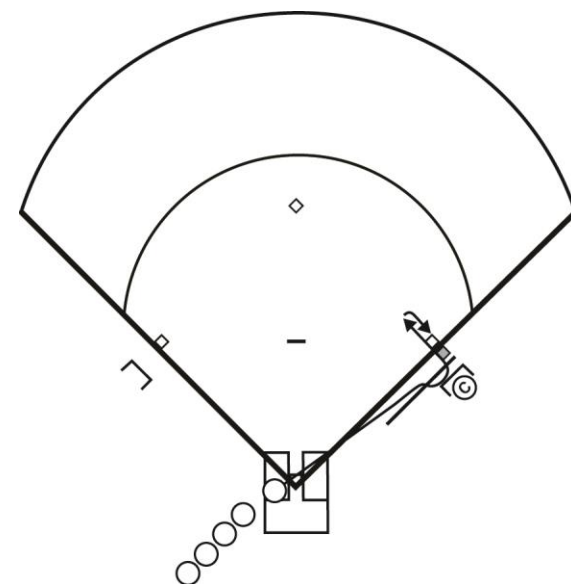
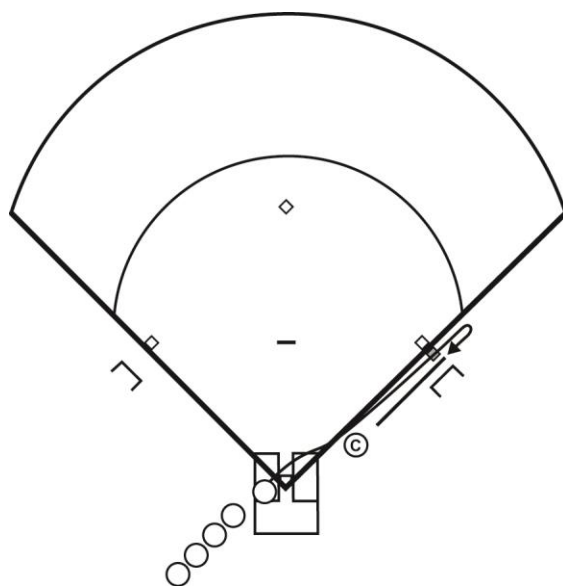
Station #1 – Hitting

○ Hitting Drill #1 – Bat Selection

- Coach will form a team huddle to discuss with the players the various aspects of bat selection
 - Bat weight
 - ◆ Have player hold bat out in front of them at shoulder height with their top hand only. If they can hold bat for 10-20 seconds, the bat is a good weight. If they cannot hold it this long, the bat is too heavy.

○ Hitting Drill #2 – Hitting Technique

- Coach will form a team huddle to review and demonstrate the hitting technique asking the players questions about each aspect of the swing:
 - Grip
 - ◆ Demonstrate the proper grip
 - ◆ Have players demonstrate the proper grip and walk around to provide feedback on their grip.
 - Stance
 - ◆ Demonstrate the stance
 - ◆ Have players demonstrate the proper stance and walk around to provide feedback on their stance.
 - Load and Stride
 - ◆ Demonstrate the how to load and stride
 - ◆ Have players demonstrate the proper load and stride (either step to pitcher or up and down). Walk around to provide feedback on their load and stride.
 - Weight Shift
 - ◆ Demonstrate the how to perform a proper weight shift
 - ◆ Have players demonstrate the proper weight shift. Walk around to provide feedback on weight shift.
 - Swing
 - ◆ Demonstrate how to swing
 - ◆ Have players demonstrate the proper swing. Walk around to provide feedback on their swing.
 - Follow Through
 - ◆ Demonstrate a proper follow through.
 - ◆ Have players demonstrate the proper follow through. Walk around to provide feedback on their follow through.



○ Hitting Drill #3 -Dry swings

- Have players partner up with another player and spread out within the infield so there is plenty of room between pairs. One player will complete the swing and the other will act as the Coach providing feedback.
- Ensure players are well spread out.
- Have each player complete 30 dry swings in sets of 5 swings:
 - On first 5 swings, have player check their grip before swinging. Have players switch.
 - On next 5 swings, have player check their stance. Have players switch.
 - On the next 5 swings, have player check their load and stride. Have players switch.
 - On the next 5 swings, have player check their weight shift. Have players switch.
 - On the next 5 swings, have player check their swing. Have players switch.
 - On the last 5 swings, have player check their follow through. Have players switch.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

Station #2 – Baserunning

- Set-up bases at 1st and 2nd.
- Line up players at Home Plate

○ Baserunning Drill #1:

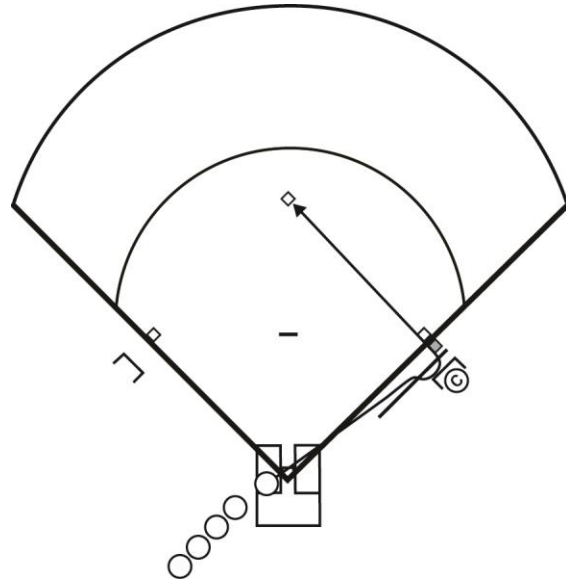
- Batter swings at imaginary pitch then runs to 1st Base
- Player runs through 1st Base touching the orange portion, gains control to stop and returns to 1st.



- Stress good running technique
- **Baserunning Drill #2:**
 - Batter swings at imaginary pitch then runs to 1st Base rounds the base and jams, and returns to 1st.
 - Stress good running technique
- **Baserunning Drill #3:**
 - Batter swings at imaginary pitch then runs to 1st Base, rounds the base and continues to 2nd Base.
- **Baserunning Drill #4:**
 - Review coach's baserunning signals with players.
 - Batter swings at imaginary pitch then runs to 1st Base
 - As player runs to 1st Base, they must watch for the coach's signal who will randomly select the following situations:
 - Coach signals to run through the bag.
 - Coach has a ball that they toss to the fence to simulate an overthrow. When the coach tosses the ball, the player must react and run to 2nd base.
 - Coach signals to round the bag and check for the throw/catch.
 - Coach signals to run through the bag and continue to 2nd.
 - After 15 minutes, groups switch stations.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: OVER THE LINE GAME

Time: 15 minutes

Equipment: Bats, Balls, Cones, Helmets

Objective(s) of Drill:

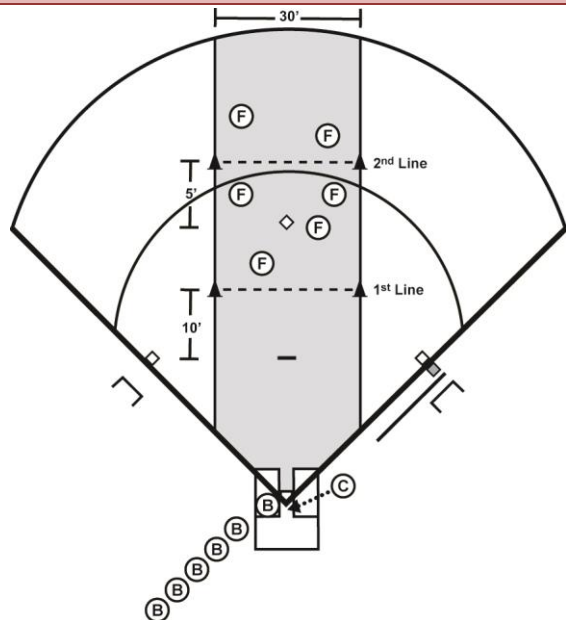
- Assess hitting mechanics
- Provide opportunities to field batted balls

Drill Description:

- Split players into teams – one on offense and one on defense.
- Place two cones about 30' apart from each other 10' behind the pitcher's mound and 5' behind 2nd base.
- The Coach will soft toss to the batter. Points are scored as follows:
 - 1 point – if a ball bounces and is fielded before the 2nd line.
 - 2 points – if ball bounces and is fielded over 2nd line (behind 2nd base).
 - A ball hit outside the cones is a foul ball (no points).
- Each player gets 3 swings to make a fair hit. After a hit or 3 swings, next batter is up.
- The defense tries to field the batted ball but must remain behind the first line:
 - If the ball is caught in the air by the defense, no points are awarded.

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 #3

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Team Bonding 2 Refine individual fundamental skills	3 Teach sacrifice bunt and back hand fielding 4 Teach team defensive positioning and defensive principles	5 Assess and introduce catching and pitching		

WARM-UP

DRILL: DYNAMIC WARM-UP

Time: 10 minutes

Equipment: Cones

Objective(s) of Drill:

- Warm-up the body

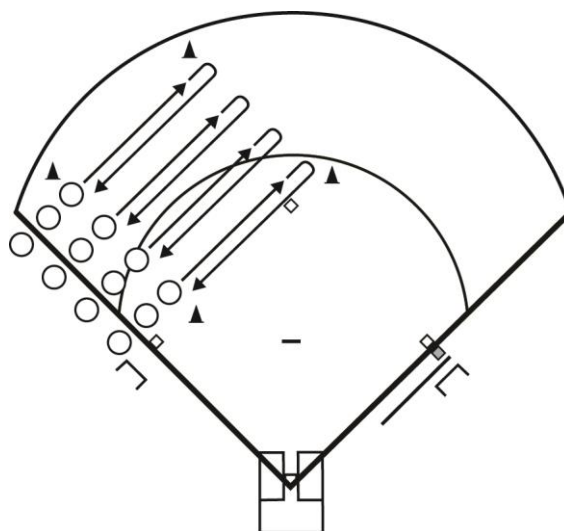
Drill Description: See Appendix B for full descriptions of each movement

- Divide players up into 4 groups of 3 and line them up along one of the foul lines. Players will perform exercises from foul line to opposite base line 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: CRASH

Time: 10 minutes

Equipment: Bases or cones, Balls, Bats

Objective(s) of Drill:

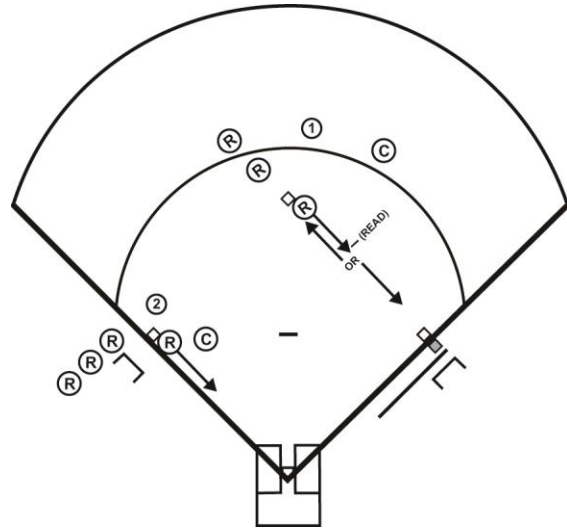
- Softball-specific warm-up and conditioning
- Review of fundamental softball skills

Drill Description:

- Divide players into 2 groups with one group at each station
 - **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.
 - **Agility - Get Up and Go**
 - Player assumes dive back position
 - On coaches signal player gets up as quickly as possible and sprints toward next base (5 - 6 hard steps). Then returns to back of line.
- Players switch stations.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 10 minutes

Equipment: Balls

Objective(s) of Drill:

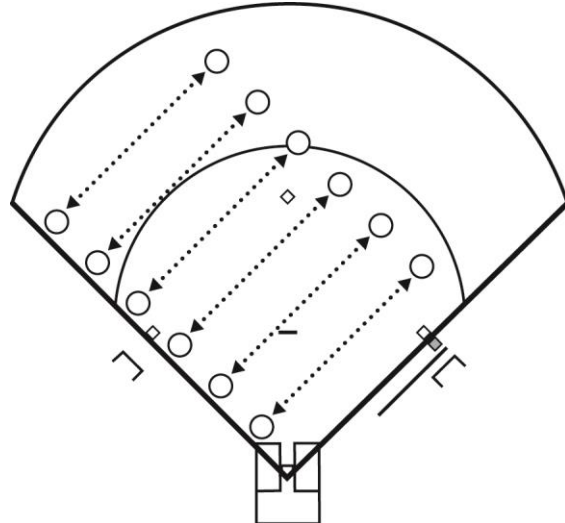
- Assess throwing abilities of players
- Teach proper overhand throwing technique
- Teach proper use of glove and receiving technique

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: FIELDING EVERYDAYS (CROSS-OVERS)

Time: 10 minutes

Equipment: Balls

Drill Name:

Objective(s) of Drill:

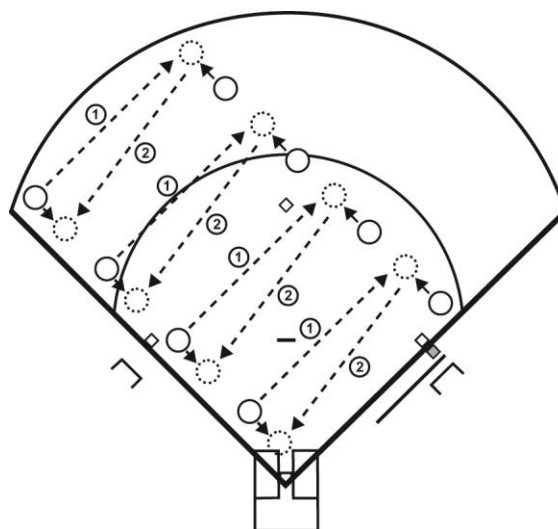
- To teach the cross-over step
- To teach fielding on the forehand and backhand

Drill Description:

- Describe and demonstrate how to field a ground ball using a cross-over step on the forehand and back hand.
- **Ground balls (with a partner)**
 - Without gloves, roll a ground ball to their partner's backhand so they must complete a cross-over step to field the ball. The partner fields the ball and rolls a ground ball back a few feet to the right/left of their partner so their partner must complete a cross-over step to field the ball.
 - Field 20 ground balls (10 to each side).
 - Complete drill as above but with a glove.
- 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: INDIVIDUAL SKILLS PRACTICE

Time: 40 minutes (20 minutes per drill)

Equipment: See below

Objective(s) of Drill:

- Review individual position skills

Drill Description:

- Divide players into 2 groups
 - Group #1 - Pitchers & Catchers
 - Group #2 - All other players
- Each group will work on their individual positional skills using 2 drills for 20 minutes per drill

Pitchers & Catchers

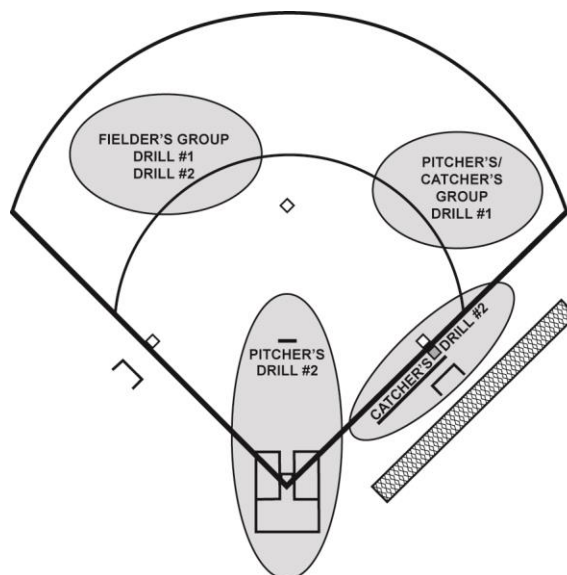
- Drill #1 - Sacrifice Bunting (see bunting drill descriptions below)
- Drill #2 - Individual Skill Work
 - Pitching mechanics practice
 - Catcher practice:
 - ◆ Receiving position
 - ◆ Blocking balls
 - ◆ Catching pop-ups
 - ◆ Fielding bunts

All other players

- Drill #1 - Chair Fielding Drill (see drill descriptions below)
- Drill #2 - Sacrifice Bunting (see bunting drill descriptions below)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: CHAIR FIELDING DRILL

Time: 20 minutes

Equipment: Folding camping chairs or 5 gallon buckets, Balls

Objective(s) of Drill:

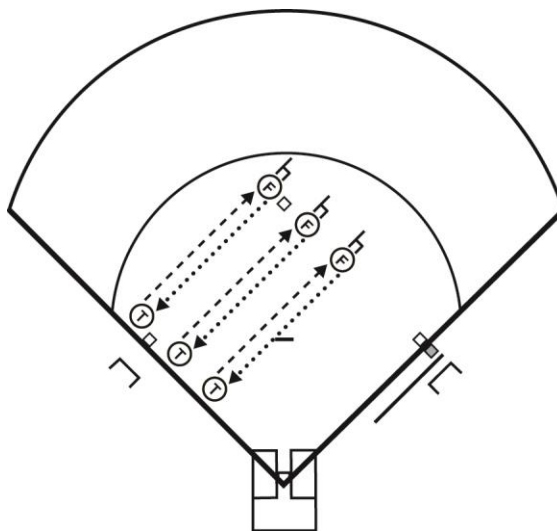
- To establish the correct ground ball fielding position

Drill Description:

- Partner players up in groups of 2 – One fielder and one tosser.
- The fielder gets into the fielding position with the edge of their rear end placed on the edge of the chair.
 - The fielder should make sure to:
 - ◆ keep their knees bent (knees in front of the toes)
 - ◆ use their knees to bend and not their waist
 - ◆ keep their glove low and open to the ball
 - ◆ keep their glove in front of their head
- The partner rolls the fielder a slow ground ball which the fielder will field while staying in contact with the chair.
- The fielder will throw back to the tosser.
- The purpose of the chair is to help the fielder get into and maintain the proper low fielding position.
- NOTE: As the fielder improves in their fielding skill they can start by using the chair to get into their ready position, and then have a Coach slowly remove the chair as the fielder gets ready to field the ball. If doing so be sure to tell the player when you are removing the chair so they don't sit back down unknowingly.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: SACRIFICE BUNTING

Time: 20 minutes

Equipment: Bat, Balls, Helmets, Home Plates

Objective(s) of Drill:

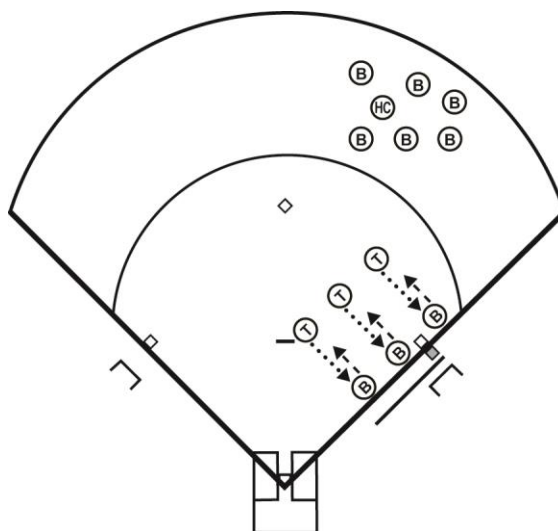
- To teach the technique of the sacrifice bunt

Drill Description:

- Coach describes and demonstrates the sacrifice bunt.
- **Dry Bunts**
 - Spread players out and have them complete a sacrifice bunt with an imaginary pitch from the Coach(5-10 bunts).
 - Coach walks around and provides feedback on players' technique.
- **Front Toss Bunt Drill**
 - Form groups of 3 players (1 bunter, one tosser, one shagger).
 - From 5' in front of bunter, the tosser throws a pitch directly to their bat:
 - With player already pivoted (10 bunts). Switch roles so all players bunt.
 - With player in batting stance who moves into sacrifice bunt position (5 bunts). Switch roles so all players bunt.
- **Catch or Bunt Drill**
 - Players partner up with one batter and one tosser about 4-6' in front of hitter.
 - The batter gets into 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:

- 1 _____
- 2 _____
- 3 _____





DRILL: BUNTING PEPPER GAME

Time: 10 minutes

Equipment: Balls, Bats, Helmets

Objective(s) of Drill:

- To teach the technique of the sacrifice bunt

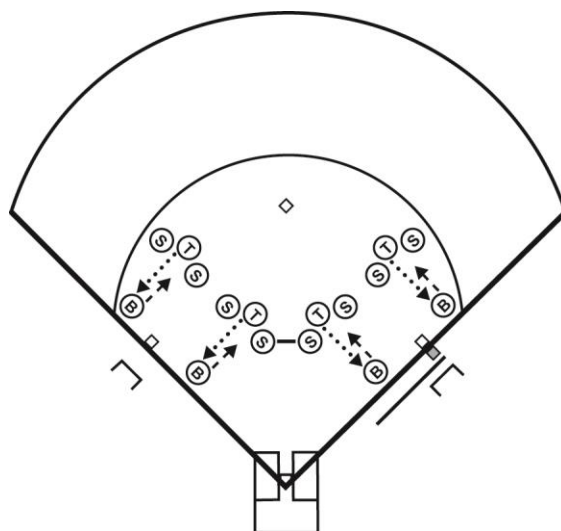
Drill Description:

○ **Bunting Pepper Game**

- Form groups of 3 players (1 bunter, 2 shaggers)
- Shaggers form a small semi-circle about 6' away from the bunter already in the sacrifice bunt position.
- The Tosser will throw an underhand toss to the batter who bunts the ball. The shaggers field the ball and give it to Tosser to underhand toss again to the batter.
- Bunter gets 6 pitches.
- Count the number of good bunts that were made by each player.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

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

What worked well:	What to change for next time:
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**PRACTICE PLAN #4****DATE:**

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Defensive team play – infield to 1st 2 Enhance practice routines	3 Teach bent leg slide 4 Review pitching mechanics			

WARM-UP

At this point in the season, the team would now start to complete the Dynamic Warm-Up prior to the start of practice.

DRILL: SIMON SAYS**Time:** 5 minutes**Equipment:** None**Objective(s) of Drill:**

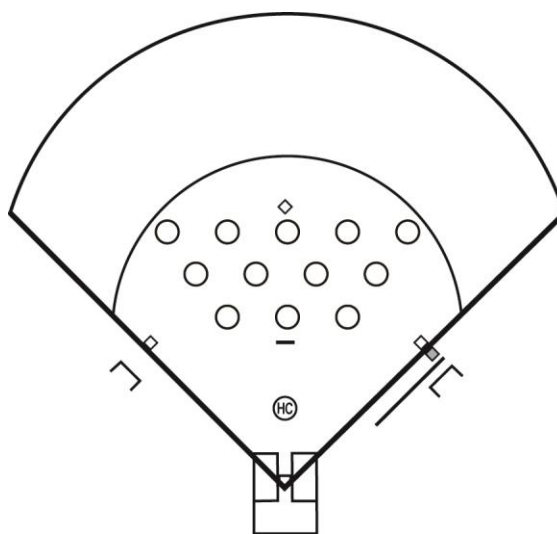
- Fun warm-up activity

Drill Description:

- The coach is "Simon".
- Players must do what "Simon" tells them to do when asked with a phrase beginning with "Simon says".
 - If Simon says "Simon says jump", the players must jump
 - Players that do not jump must do 5 jumping jacks and can return to the game.
 - If Simon says simply "jump", without first saying "Simon says", players do not jump;
 - Player that do jump must do 5 jumping jacks and can return to the game.
- Use softball related movements as the actions:
 - Monkey – Ready position
 - Jumping for a high throw.
 - Hitting a ball
 - Throwing a ball
 - Etc.

Key Teaching Points:

- _____
- _____
- _____

**DRILL: THROWING/RECEIVING EVERYDAYS****Time:** 7 minutes**Equipment:** Balls**Objective(s) of Drill:**

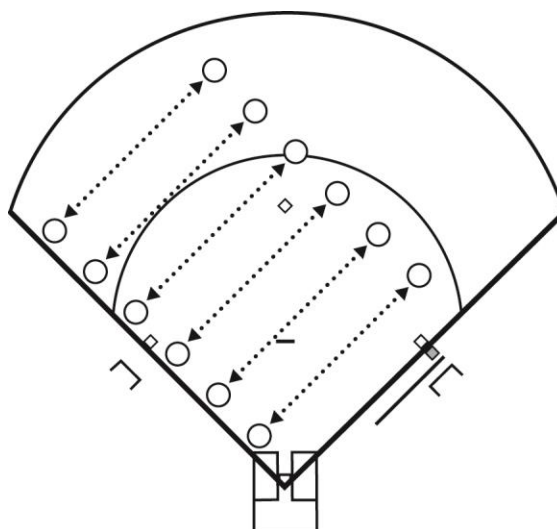
- Assess throwing abilities of players
- Teach proper overhand throwing technique
- Teach proper use of glove and receiving technique

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:

- _____
- _____
- _____



DRILL: FOUR CORNER DRILL

Time: 13 minutes

Equipment: Balls, Cones or bases

Objective(s) of Drill:

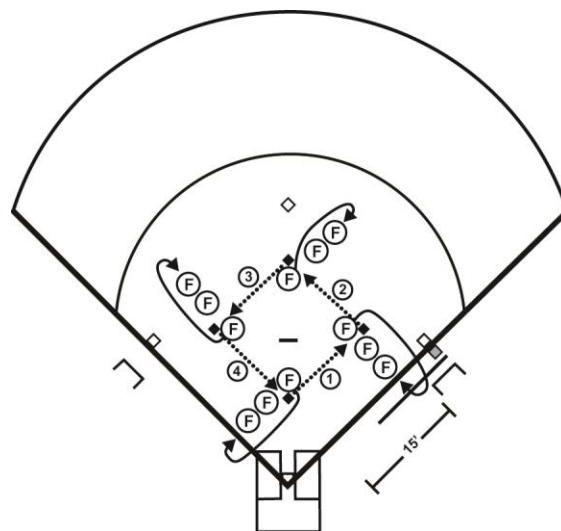
- Teaching the pivot footwork
- Teaching underhand toss and backhand toss throwing mechanics

Drill Description:

- Set 4 bases about 15' apart
- Divide players evenly and place a group at each base.
- Players will use either an underhand or backhand toss to throw the ball to the next base.
- Once a toss is made, the player rotates to the back of the line at their 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).
- 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.
- 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: BACKHAND FIELDING DRILL

Time: 10 minutes

Equipment: Balls, Ball Buckets

Objective(s) of Drill:

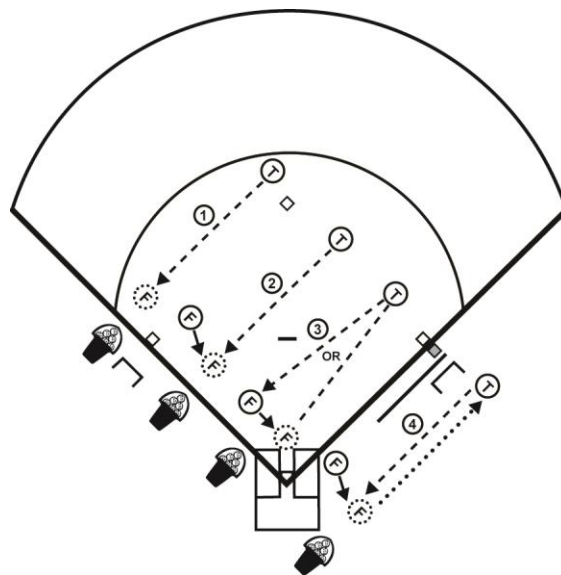
- Movement to field on the backhand
- Proper glove placement to field backhand

Drill Description:

- In partners, roll ball to partner who fields on their backhand and fields it the ball. The fielder places the ball they just fielded into a bucket behind them.
 - **Variation #1** – throw just outside the backhand foot of fielder so they do not have to move their feet to field the ball on the backhand (5 balls and switch).
 - **Variation #2** – throw the ball a little further to the side so the fielder must move and do a cross-over step to field the ball (5 balls and switch).
 - **Variation #3** – tosser mixes up the distance they throw the ball from the fielder (close to foot – no step and further away so they must move and do a cross-over) so the fielder must make a decision on how to field the backhand (no step or cross-over).
 - **Variation #4** – complete any of the above variations but have the fielder field and throw the ball to their partner (5 balls then switch).

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: DEFENSIVE SITUATIONS

Time: 30 minutes (15 minutes per station)

Equipment: Bat, Balls

Objective(s) of Drill:

- To develop proper fielding technique
- To develop tracking and proper footwork to field and make a throw from the outfield.

Drill Description:

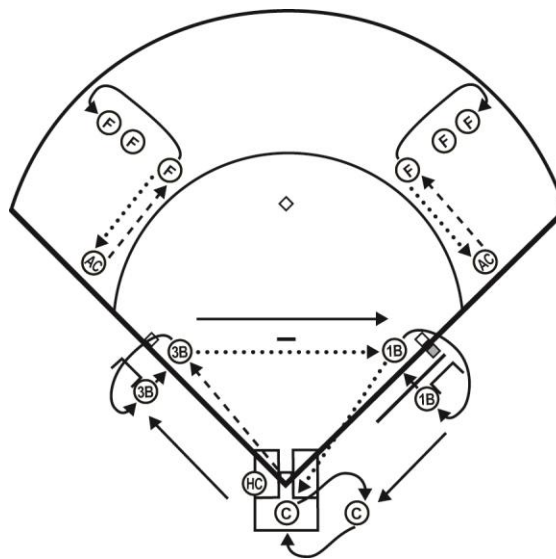
- Divide players into 2 groups

Station #1 – Infield Throws to 1st Base

- Position 2 players at 3rd Base, 2 players at 1st Base, and 2 players in the Catcher position.
 - Coach hits a ground ball to 3rd, who fields and throws to 1st Base who then throws the ball to the Catcher.
 - Players go to end of line at their position once play completed.
 - Next players step up. Repeat with new players.
 - 3 ground balls per player.
 - Once a cycle is completed, rotate players to new position throwing to 1st Base. Players rotate from 3rd to 1st to Catcher.
 - Repeat ground balls.
 - If time permits, move players to other infield positions for throw to 1st Base (SS, 2nd, P).

Station #2 – Outfield Ground Balls & Fly Balls

- Divide players into 2 groups with 2 Coaches.
- Each group of players will be in a single file line with a Coach.
- Each player has a ball. They start the drill by tossing their ball to the Coach. The Coach throws:
 - Ground balls (directly) at player, to left, and to right.
 - Fly balls directly at, to left, and to right.
 - Ground ball or fly balls in any direction so players must read and react.
- After fielding the ball, the player goes through the motion of throwing the ball but holds on to the ball and then rotates to back of their line.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: BENT LEG SLIDE

Time: 15 minutes

Equipment: Broomstick or Bat, Helmets, Bases

Objective(s) of Drill:

- To review the bent leg slide

Drill Description:

- Review 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.

**Key Teaching Points:**

- 1 _____
- 2 _____
- 3 _____

DRILL: PITCHING MECHANICS**Time:** 10 minutes**Equipment:** Balls, Fence, Paper Targets, Home Plates**Objective(s) of Drill:**

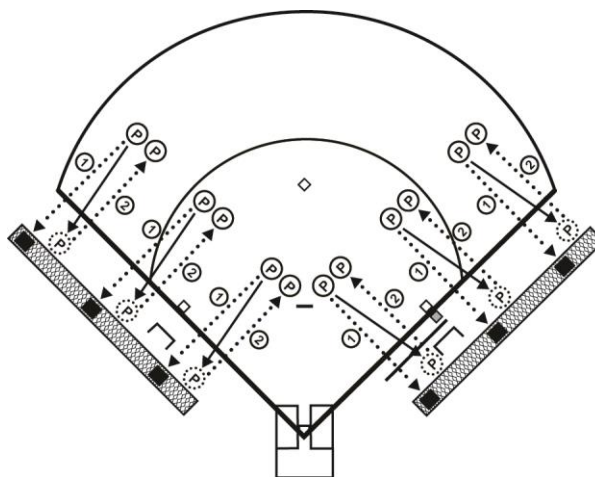
- Assess the pitching ability and interest of players

Drill Description:

- Have all players partner up.
- The Coach will review the fundamentals of pitching mechanics with all the players.
- First player pitches to target on the fence.
- After releasing the ball, they then run to the fence to pick up the ball and throw to their partner (the next pitcher).
 - For first 5 pitches, field the ball as if it's a bunt.
 - For next 5 pitches, field the ball as if it is the catcher going back to the fence to get a passed ball who performs an underhand or backhand toss.
- Each pitcher counts how many targets they hit out of 10 pitches.
- Repeat if time allows.

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 #5****DATE:**

Location:		Number of Athletes:		Length of Practice	
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:

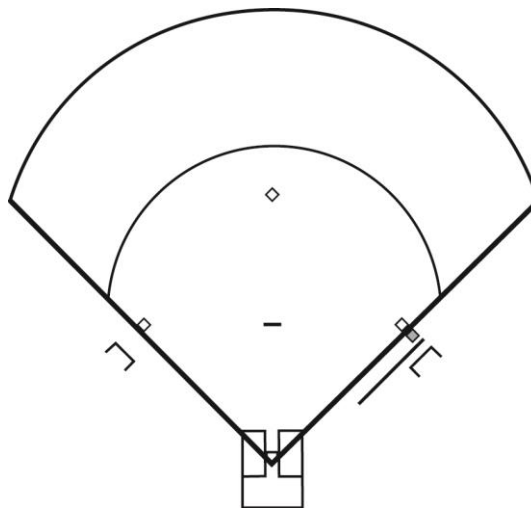
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

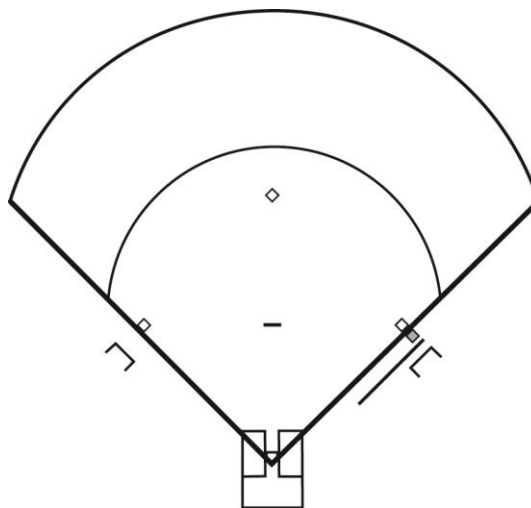
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

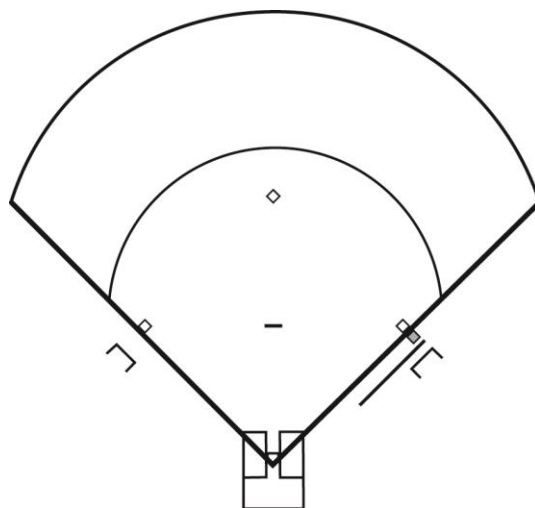
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**MAIN PART****DRILL:**

Time:

Equipment:

Objective(s) of Drill:

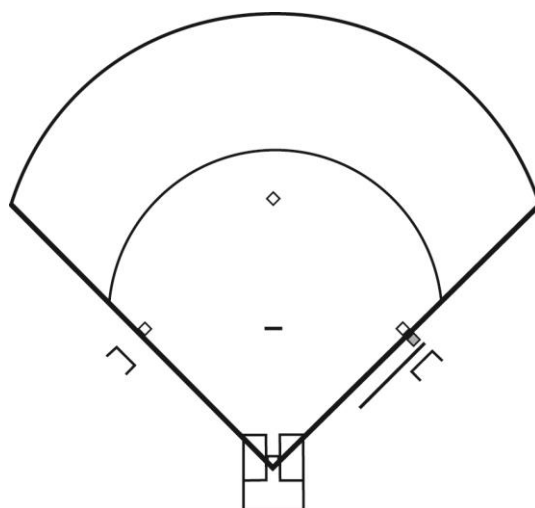
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

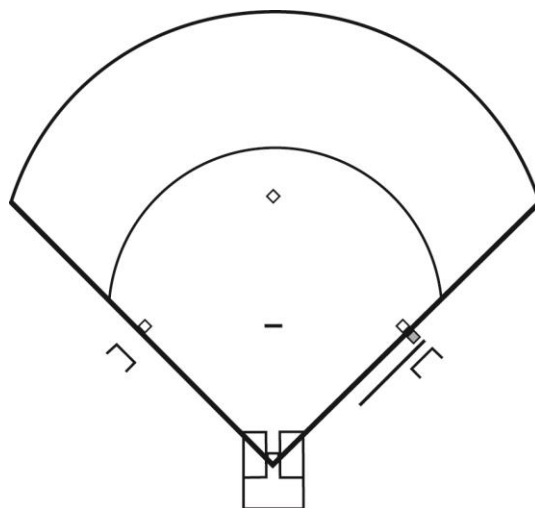
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL:

Time:

Equipment:

Objective(s) of Drill:

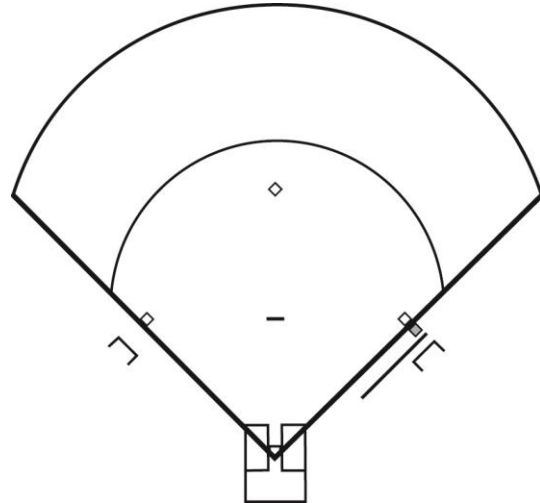
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

Equipment:

Objective(s) of Drill:

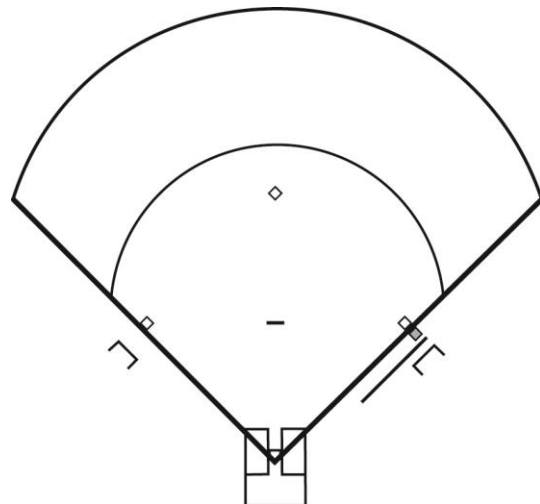
- ☐ _____
- ☐ _____

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:
-------------------	-------------------------------



3.3 PHASE 2 – PRACTICE OBJECTIVES AND PRACTICE PLANS

	Practice Objectives:	Skill Focus	Required
Practice #6	Practice #6 Objectives: <ul style="list-style-type: none"> To refine warm-up and CRASH routines. To teach outfielder positional skills: <ul style="list-style-type: none"> Ball hit over head Dead ball Long throws (crow hop) To develop hitting technique in game simulations. To review defensive tactics/strategies using game simulations. To continue to encourage team bonding and leadership development within practice. 	<ul style="list-style-type: none"> Athletic Abilities: <ul style="list-style-type: none"> Speed Agility Strength Overhand throwing Fielding (ground ball and fly ball): <ul style="list-style-type: none"> Pivots Drop step Crow hop Hitting mechanics Defensive tactics/strategies 	<ul style="list-style-type: none"> Bats (Regular and Wooden Dowel or Broomstick Bats) Bases Pool Noodles Balls Batting Helmets
Practice #7	Practice #7 Objectives: <ul style="list-style-type: none"> To develop fundamental skills. To teach baserunning do's and don'ts. To review and teach bunt defense and fielding bunt techniques. To teach double play turns with middle infielders. To develop hitting mechanics. To encourage team bonding activities within practice. 	<ul style="list-style-type: none"> Athletic Abilities: <ul style="list-style-type: none"> Speed Agility Strength Overhand throwing Fielding (ground ball and fly ball): <ul style="list-style-type: none"> Cross-over step Drop step Backhand Hitting mechanics Defensive tactics/strategies: <ul style="list-style-type: none"> Double play Bunt defense Baserunning 	<ul style="list-style-type: none"> Bats (Regular and Wooden Dowel or Broomstick Bats) Cones Balls (Regular and Whiffle Balls or Rolled Up Socks) Nerf Footballs Ball Bucket Bases
Practice #8	Practice #8 Objectives: <ul style="list-style-type: none"> To develop individual fundamental skills: <ul style="list-style-type: none"> Throwing/Receiving Fielding Baserunning Hitting To develop positional skills and responsibilities. To develop team defensive tactics and strategies. To encourage team bonding, leadership development and balancing having fun and working hard. 	<ul style="list-style-type: none"> Athletic Abilities: <ul style="list-style-type: none"> Speed Agility Strength Overhand throwing Fielding (ground ball and fly ball): <ul style="list-style-type: none"> Cross-over step Drop step Backhand Hitting mechanics Defensive tactics/strategies Game simulations Baserunning 	<ul style="list-style-type: none"> Bats (Regular and Wooden Dowel or Broomstick Bats) Balls Cones Bean Bags Batting Helmets Bases (Regular and Throw Down Bases)



	Practice Objectives:	Skill Focus	Required
Practice #9	Practice #9 Objectives: <ul style="list-style-type: none"> ○ To develop individual fundamental skills: <ul style="list-style-type: none"> ■ Throwing/Receiving ■ Fielding ■ Baserunning ■ Hitting ○ To develop positional skills and tactics: <ul style="list-style-type: none"> ■ Infield ■ Outfield ■ Pitcher ■ Catcher ○ To develop team defensive tactics and strategies. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball) ○ Hitting mechanics & pitch recognition ○ Catcher mechanics ○ Pitcher mechanics ○ Game simulations <ul style="list-style-type: none"> ■ Defensive tactics / strategies ■ Baserunning ■ Hitting 	<ul style="list-style-type: none"> ○ Bats (Regular, Light Bats or Wooden Dowel or Broomstick Bats, and Heavy Bats) ○ Balls (Regular, Whiffle Golf Balls, Numbered Balls, Tennis Balls) ○ Cones ○ Bases ○ Ball Bucket ○ Batting Helmets
Practice #10	Practice #10 Objectives: <ul style="list-style-type: none"> ○ This practice plan is purposely left blank to allow the coach to design their own practice plan. This will allow the coach to work on skills or concepts to meet the individual needs of their respective team and players. 		



PRACTICE PLAN #6

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	<div> <div>1 Practice Warm-up routine and bat stretches.</div> <div>2 Introduce new CRASH components.</div> <div>3 Teach outfield skills: <ul style="list-style-type: none"> ■ ball hit over head ■ dead ball ■ long throws (crow hops, step through) </div> <div>4 Teach defensive principles.</div> </div>				

WARM-UP

The dynamic warm-up is now completed by players prior to the start of practice.

DRILL: LAST ROUND UP

Time: 5 minutes

Equipment: None

Objective(s) of Drill:

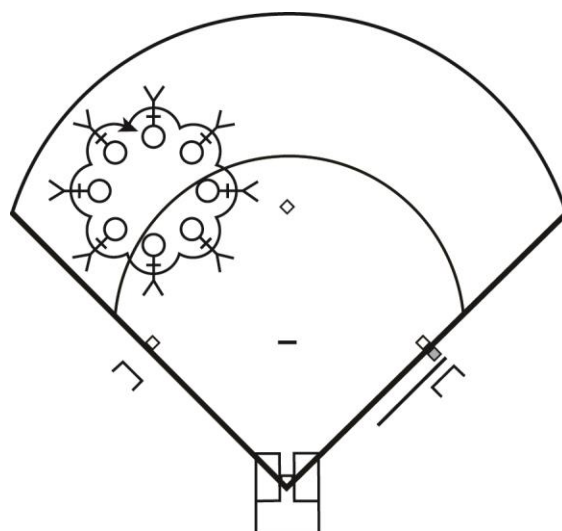
- Warm-up and agility training

Drill Description:

- Players lay on their stomach in a circle leaving 3-4' 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:

- _____
- _____
- _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats or wooden sticks

Objective(s) of Drill:

- Stretch and warm-up hitting muscles.

Drill Description:

- Each player will complete the following batting warm-up exercises:

■ **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**

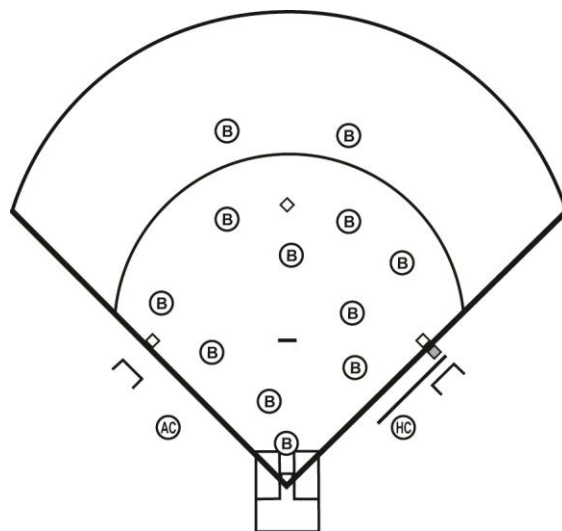
- Player completes arm circles as follows:
 - ◆ Forward with bat in one hand - 5 reps with each arm
 - ◆ Backward with bat in one hand - 5 reps with each arm
 - ◆ Around their head with bat in both hands - 5 reps in each direction

● **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.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: CRASH

Time: 10 minutes

Equipment: Bats, Bases, Pool noodles

Objective(s) of Drill:

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

Drill Description:

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

Reaction - Angling Back on Fly Ball

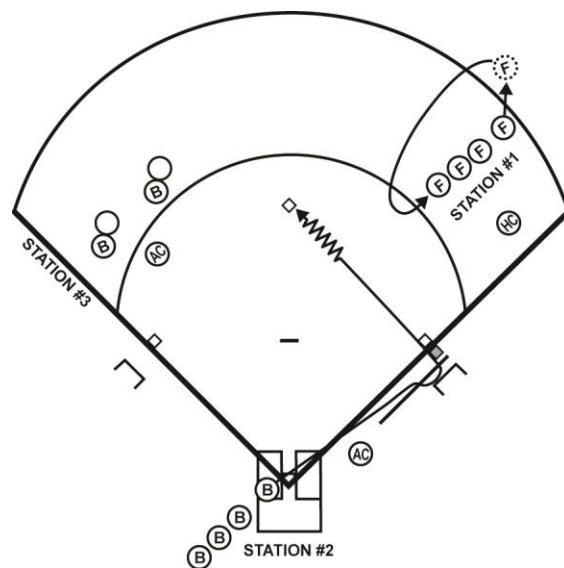
- Players form a single file line.
- Coach points left or right to player and player pivots with ball side foot and runs to field an imaginary fly ball.
- Complete 4 times (2 times to the right, 2 times to the left)

Speed - H to 2nd

- On Coach's command, player swings the bat and runs to 1st Base, rounds 1st, continues to 2nd Base and slides into 2nd.
- 3 reps

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
- Players rotate to next station.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

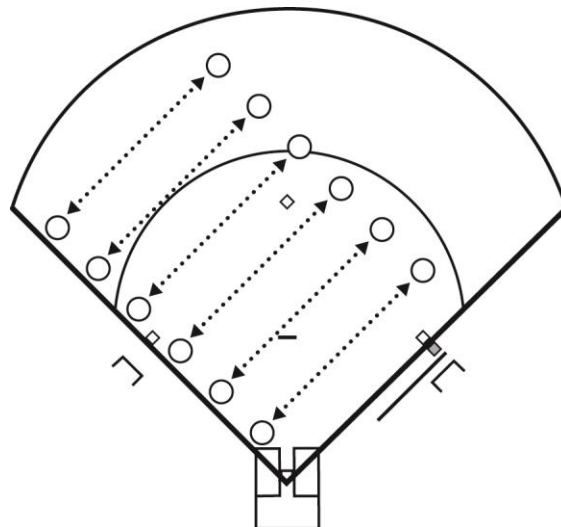
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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 (TRIANGLE)

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

- To teach proper fielding technique

Drill Description:

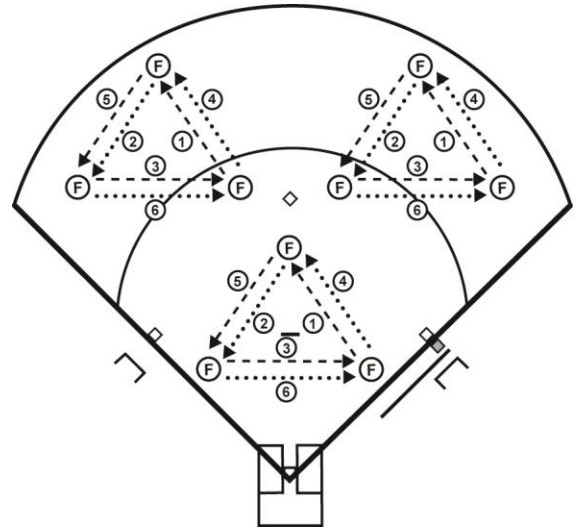
- Form groups of 3 players who stand in a triangle formation.
- First player throws a ground ball to the person to their right, player fields and throws to the person on their right. The player that receives the throw rolls a ground ball to the person on their right.
- Halfway through time, reverse direction 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.

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.

Drill Description:

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

- Coach reviews technique for outfield throws.
- Divide players up into partners.
- 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)**

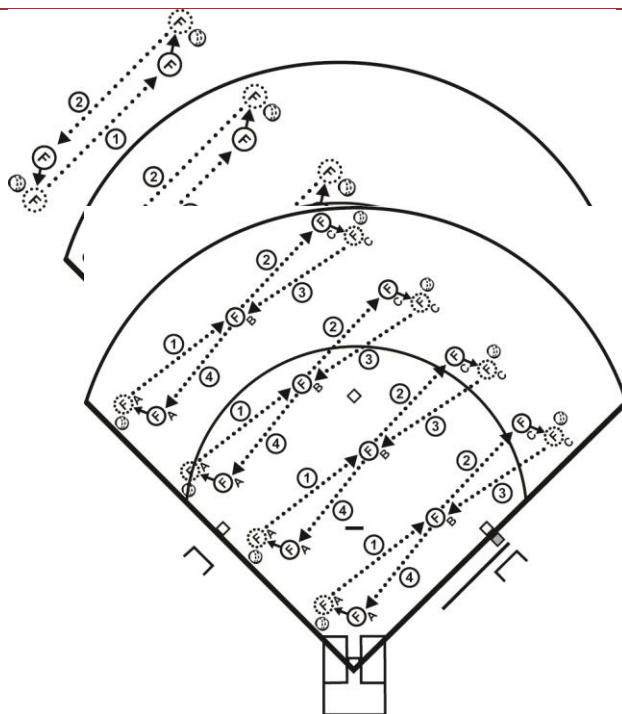
- Set up groups of 3 players about 70-80' apart from each other in a straight line.



- Player A has a ball. Player A drops the ball about 3 feet 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 3 feet 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: INTERSQUAD GAME

Time: 40 minutes

Equipment: Balls, Bases, Bats, Helmets

Objective(s) of Drill:

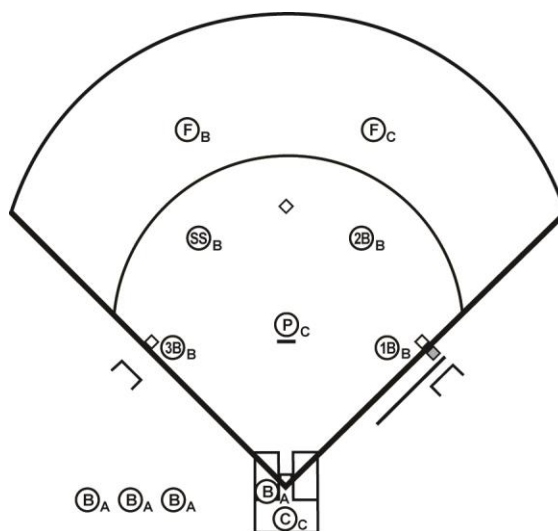
- To review defensive situations within a game setting

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

Static Stretching Routine (See Appendix C)

Debrief:

10 minutes

PRACTICE EVALUATION

What worked well:

What to change for next time:

PRACTICE PLAN #7

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Fielding bunts	2 Middle infield, short throws to 2nd:	3 Hitting		

WARM-UP

DRILL: FOLLOW THE LEADER

Time: 5 minutes

Equipment: None

Objective(s) of Drill:

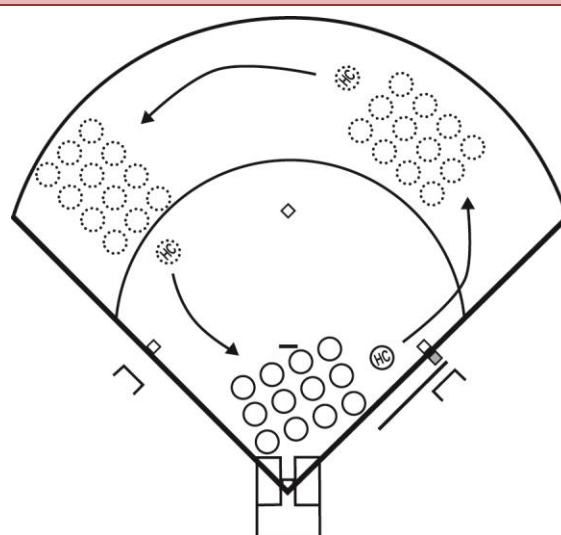
- Fun warm-up activity

Drill Description:

- Either the coach or a player selected by the coach is the Leader.
- The Leader will move around the field and perform various movement and the players will mimic the leader:
 - Slow jog
 - Skip
 - Bounding (two feet together jumps)
 - Fielding a ground ball
 - Making a throw
 - Swing a bat

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats or wooden sticks

Objective(s) of Drill:

- Stretch and loosen up hitting muscles.

Drill Description:

- Each player will complete the following batting warm-up exercises:

■ 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 arm 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

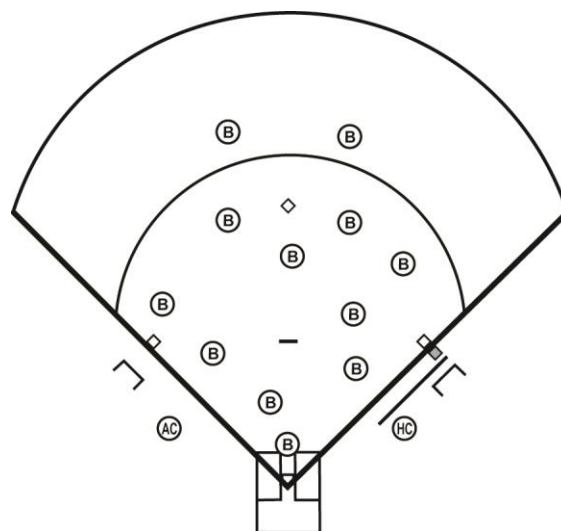
- The player begins the movement at the end of the follow through and quickly returns to the balanced ready stance for hitting.
- 3 reps

■ 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.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: CRASH

Time: 8 minutes

Equipment: Cones, Balls, Bats

Objective(s) of Drill:

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

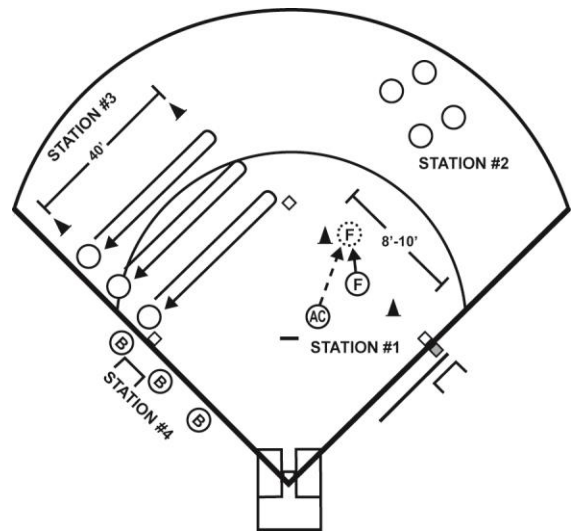
Drill Description:

- Divide players into 4 groups with 1 group at each station:
 - **Station #1 - Reaction – Cone fielding**
 - Set cones 8-10' apart. Coach throws a ball so player takes one step back and to the left or right of player's starting position.
 - Player uses cross-over step to field ball.
 - **Station #2 - Agility – Mirror Drill**
 - 1 player sets in ready position (IF and OF) then makes any defensive technical move (i.e. Moves to field an imaginary ball in any direction).
 - Partner opposite them mirrors move.
 - **Station #3 - Speed**
 - Place cones at 40'.
 - Players perform high knees, butt kicks to cone and back.
 - **Station #4 - Hitting**
 - Shadow swings.
 - 10 swings per player.

- Rotate groups to next station.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

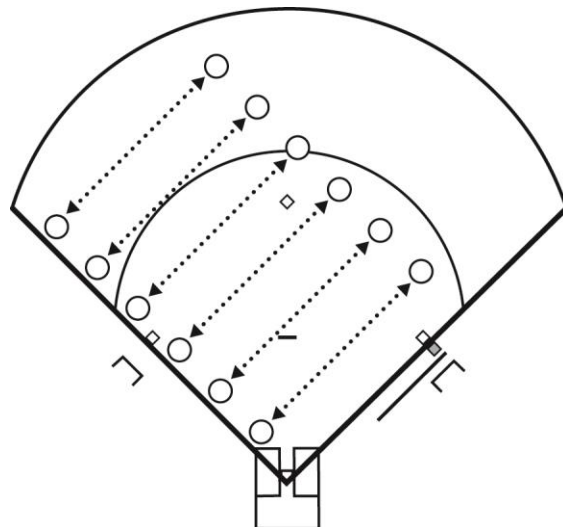
- To reinforce proper overhand throwing technique
- To teach proper use of glove and receiving technique

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 _____



DRILL: FIELDING EVERYDAYS

Time: 10 minutes

Equipment: Balls, Footballs

Objective(s) of Drill:

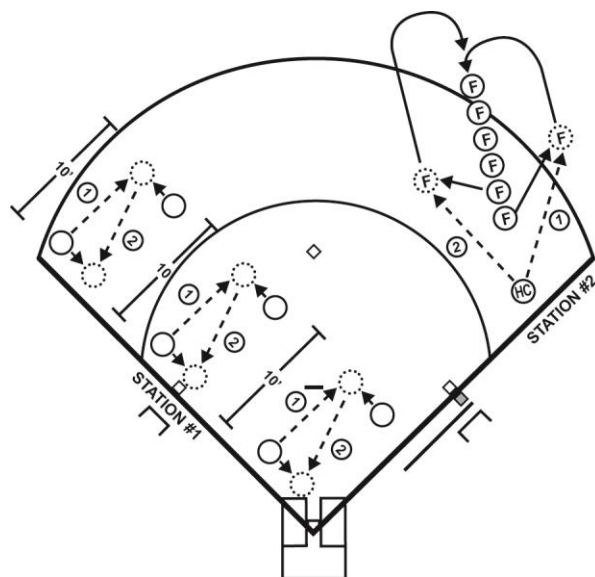
- Backhand fielding review
- Fly ball footwork for ball behind player

Drill Description:

- Divide player into 2 groups of 6
- 5 minutes then switch stations
- **Station #1 - Backhand Fielding Drill (5 minutes)**
 - In partners about 10' apart.
 - Partner throws a short hop about 1' from fielder's foot on their backhand.
 - Fielder then throws short hop back to their partner's backhand about 1' from fielder's foot.
- **Station #2 - Football Drill (5 minutes)**
 - Players line up single file in front of coach.
 - From ready position, outfielder moves left or right at about 60 degrees.
 - Coach throws football so the player catches fly ball on the run over their shoulder.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: STATION WORK

Time: 35 minutes (10 minutes per station)

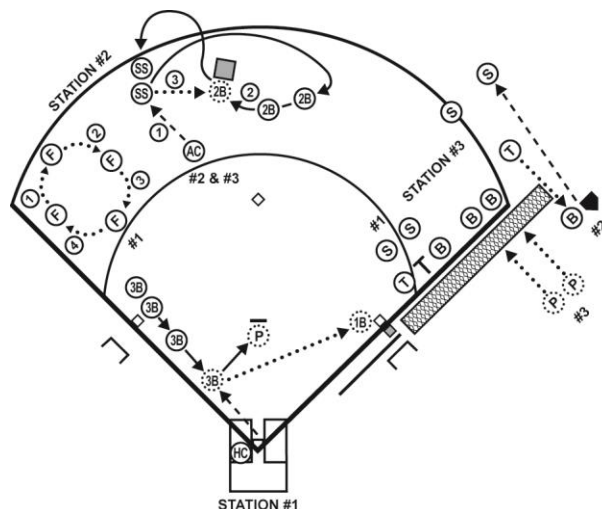
Equipment: Ball Bucket, Balls: Whiffle balls or rolled up socks, Bats, Bases

Objective(s) of Drill:

- To teach fielding a bunt and bunt defensive tactics
- To teach the throwing mechanics for starting the double play
- To teach the weight transfer in the hitting motion and the ability to track a pitch

Drill Description:

- Divide players into 3 groups of 4 players
- 10 minutes at each station. Switch is made when hitting station is completed.
- **Station #1 - Fielding Bunts**
 - Set up 3 players at either 3rd, 1st, pitcher or catcher positions with 4th player taking throws at 1st or 2nd Base.
 - Coach will hit bunts which will be fielded with throws made to 2nd or 1st Base.
 - Rotate players into each position
- **Station #2 - Middle Infield throws & underhand tosses to 2nd Base (Double Plays)**
 - Have the players form a small circle.
 - Players will shovel throw to player to their right in circle.
 - Underhand tosses for SS and 2nd Basemen.
 - Set up players at SS and 2nd
 - Coach rolls ball to SS who tosses to 2nd Base covering 2nd Base. Switch to rolling ball to 2nd Base who tosses to SS covering 2nd Base.
 - Players rotate positions.
 - Pivots to throw
 - Review proper footwork to make a throw to second base.
 - Same set up as underhand toss drill but now players are positioned a little farther so that the player must make a throw instead of an underhand toss.
- **Station #3 - Hitting**
 - 2 sets of 5 swings per player for each drill. Rotate players after 5 swings.
 - Drill #1 - Happy Gilmores off Tee (into fence)
 - Batter crosses back foot over front foot, then steps and plants front foot and swings which emphasizes a proper weight shift.
 - Drill #2 - Front soft toss (whiffle balls or rolled up socks).





- 1 Batter, 1 tosser, 2 shaggers
- Batter will hit a pitch from the tosser directly in front of them.
- Tip: Use end of fence as a screen to protect tosser.
- Drill #3 - Ball tracking
 - Pitcher throws into fence with batter on the other side tracking the ball and swinging as ball comes.
 - If possible use different coloured balls (i.e. use markers to colour the seams) and have player yell the colour of the ball as they swing to aid in concentration.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: BASERUNNING DO'S AND DON'TS

Time: 22 minutes

Equipment: Bases, Balls, Ball Bucket

Objective(s) of Drill:

- To learn proper baserunning techniques for various games situations

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 box on a full swing and running to 1st:

■ **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 that will allow you to get to second if it drops or back to first 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 third
- 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**

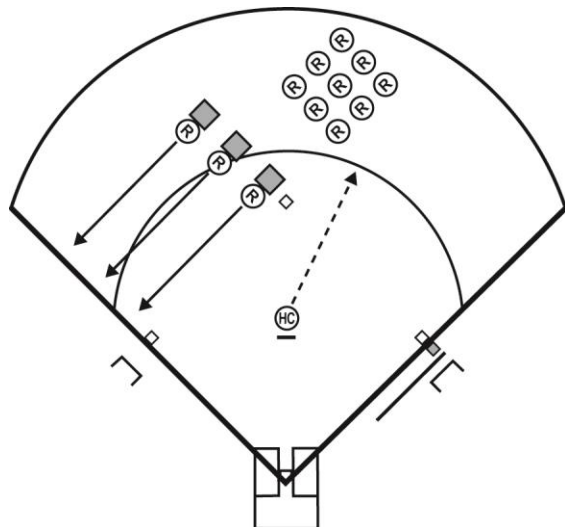
- Lead off – with pitch in foul territory
- Ground ball – judge if can advance to home (with coach verbal cues)
- Flyball – return to third base and tag up

○ **Baserunning Drill**

- Runners at 2nd Base
- 1-2 reps per player
- Coach in the pitcher's circle but pitching towards the outfield, pretends to pitch and releases the pitch to simulate:
 - Ground ball behind baserunner
 - Ground ball in front of baserunner
 - Fly ball
- Baserunners must read and react to type of "hit"

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



**COOL DOWN & CONCLUSION**

10 minutes	Static Stretching Routine (See Appendix C) Debrief:
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #8****DATE:**

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Game simulations within intersquad game	2 Refining defensive positioning skills and responsibilities and team tactics	3 Refine individual basic skills		

WARM-UP**DRILL: NEMO BAT STRETCHES****Time:** 5 minutes**Equipment:** Bats or wooden sticks**Objective(s) of Drill:**

- Stretch and loosen up hitting muscles.

Drill Description:

- Each player will complete the following batting warm-up exercises:

- **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 arm 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

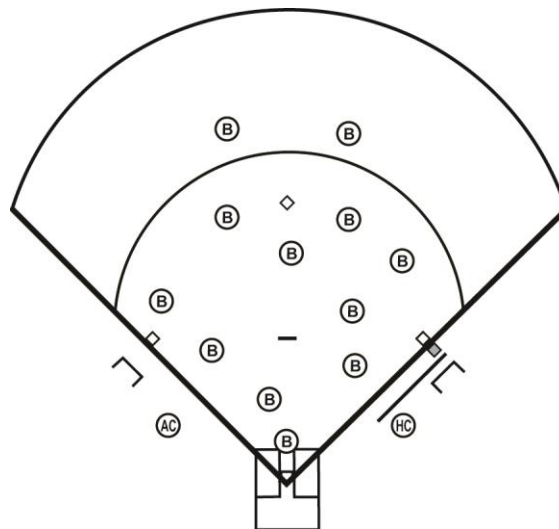
- **1-2-3 Swings**

- 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.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL: CRASH****Time:** 10 minutes**Equipment:** Balls, Cones, Bean Bags, Throw down bases, Bats, 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

- **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

○ 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.

○ Speed – Form running for 60' for 2 or 3 sprints

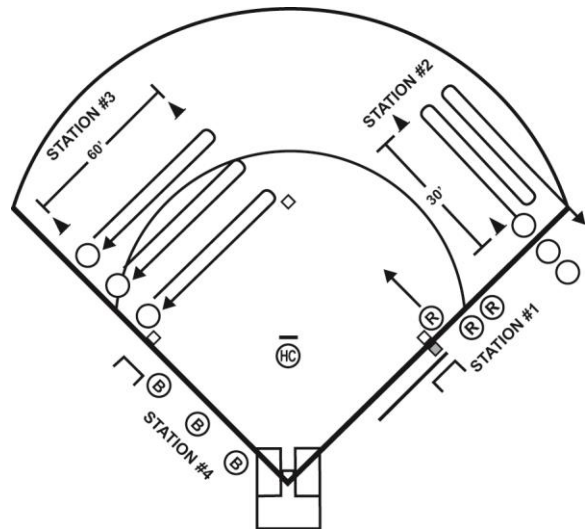
- Good body lean
- Pump arms
- Knees high
- Stretch stride after 2-3 steps

○ Hitting – shadow swings visualizing a pitched ball as you complete your swing.

- Slow motion swings checking these mechanics (3 reps):
 - Load
 - Soft step
 - Swing
- Fast motion swings (4 reps)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

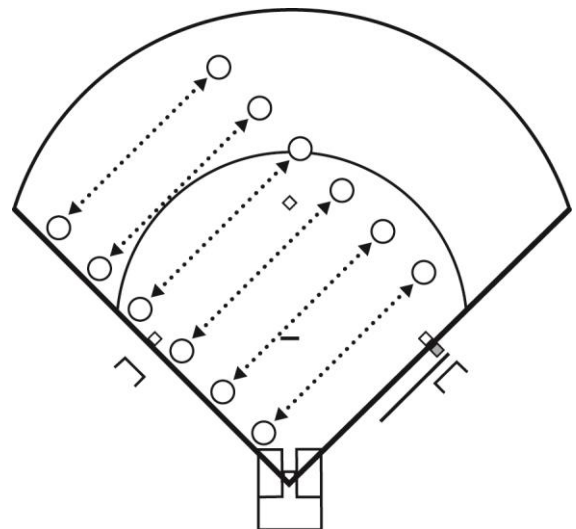
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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: FOUR CORNER DRILL

Time: 10 minutes

Equipment: Bases or cones, Balls

Objective(s) of Drill:

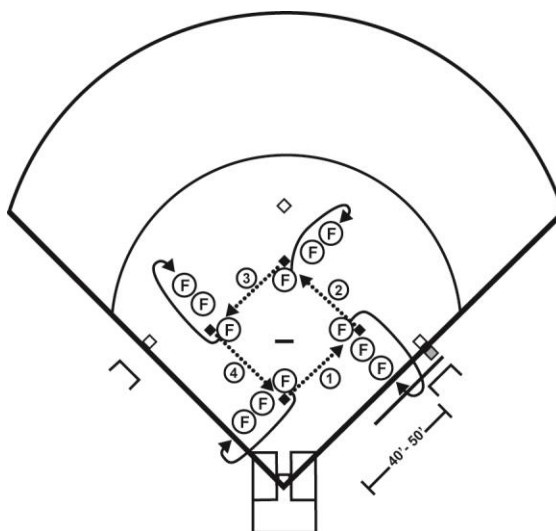
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Set bases about 40' – 50' apart
- Evenly divide players at each corner
 - **Variation #1:**
 - Players throw to next cone/base and then rotate to end of their line.
 - Work on pivot footwork
 - Reverse direction of throws
 - **Variation #2:**
 - Then throw and follow your throw to next corner.
 - **Variation #3:**
 - Add a second ball to drill

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: GAME SITUATIONS

Time: 30 minutes

Equipment: Balls, Bases, Helmets

Objective(s) of Drill:

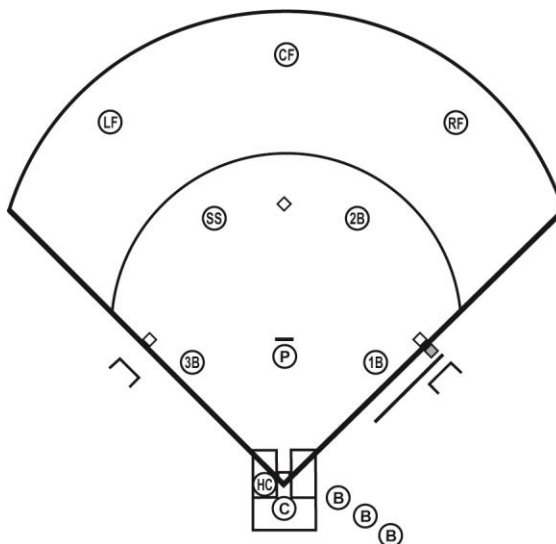
- Review defensive positioning
- Review game situations

Drill Description:

- Have 3 or more players as baserunners and players in all nine defensive positions
- Coach selects game situations:
 - Number of runners on base
 - Number of outs
- Coach hits ball to defense who makes a play
- Rotate in new baserunners and move players into new defensive positions

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: INTERSQUAD GAME

Time: 30 minutes

Equipment: Balls, Bases, Helmets

**Objective(s) of Drill:**

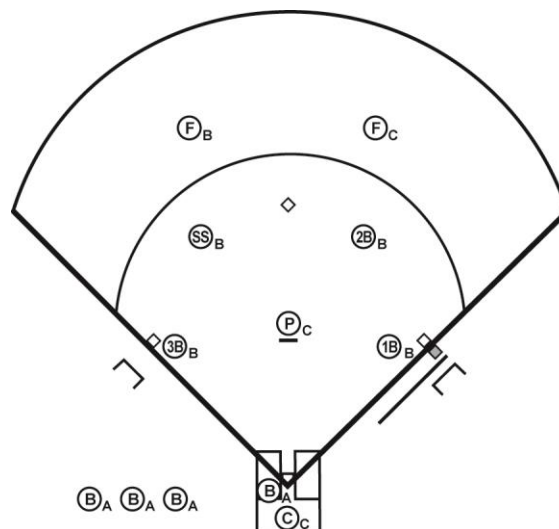
- To review defensive situations within a game setting

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.
- After 3 outs, switch the batting team

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**COOL DOWN & CONCLUSION**

10 minutes	Static Stretching Routine (See Appendix C) Debrief:
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #9****DATE:**

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Pitcher / Catcher Skills (receiving crouch position)	2 Sliding 3 Fielding	4 Hitting		

WARM-UP**DRILL: CRASH****Time:** 10 minutes**Equipment:** Heavy bat, Light bat or Broomstick, Regular bat, Balls, Cones**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.

○ Reaction – Cone Fielding

- Move from ready position to field ground balls to left, right, and charging the ball.

○ Reaction - Tag Up and Go

- Coach acts as Pitcher.
- Player takes leads off when pitcher's arm is at 12 o'clock position.
- Coach points up to indicate a fly ball has been hit.
- Player returns to bag, waits for Coach's signal that ball has been caught and then runs 5-6 steps on Coach's verbal and visual cue to run Home.

○ Speed - H to 1st Round and Jam

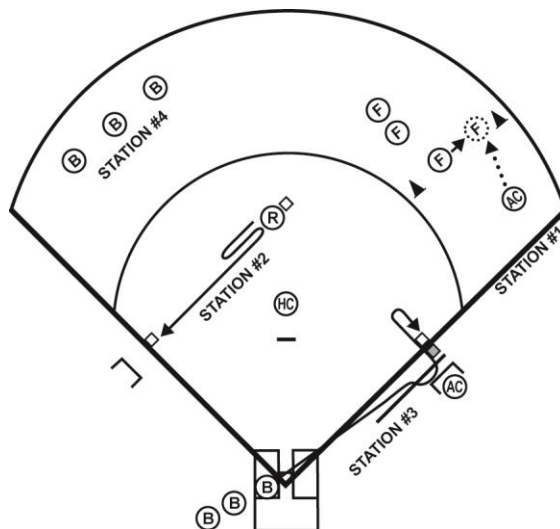
- Set at bases at 55'.
- Player swings bat as if to hit imaginary ball, runs to 1st Base, rounds the bag touching the white bag on the corner, the Coach will give verbal command to return to base, player jams and returns to 1st Base.

○ Hitting

- Heavy bat (perform swing super slow), Light bat (broomstick), Regular bat (7 swings with each bat)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL: THROWING/RECEIVING EVERYDAYS****Time:** 5 minutes**Equipment:** Balls**Objective(s) of Drill:**

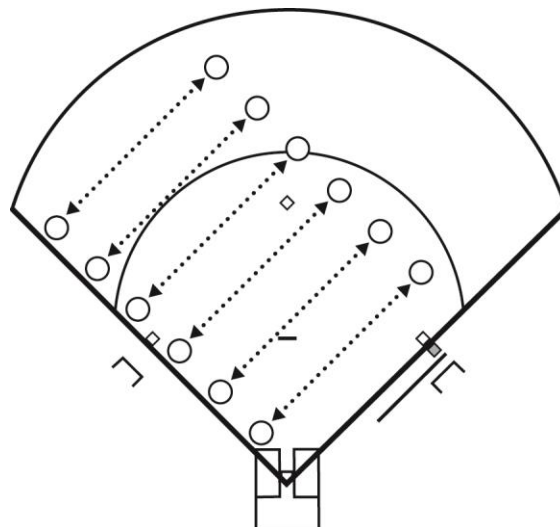
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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: FOUR CORNER DRILL

Time: 5 minutes

Equipment: Balls, Cones or bases

Objective(s) of Drill:

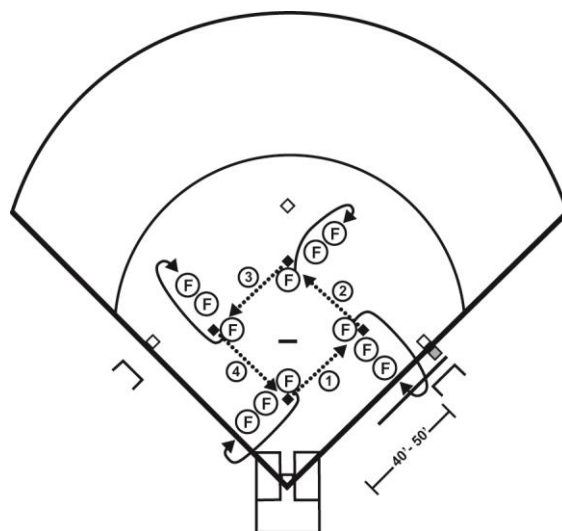
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

Drill Description:

- Set bases about 40' – 50' apart
- Evenly divide players at each corner
 - **Variation #1:**
 - Players throw to next cone/base and then rotate to end of their line.
 - **Variation #2:**
 - The receiver puts a tag on at the base, pivots and throws to the next corner.
 - Players follow throw and go to end of line at next base
- Reverse direction of throws

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FIELDING EVERYDAYS

Time: 10 minutes

Equipment: Balls

Objective(s) of Drill:

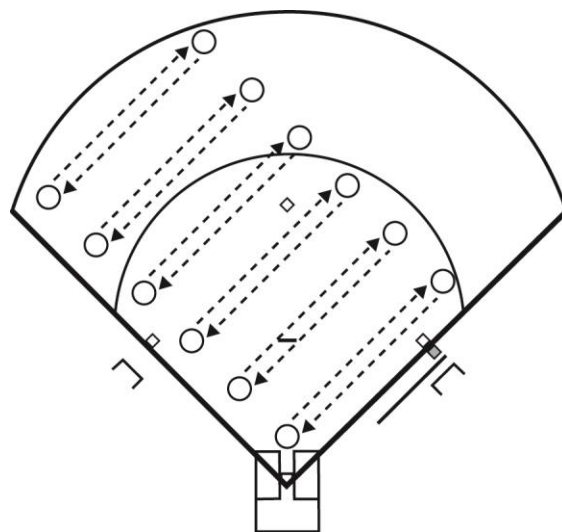
- To teach the fielding technique for ground balls and fly balls
- To reinforce good throwing mechanics and pivot footwork

Drill Description:

- **Ground balls (with a partner)**
 - Without gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
 - With gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
 - With glove, one partner randomly throws a ground ball directly at the player, to their forehand, to their backhand or throws a short hop to the player. Field 10 ground balls each.
- **Fly balls (with a partner)**
 - Without a glove and using a tennis or softie ball, throw a fly ball directly to 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 directly to your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.
 - With glove, one partner randomly throws a fly ball directly at the player, to their forehand, to their backhand or over their head. Field 10 fly balls each.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: POSITIONAL SKILLS STATIONS

Time: 37 minutes (12 minutes per drill)

Equipment: Whiffle golf balls, Numbered balls, Bucket of balls, Tennis balls, Bats or broomsticks, Bases

Objective(s) of Drill:

- To develop positional skills for infielders, outfielders, catchers and pitchers

Drill Description:

- Divide players into 3 groups by positions:
 - Catchers
 - Infielders/Outfielders



- Pitchers
- Catchers Group
 - Drill #1 – Hitting
 - The Coach has 3 numbered balls and pretends to pitch but holds the ball at the release point. The batter calls out the number on the ball (10 pitches)
 - The Coach front tosses whiffle golf balls to player using a bat or broomstick (3 sets of 5 swings)
 - Drill #2 – Framing & Blocking Pitches
 - Catcher frames pitches from pitcher who is warming up for their pitching practice (see below) or from a Coach pitcher.
 - After every 3rd or 5th pitch, the Coach will pitch a tennis ball in the dirt for the catcher to block.
 - Drill #3 – Throws to a Base
 - The catcher is receiving for the pitcher's practice (see below).
 - On every 2nd or 3rd pitch from the pitcher, the catcher throws to a base (1st, then 2nd and then 3rd Base).
 - Other pitcher(s) or catcher(s) act as fielder for catcher's throw to base.

Key Teaching Points:

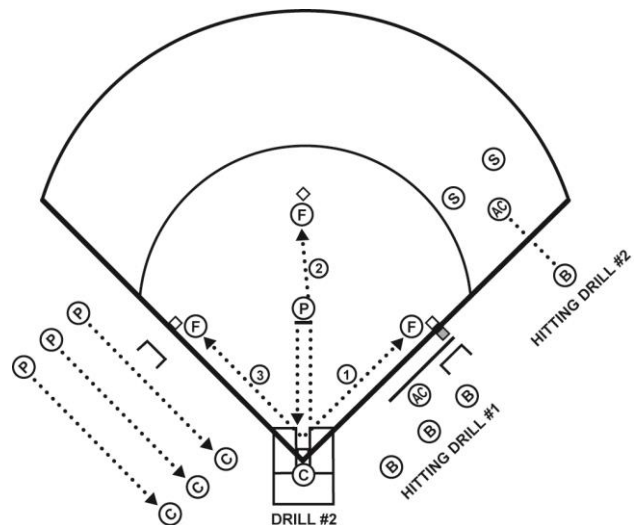
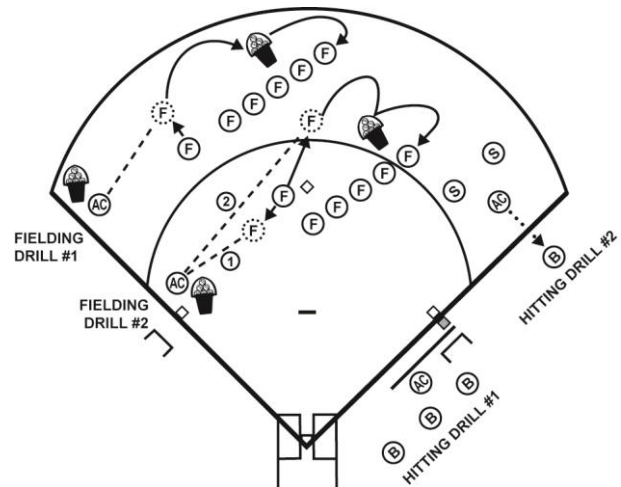
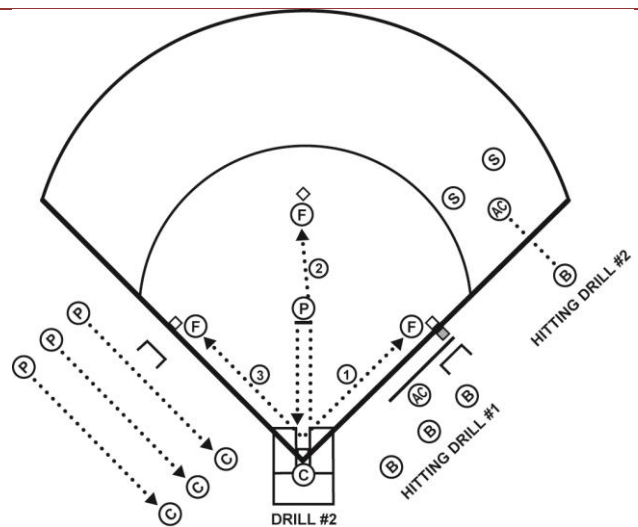
- 1 _____
- 2 _____
- 3 _____

- Infielders/Outfielders Group
 - Drill #1 - Fielding Drill
 - Player creeps in and down into ready position
 - Coach rolls a ground ball to player who decides if they should complete a shuffle or cross-over step to field ball, fields ball and then brings up ball to throw but does not throw.
 - Player places ball in bucket and returns to end of line.
 - When Coach has no more balls, switch buckets
 - Drill #2 – Fielding Drill
 - The Coach throws the fielder either:
 - ◆ A slow roller that the fielder charges.
 - ◆ A pop up behind the fielder who performs a drop step.
 - Player fields ball but does not throw.
 - Player places ball in bucket and returns to end of line.
 - When Coach has no more balls, switch buckets
 - Drill #3 – Hitting
 - The Coach has 3 numbered balls and pretends to pitch but holds the ball at the release point. The batter calls out the number on the ball (10 pitches)
 - The Coach front tosses whiffle golf balls to player using a bat or broomstick (3 sets of 5 swings)

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

- Pitchers Group
 - Drill #1 – Hitting
 - The Coach has 3 numbered balls and pretends to pitch but holds the ball at the release point. The batter calls out the number on the ball (10 pitches)
 - The Coach front tosses whiffle golf balls to player using a bat or broomstick (3 sets of 5 swings)
 - Drill #2 – Pitching Warm-Up
 - The pitchers complete a pitching warm-up with a catcher, against the fence or with parent catchers (Note: catcher is working on framing).
 - Drill #3 – Pitching Practices
 - Full pitching to catcher
 - ◆ Pitchers – Pitch to four corners of plate



**Key Teaching Points:**

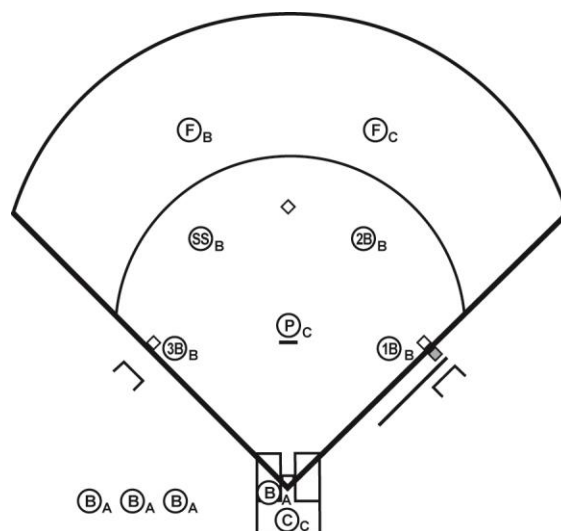
- 1 _____
- 2 _____
- 3 _____

DRILL: INTERSQUAD GAME**Time:** 30 minutes**Equipment:** Bases, Bats, Balls, Helmets**Objective(s) of Drill:**

- To review defensive situations within a game setting

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 or Coach
 - Live pitching from the Coach
 - Live pitching from team pitcher (Note: if only 2 pitchers and catchers on the team, then either a coach will pitch or the pitchers/catchers will switch half way through the game.)
- 1 at bat per player per inning
- 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.).
- Teams get points for every base touched. Each team keeps track of their points.

**Key Teaching Points:**

- 1 _____
- 2 _____
- 3 _____

COOL DOWN & CONCLUSION

10 minutes	Static Stretching Routine (See Appendix C) Debrief:
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #10****DATE:**

Location:		Number of Athletes:		Length of Practice	
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:

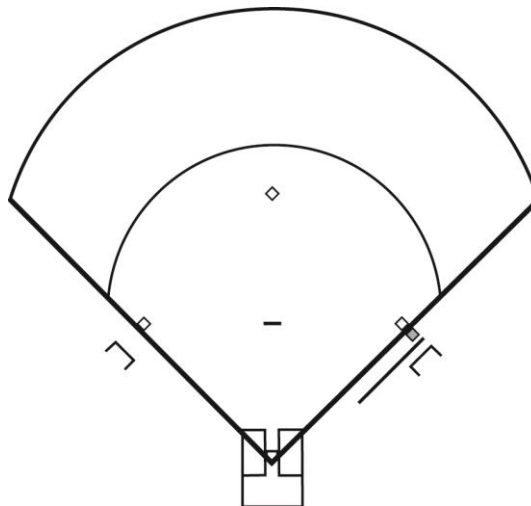
- ☐ _____
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

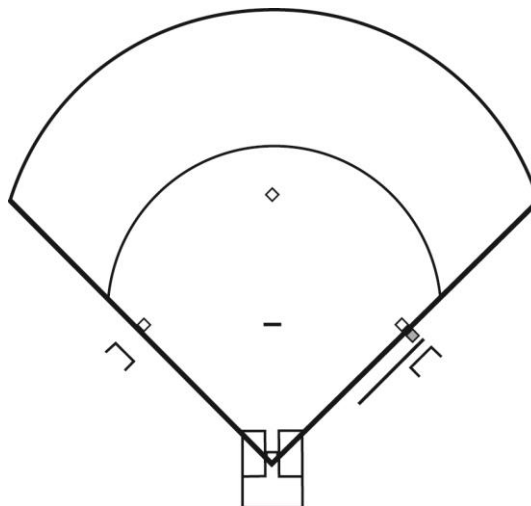
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- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

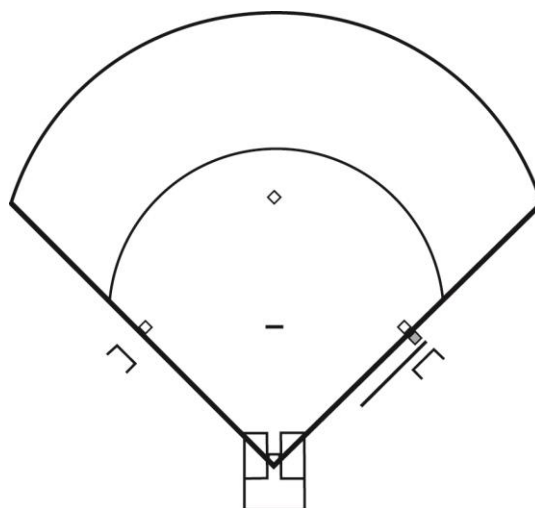
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**MAIN PART****DRILL:**

Time:

Equipment:

Objective(s) of Drill:

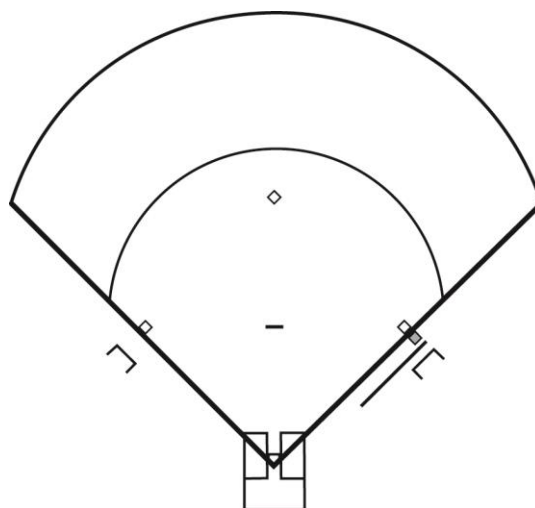
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- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

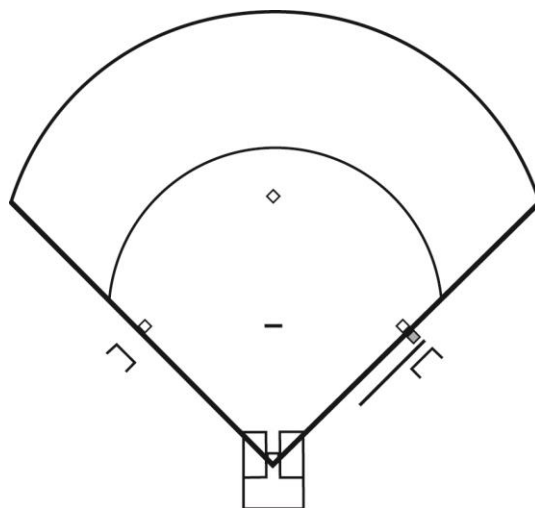
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- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL:

Time:

Equipment:

Objective(s) of Drill:

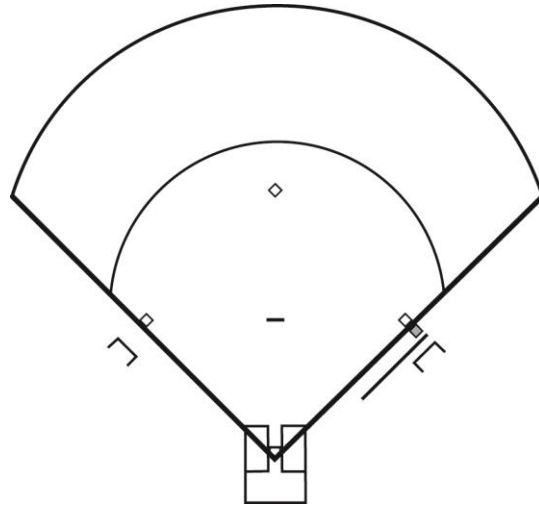
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

Equipment:

Objective(s) of Drill:

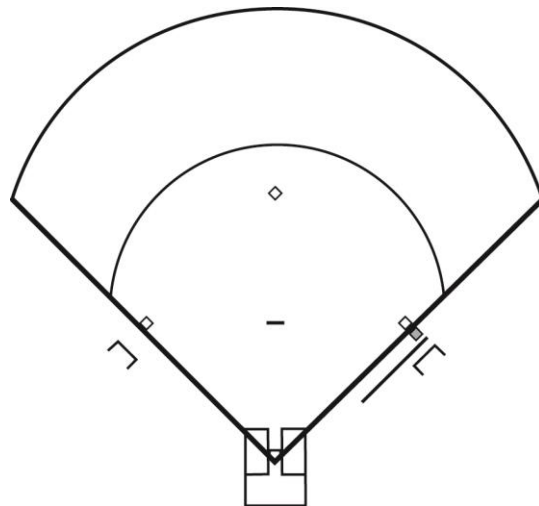
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

Static Stretching Routine (See Appendix C)

10 minutes

Debrief:

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 #11	Practice #11 Objectives: <ul style="list-style-type: none"> ○ To develop fundamental skills and athletic abilities in warm-up routines. ○ To develop hitting mechanics. ○ To enhance team bonding and have fun. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Baserunning ○ Hitting mechanics ○ Sacrifice bunt 	<ul style="list-style-type: none"> ○ Balls (Regular, Whiffle Golf Balls, Tennis Balls) ○ Bases ○ Agility Ladder ○ Batting Tees ○ Bats (Regular and Light Bats or Wooden Dowel or Broomstick Bats) ○ Frisbees or CDs ○ Cones
Practice #12	Practice #12 Objectives: <ul style="list-style-type: none"> ○ To develop fundamental skills and athletic abilities in warm-up routines. ○ To develop fundamental skills using game simulations. ○ To develop outfielder positional skills. ○ To develop team tactics and strategies. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Hitting mechanics ○ Overhand throwing ○ Fielding (ground ball and fly ball) ○ Outfielder positional skills: <ul style="list-style-type: none"> ■ Long throws ■ Fielding footwork ■ Communication between outfielder and infielder ■ Communication between outfielders ○ Defensive tactics and strategies: <ul style="list-style-type: none"> ■ Relays ■ Cut-offs ■ Various game situations ○ Baserunning 	<ul style="list-style-type: none"> ○ Batting Tees ○ Bats (Regular and Light Bats or Wooden Dowel or Broomstick Bats) ○ Balls (Regular, Whiffle Balls) ○ Bases ○ Cones ○ Batting Helmets



	Practice Objectives	Skill Focus	Required
Practice #13	Practice #13 Objectives: <ul style="list-style-type: none"> To develop fundamental skills and athletic abilities in warm-up routines. To develop fundamental skills using game simulations. To develop team defensive tactics and strategies. To develop baserunning using game simulations. To enhance team bonding and leadership development. 	<ul style="list-style-type: none"> Athletic Abilities: <ul style="list-style-type: none"> Speed Agility Strength Overhand throwing Fielding (ground ball and fly ball) <ul style="list-style-type: none"> Pivots Hitting mechanics Baserunning <ul style="list-style-type: none"> Bunt read Retreat slide (dive back) Defensive tactics and strategies: <ul style="list-style-type: none"> Run downs 	<ul style="list-style-type: none"> Bats Cones Balls (Regular and Softie or Tennis Balls) Bases Ties, pieces of cloth, or ropes to tie legs together Batting Helmets
Practice #14	Practice #14 Objectives: <ul style="list-style-type: none"> To develop fundamental skills and athletic abilities in warm-up routines. To develop fundamental skills using game simulations. To develop team defensive tactics and strategies. To develop pitching mechanics. To develop catcher positional skills. To enhance team bonding and leadership development. 	<ul style="list-style-type: none"> Athletic Abilities: <ul style="list-style-type: none"> Speed Agility Strength Overhand throwing Fielding (ground ball and fly ball) <ul style="list-style-type: none"> Pivots Underhand toss Backhand toss Hitting mechanics Bunting Pitching mechanics Catcher positional skills: <ul style="list-style-type: none"> Receiving Throws to bases Signalling Baserunning <ul style="list-style-type: none"> Bunt read Retreat slide (dive back) 	<ul style="list-style-type: none"> Bats (Regular and Light Bats or Wooden Dowel or Broomstick Bats) Balls (Regular, Lite Flight Balls and Softie or Tennis Balls) Bases Cones Batting Screen Pitching Plates Home Plates Batting Helmets
Practice #15	Practice #15 Objectives: <ul style="list-style-type: none"> This practice plan is purposely left blank to allow the coach to design their own practice plan. This will allow the coach to work on skills or concepts to meet the individual needs of their respective team and players. 		

MAIN PART

DRILL: HITTING CIRCUIT

Time: 60 minutes

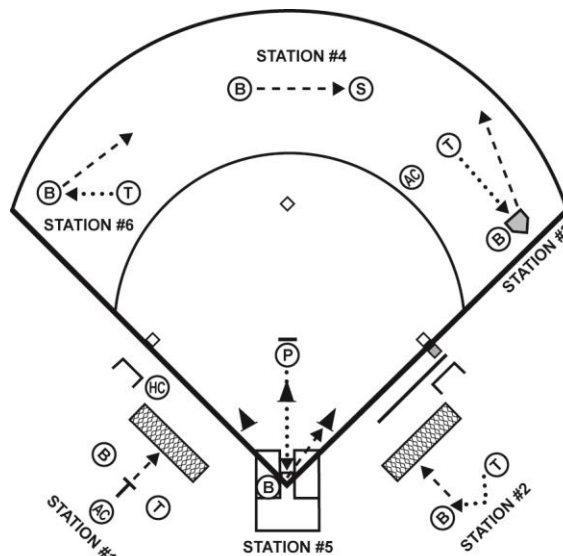
Equipment: Tees, Bats (Regular and Light bats), Tennis balls, Whiffle golf balls, Frisbees or CDs, Cones

Objective(s) of Drill:

- To review hitting mechanics
- To review sacrifice bunting technique

Drill Description:

- 2 players at each 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
 - 2 sets of 5 swings
 - 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 10 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 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.
 - 10 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.
 - 10 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 – Hitting - One Hand Swing Drill**
 - Batter will use a light bat or choke up on regular bat and perform swings with the top hand only and then the bottom hand only.
 - 3 sets of 5 swings with each hand.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FOOTBALL SOFTBALL

Time: 20 minutes

Equipment: Whiffle balls or restricted flight balls, Bat, Cones

Objective(s) of Drill:

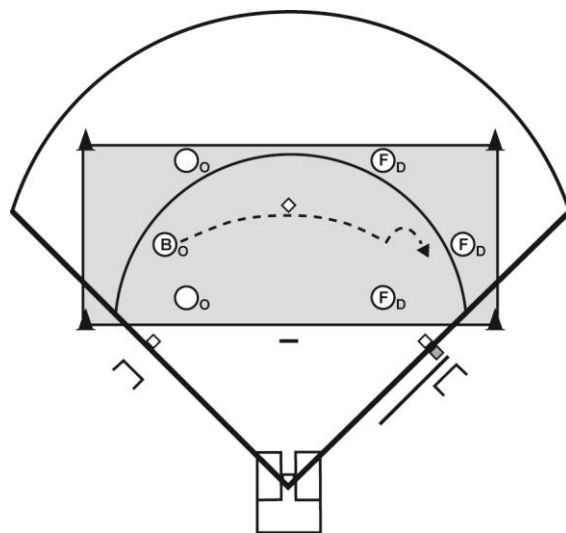
- Fun activity to reinforce hitting mechanics and fielding skills

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

5-10 minutes	<p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p>
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #12****DATE:**

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Team Defense	2 Relays/Cut-offs	3 Infield/Outfield Communication		

WARM-UP**DRILL: CRASH****Time:** 8 minutes**Equipment:** Tee, Light bat or broomstick, Whiffle Balls, Bases, Cones**Objective(s) of Drill:**

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

Drill Description:○ **Reaction - Angling Back on Fly Ball**

- Players are lined up 10' in front of Coach.
- One player at a time.
- First player in line is in ready position
- Coach points in the air at a 45 or 60 degree angle to the left or right and (run or getting under the ball).
- Player returns to line and next player is in front of coach in ready position

○ **Agility - Kareoka**

- Set up cones 40' apart
- Players will perform Kareoka (or grapevine) from one cone to far cone and
- 3 reps

○ **Speed - 2nd to Home**

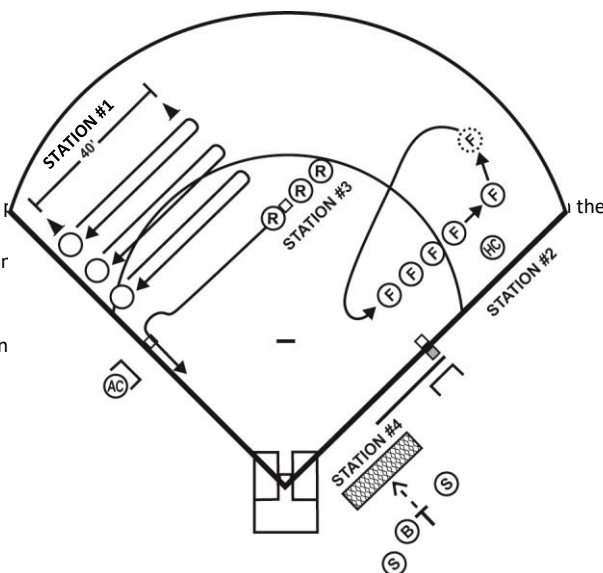
- Players will run from 2nd Base to Home.
- Before 3rd Base, player picks up coach for signal to either:
 - Hold up.
 - Draw throw (round bag hard and jam).
 - Or advance to Home.

○ **Hitting - One Hand Swing Drill**

- Player takes 5 swings with one hand holding the bat to hit a whiffle ball off a Tee with a light bat or broomstick.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL: THROWING/RECEIVING EVERYDAYS****Time:** 10 minutes**Equipment:** Balls**Objective(s) of Drill:**

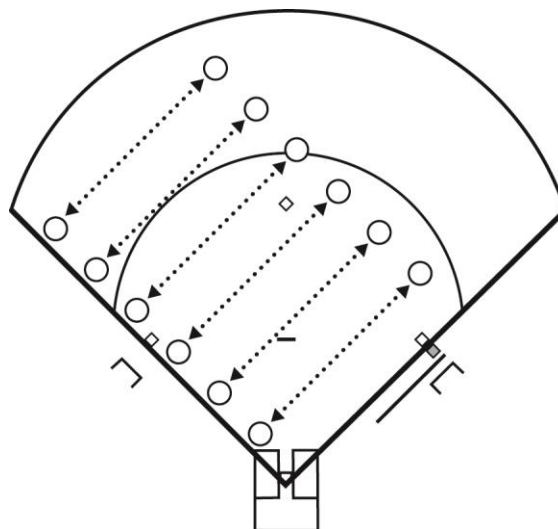
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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: 10 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)**

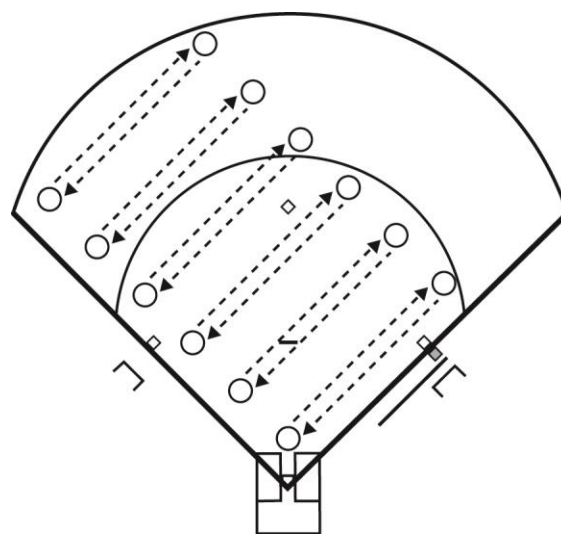
- Without gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
- With gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.

○ **Fly balls (with a partner)**

- Without a glove and using a tennis or softie ball, throw a fly ball directly to 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 directly to your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

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 to 3rd Base.
- Players rotate from 3rd Base to SS to LF and back to 3rd Base.

○ **Station #2**

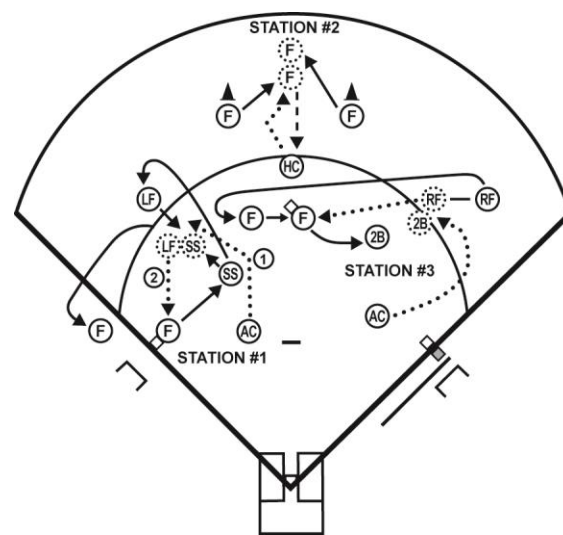
- Set up two cones about 30'-40' apart
- One player at left cone, one at right cone with other 2 players near each cone to replace fielders.
- Coach throws a fly ball between cones. Players must communicate to decide who will catch the ball and who will be the backup.
- After fielding ball, player throws to 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 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: RELAYS/CUT-OFFS

Time: 25 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.

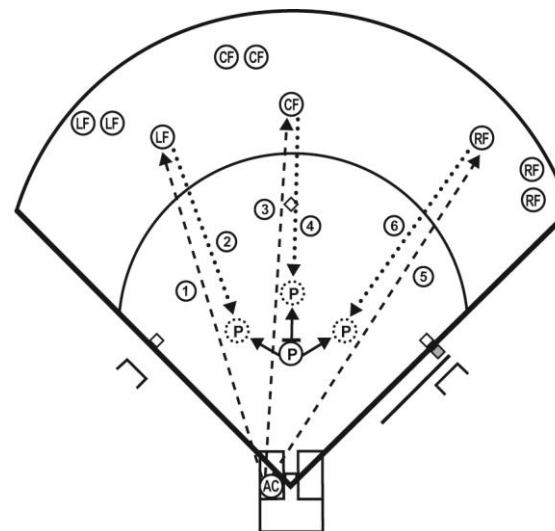
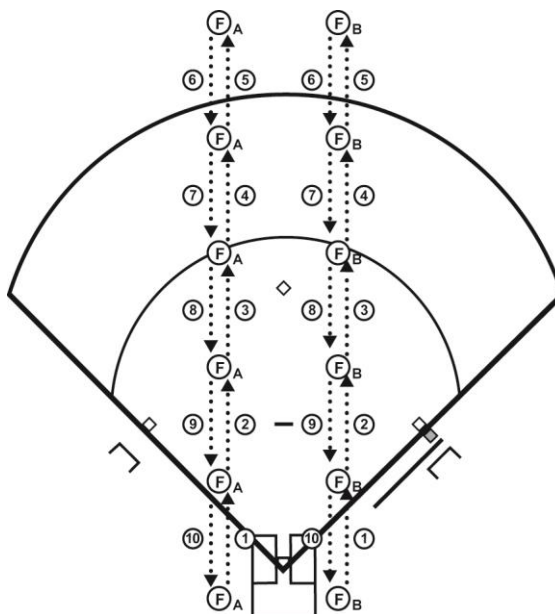
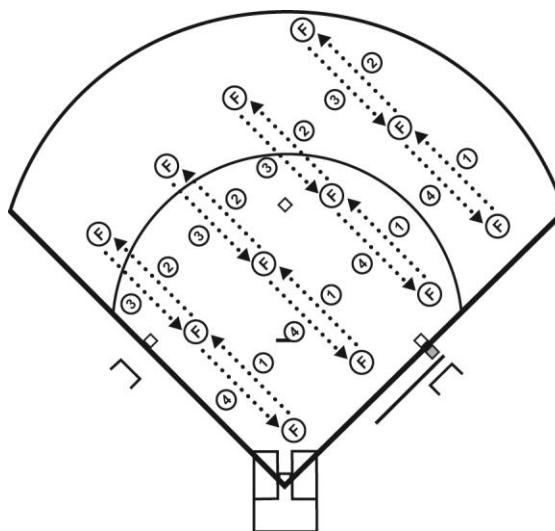
○ Cut-offs

- 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 base or 2nd 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 pitcher from each outfielder.

Note: Recommendation is to use the pitcher rather than the 1st Base as the cut-off person at the U13 age category. The pitcher is often one of the best athletes on the team and they are already in position to act as the cut-off. 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: GAME SIMULATIONS

Time: 22 minutes

Equipment: Bases, Balls, Helmets, Bat

Objective(s) of Drill:

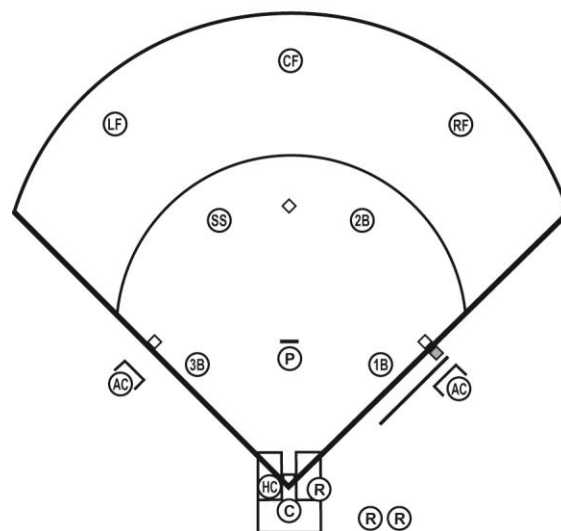
- To review defensive and offensive tactics

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
- 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	<p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p>
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #13****DATE:**

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Fun review of all skills	2 Review retreat slide	3 Run Downs		

WARM-UP**DRILL: BAT RELAYS****Time:** 5 minutes**Equipment:** Bats, Cones**Objective(s) of Drill:**

- Fun warm-up activity

Drill Description:

- Set up cones 40' apart.

- Divide players into 3 groups of 4

- Each group forms 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.
- And runs to cone and back.
- If the bat falls, the player must do a physical activity (2 burpees, 2 push-ups, etc.) before continuing.

○ Bat Relay #2

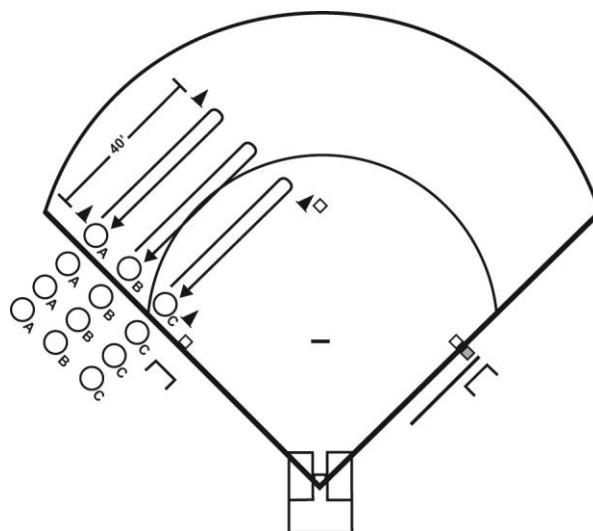
- 2 players holding the bat with their right hand (one player must face forwards and the other must face backwards)
- Players must always face the same direction they started facing. This way they both run forwards and backwards.
- Together they run to the cone, touch the ground with their left hand 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: CRASH****Time:** 10 minutes**Equipment:** Balls, Bases, Cones, Ties, cloth, or ropes to tie legs together**Objective(s) of Drill:**

- Softball-specific warm-up and conditioning

- Review of fundamental softball skills

Drill Description:

- Divide players into 3 groups of 4

○ 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

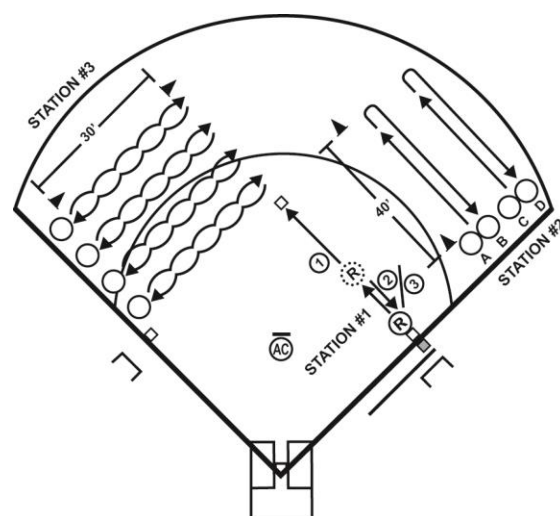
○ Agility - Three Legged Race

- Set up cones 40' apart.

- Partner up players and tie their legs together.
- The 2 groups of 2 players will race against each other and complete a three legged race to the cone and back
- 2 reps
- **Speed - Bounding**
 - Set up cones 30' apart.
 - Players will bound (2 feet together jumps) to cone and back.
 - 2 reps each.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL: THROWING/RECEIVING EVERYDAYS****Time:** 7 minutes**Equipment:** Balls**Objective(s) of Drill:**

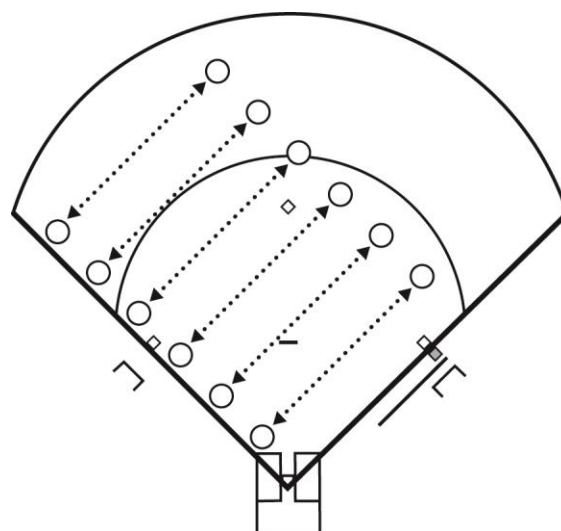
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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
 - Pre-stride into K position
 - Full motion

Key Teaching Points:

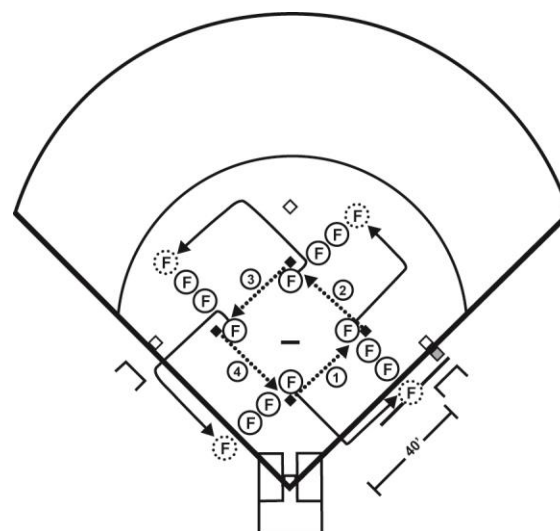
- 1 _____
- 2 _____
- 3 _____

**DRILL: FOUR CORNER DRILL (WITH SEVERAL VARIATIONS)****Time:** 8 minutes**Equipment:** Balls, Cones or bases**Objective(s) of Drill:**

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

Drill Description:

- Evenly divide players at each corner
 - **Variation #1 - Pivot and Throw:**
 - Set bases about 40' apart
 - The coach will shout which base to throw the ball to. The player that throws the ball must call the name or nickname of the player who is going to receive the throw prior to throwing the ball.
 - The coach can call for the ball to go to any base.
 - **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 toss, pivots and tosses to player at 2nd Base. Continue tossing to each base.
 - Players will follow their throw and line up at next base.
 - Reverse direction of tosses.





- 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.

■ **Other possible variations:**

- Add a catch and tag.
- Move the base distance to 50'

- Players rotate to the end of their line.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: FIELDING EVERYDAYS

Time: 15 minutes

Equipment: Balls

Objective(s) of Drill:

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

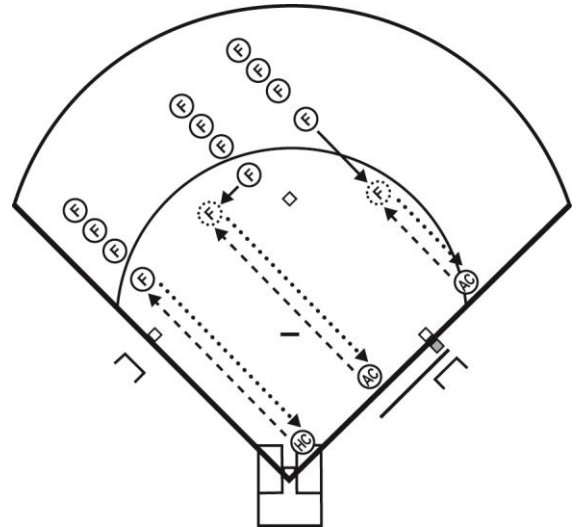
Drill Description:

- Divide players into 3 groups of 4 with 1 coach per group
- Coach throws different types of ground balls to players, who fields ball and throws back to coach:
 - Stationary – directly at player
 - Shuffle step (right or left)
 - Cross-over step (right or left)
 - Slow roller (charge and set to throw)

- After fielding, player goes to end of line.
- 10 ground balls per player

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:

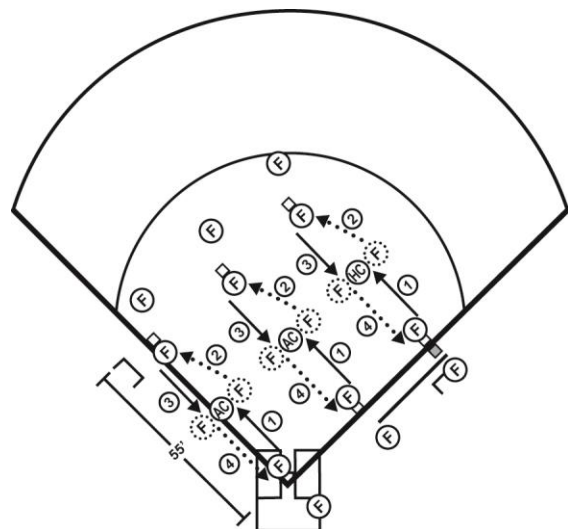
- Coach will review rundown key teaching points for defense and offence

○ **Drill #1**

- Divide players into 3 groups of 4
 - Set up 2 bases 55' 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.
 - 3 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 55' 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.

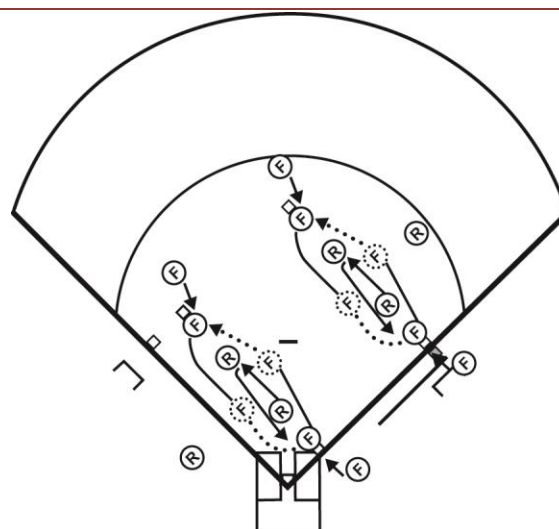




- 2 reps per player acting as a baserunner.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL: DOUBLE HOT BOX****Time:** 15 minutes**Equipment:** Balls, Bases, Helmets**Objective(s) of Drill:**

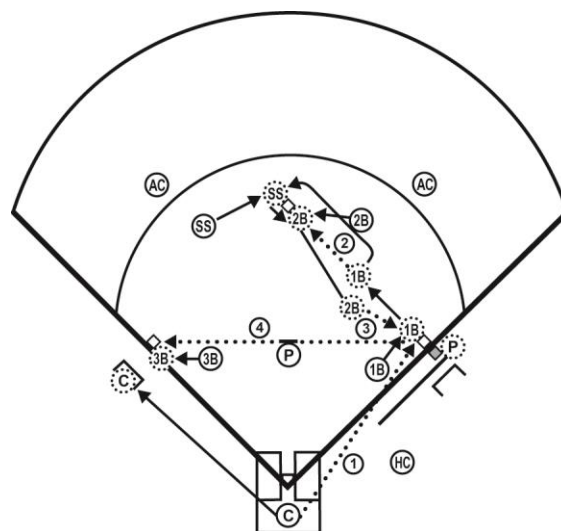
- Fun
- Conditioning

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: POP FLY NUMBERS GAME

Time: 15 minutes

Equipment: Softie or tennis balls, Cones

Objective(s) of Drill:

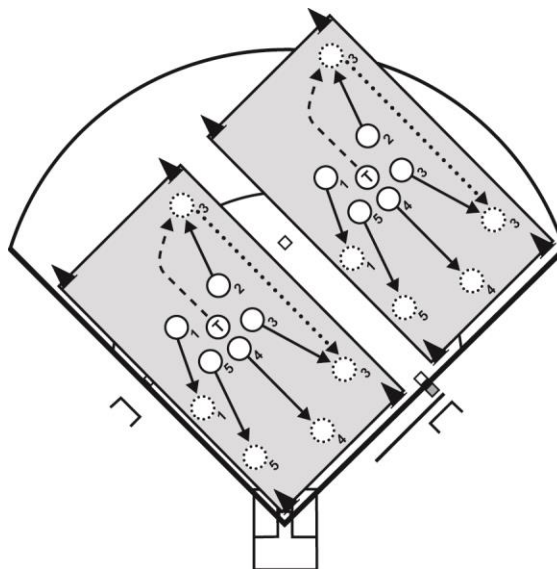
- Fun
- To review the proper mechanics of catching a fly ball

Drill Description:

- 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:
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PRACTICE PLAN #14

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Practice basic skills during warm up routines and everyday	3 Practice fielding and various throws given situation by coach	5 To have pitchers and catchers work together		
	2 Practice all throws and pivots	4 Practice hitting technique	6 Pitcher/catcher skills practice		

WARM-UP

DRILL: NEMO BAT STRETCHES

Time: 5 minutes

Equipment: Bats or wooden sticks

Objective(s) of Drill:

- Stretch and warm-up hitting muscles.

Drill Description:

- Each player will complete the following batting warm-up exercises:

■ 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 arm 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

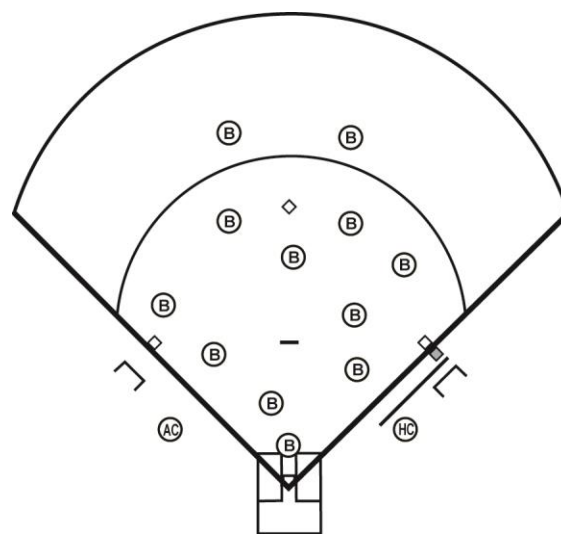
- The player begins the movement at the end of the follow through and quickly returns to the balanced ready stance for hitting.
- 3 reps

■ 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.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: CRASH

Time: 10 minutes

Equipment: Bases, Cones, Balls, Bats

Objective(s) of Drill:

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

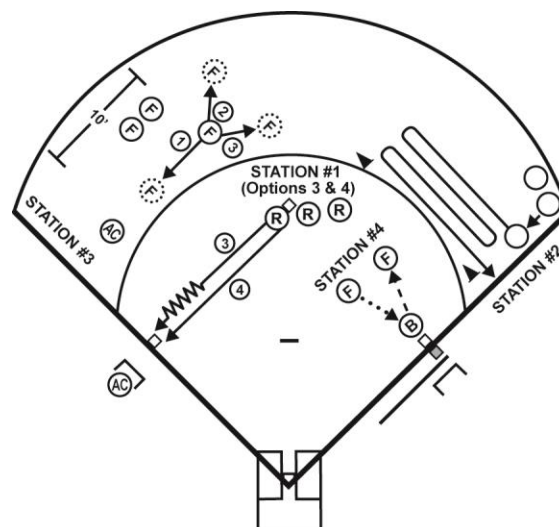
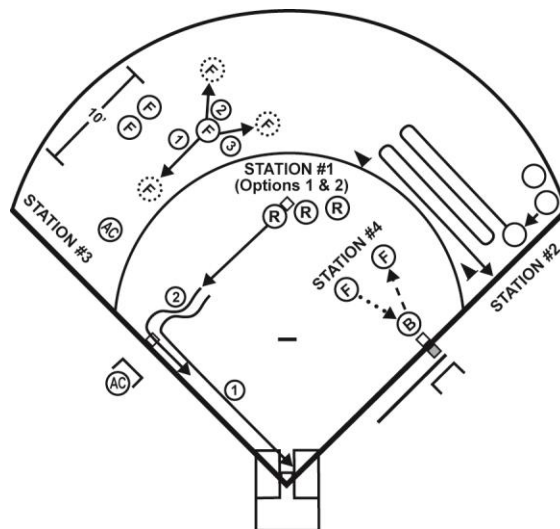
Drill Description:

- Divide players into 4 groups of 3
- **Speed – 2nd to Home**

- As runner leaves 2nd they pick up coach at 3rd who will give a signal:
 - #1: Continue running to Home
 - #2: Round 3rd Base, jam and draw throw.
 - #3: Slide at 3rd Base
 - #4: Stand up on the bag at 3rd Base
- **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.
- **Reaction - Fielding**
 - Player lines up 10' in front of Coach.
 - Coach will give the player a visual cue to indicate a:
 - Ground ball 10' in front of the player that they must charge.
 - Fly ball 10' to either side and behind the player (60 degrees).
 - Players must visualize the imaginary ground ball or fly ball and pretend to field it using various angling footwork movements.
- **Hitting – Bunt Pepper**
 - One bunter and 2 fielders who toss the ball to the bunter and field the bunts.
 - Bunter performs 7 sacrifice bunts then new player bunts.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

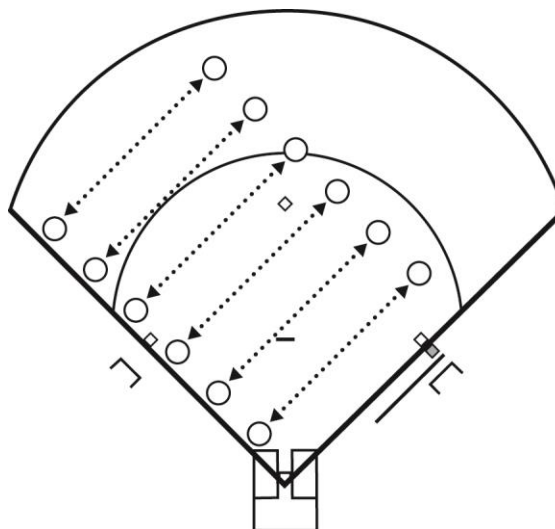
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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: 5 minutes

Equipment: Balls, Softie or tennis 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)**

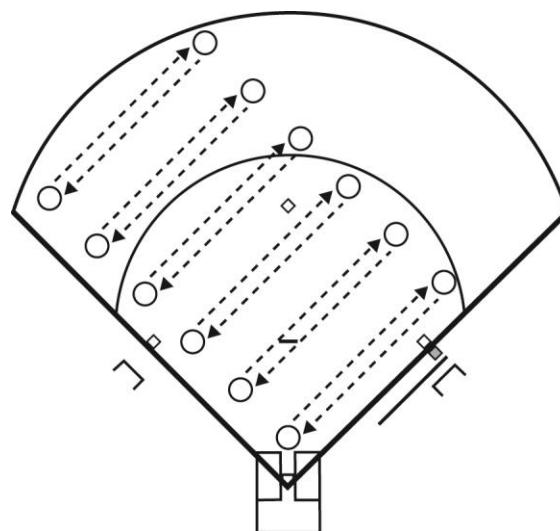
- Without gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.
- With gloves, roll a ground ball directly to your partner who fields the ball and rolls a ground ball back. Field 10 ground balls each.

○ **Fly balls (with a partner)**

- Without a glove and using a tennis or softie ball, throw a fly ball directly to 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 directly to your partner who fields the ball and throws a fly ball back. Field 10 fly balls each.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 5 minutes

Equipment: Balls, Bases

Objective(s) of Drill:

- Practice overhand throw and pivots, underhand and backhand toss.
- Practice underhand and backhand toss.

Drill Description:

- Divide players up into 4 groups with one group at each corner.

○ **Corners are set at a distance of 55' apart for overhand throws**

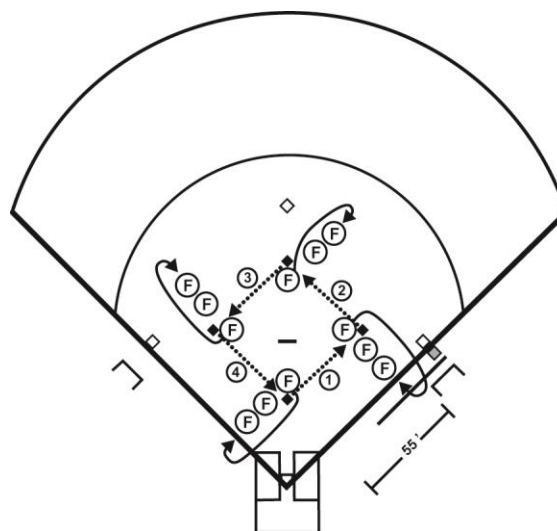
- Pivot and throw to next corner.
- Player goes to back of their line.
 - Variations:
 - ◆ Reverse direction of throw to work on different pivots
 - ◆ Add a second ball
 - ◆ Challenge - Ask players to make 10 good throws in a row to end the drill

○ **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.
- Player goes to back of their line.
- 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.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL: STATION WORK

Time: 60 minutes (15 minutes per station)

Equipment: Batting Screen, Lite flight balls, Bases, Pitching plates and home plates, Helmets

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 (3) and catchers (3)
 - Group #2 is made up of infielders and outfielders (6 total).
- Each group will complete their respective station work (30 minutes per station):
 - While the pitchers and catchers are hitting, the infielders/outfielders are working on fielding skills.
 - After 30 minutes, the pitchers/catchers will then work on pitching and catching mechanics while the infielders/outfielders will hit.

Group #1 - Pitchers and Catchers

■ **Hitting Station (Front Toss)**

- Coach pitcher is throwing front toss from 15-18' in front of home plate
- One batter, 2nd batter doing shadow swings in on-deck position, other 4 players are shaggers
- Rotate through all players
- Each batter completes 2 sets of 10 reps

■ **Pitching/Catching Station:**

- **Pitchers:**
 - ◆ Complete pre-game pitching routine
 - ◆ Work on all pitches.
- **Catchers:**
 - ◆ Work on 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.

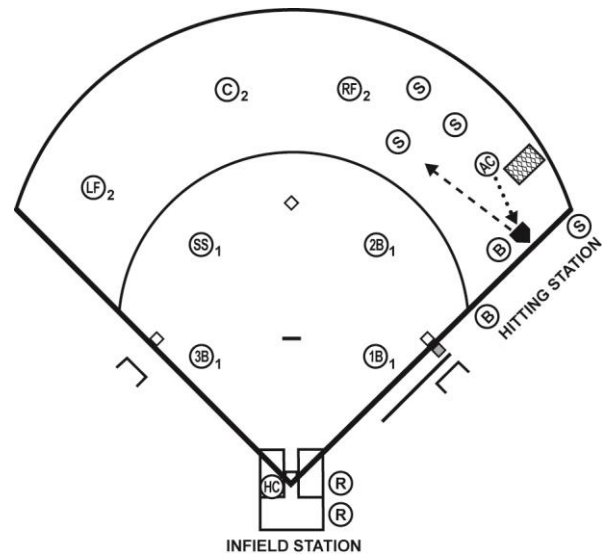
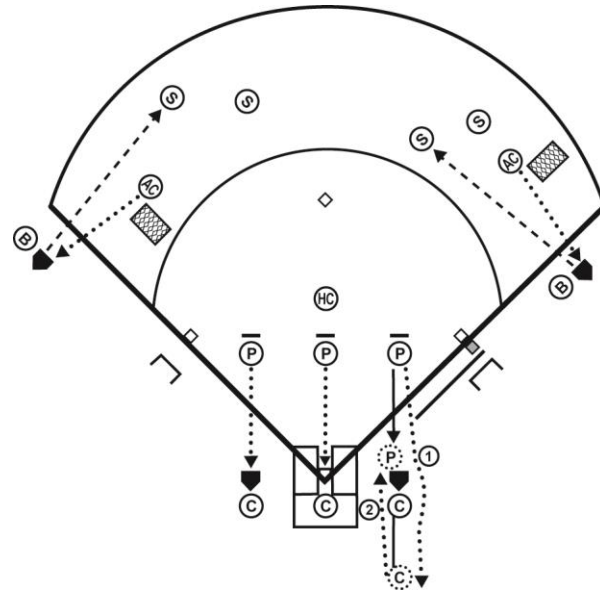
Group #2 – Infielders/Outfielders

■ **Fielding Station**

- Drill #1 - Infield
 - ◆ Place players at 1B, 2B, 3B and SS with extra players acting as baserunners.
 - ◆ Coach hits balls to each infield position under various situations (number of outs, runners on base, etc.)
 - ◆ Rotate players.
- Drill #2 - Outfield
 - ◆ Place players in LF, CF, RF and one Coach at 2B, 3B or as cut-off with extra players acting as baserunners.
 - ◆ Coach hits balls to each outfield position under various situations (number of outs, runners on base, etc.)
 - ◆ Rotate players.

■ **Hitting Station (Front Toss)**

- Same as above.
- If possible, set up a 2nd hitting station.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**COOL DOWN & CONCLUSION**

10 minutes	Static Stretching Routine (See Appendix C) Debrief:
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #15****DATE:**

Location:		Number of Athletes:		Length of Practice	
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:**

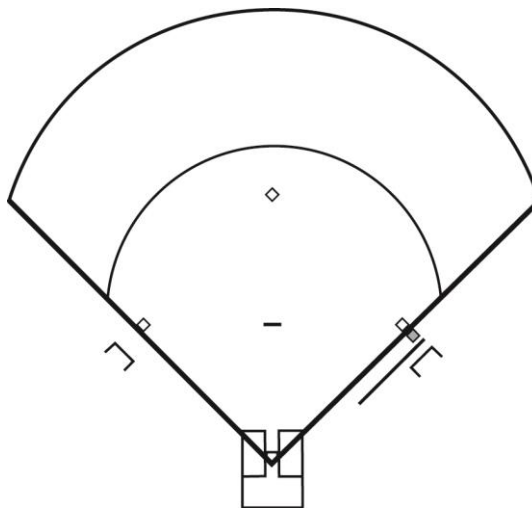
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:****Time:****Equipment:****Objective(s) of Drill:**

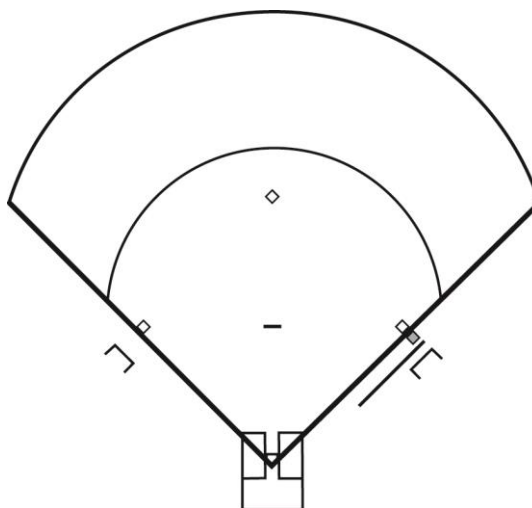
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

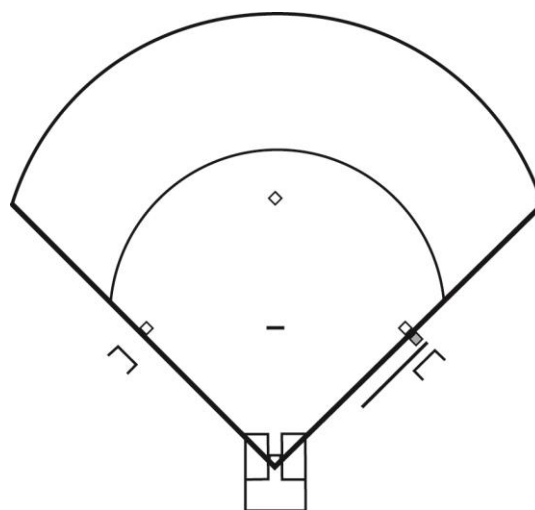
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- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**MAIN PART****DRILL:**

Time:

Equipment:

Objective(s) of Drill:

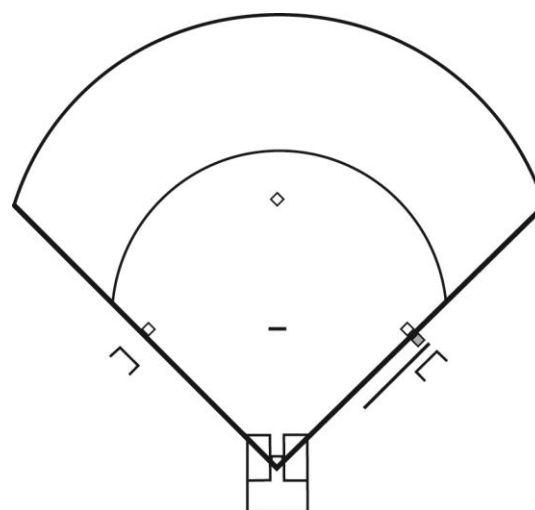
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

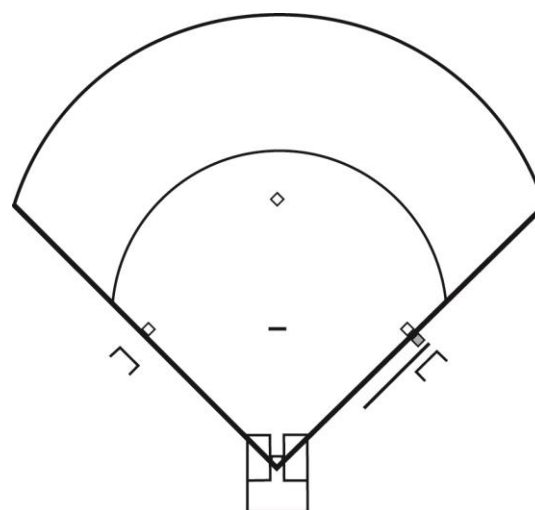
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL:

Time:

Equipment:

Objective(s) of Drill:

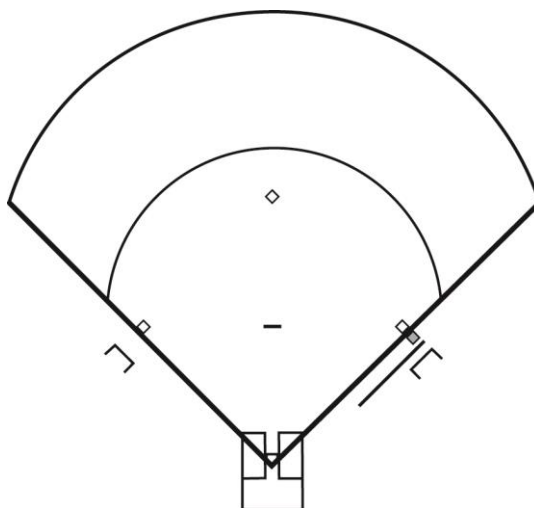
- ☐ _____
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

Equipment:

Objective(s) of Drill:

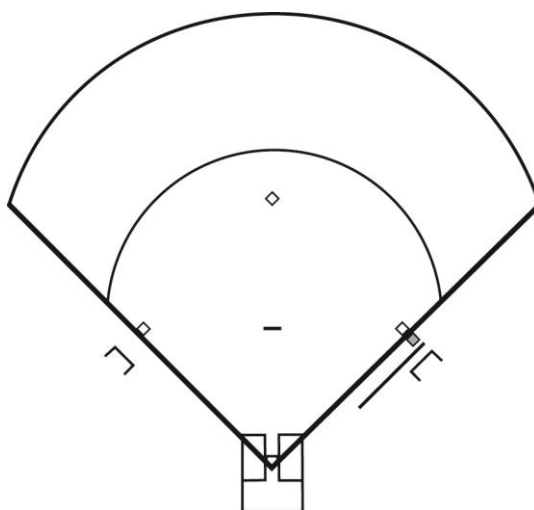
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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:



3.5 PHASE 4 – PRACTICE OBJECTIVES AND PRACTICE PLANS

	Practice Objectives	Skill Focus	Required
Practice #16	Practice #16 Objectives: <ul style="list-style-type: none"> ○ To refine fundamental skills and athletic abilities in warm-up routines. ○ To refine fundamental skills and positional skills using game simulations. ○ To refine team defensive tactics and strategies. ○ To refine baserunning using game simulations. ○ To enhance team bonding and leadership development. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Pivots ■ Shuffle step ■ Cross-over step ■ Underhand toss ■ Backhand toss ○ Hitting mechanics ○ Baserunning ○ Defensive tactics & strategies: <ul style="list-style-type: none"> ■ 1st & 3rd ■ Pick-offs ■ Bunt read ■ Various situations with runners on base and different number of outs 	<ul style="list-style-type: none"> ○ Cones ○ Pool Noodles ○ Balls ○ Ball Buckets ○ Bases ○ Bats ○ Batting Helmets



Practice Objectives		Skill Focus	Required
Practice #17	Practice #17 Objectives: <ul style="list-style-type: none">○ To refine fundamental skills and athletic abilities in warm-up routines.○ To refine fundamental skills and positional skills using game simulations.○ To refine team defensive tactics and strategies.○ To refine baserunning using game simulations.○ To enhance team bonding and leadership development.	<ul style="list-style-type: none">○ Athletic Abilities:<ul style="list-style-type: none">■ Speed■ Agility■ Strength○ Overhand throwing○ Fielding (ground ball and fly ball)<ul style="list-style-type: none">■ Pivots■ Shuffle step■ Cross-over step■ Forehand■ Backhand○ Hitting mechanics○ Sacrifice Bunt<ul style="list-style-type: none">■ Sacrifice○ Baserunning<ul style="list-style-type: none">■ Bunt read○ Outfielder positional skills:<ul style="list-style-type: none">■ Fielding fly balls/ ground balls■ Long throws and footwork■ Relays■ Cut-offs○ Pitching mechanics & positional skills○ Catcher mechanics & positional skills:<ul style="list-style-type: none">■ Receiving■ Framing○ Defensive tactics & strategies:<ul style="list-style-type: none">■ Bunt coverage■ Various situations with runners on base and different number of outs	<ul style="list-style-type: none">○ Balls○ Cones○ Bats (Regular, Light Bats or Wooden Dowel or Broomstick Bats, and Heavy Bats)○ Batting Tees○ Fence or Hitting Nets○ Bases○ Batting Helmets



	Practice Objectives	Skill Focus	Required
Practice #18	Practice #18 Objectives: <ul style="list-style-type: none"> To refine fundamental skills and athletic abilities in warm-up routines. To refine fundamental skills and positional skills using game simulations. To refine team defensive tactics and strategies. To refine baserunning using game simulations. To enhance team bonding and leadership development. 	<ul style="list-style-type: none"> Athletic Abilities: <ul style="list-style-type: none"> Speed Agility Strength Overhand throwing Fielding (ground ball and fly ball) <ul style="list-style-type: none"> Pivots Shuffle step Cross-over step Hitting mechanics Baserunning Outfielder positional skills Defensive tactics & strategies: <ul style="list-style-type: none"> Covering home on pass ball Bases loaded infield in Runner on 3rd less than 2 outs (stop run) Various situations with runners on base and different number of outs 	<ul style="list-style-type: none"> Flat Cones Bean Bags Balls (Regular and Golf Whiffle Balls) Pool Noodles Bats (Regular and Wooden Dowel or Broomstick Bats) Batting Helmets Nerf Footballs Bases
Practice #19	Practice #19 Objectives: <ul style="list-style-type: none"> To refine fundamental skills and athletic abilities in warm-up routines. To refine fundamental skills and positional skills using game simulations. To refine team defensive tactics and strategies. To refine baserunning using game simulations. To enhance team bonding and leadership development. 	<ul style="list-style-type: none"> Athletic Abilities: <ul style="list-style-type: none"> Speed Agility Strength Overhand throwing Fielding (ground ball and fly ball) <ul style="list-style-type: none"> Pivots Underhand toss Backhand toss Hitting mechanics Baserunning: <ul style="list-style-type: none"> Tagging up Defensive tactics & strategies: <ul style="list-style-type: none"> Various situations with runners on base and different number of outs 	<ul style="list-style-type: none"> Bats (Regular or Wooden Dowel or Broomstick Bats) Balls (Regular, Plastic Ball Hockey Balls or Whiffle Balls) Bases Hitting Net or Fence Cones Batting Helmets
Practice #20	Practice #20 Objectives: <ul style="list-style-type: none"> This practice plan is purposely left blank to allow the coach to design their own practice plan. This will allow the coach to work on skills or concepts to meet the individual needs of their respective team and players. 		

**PRACTICE PLAN #16****DATE:**

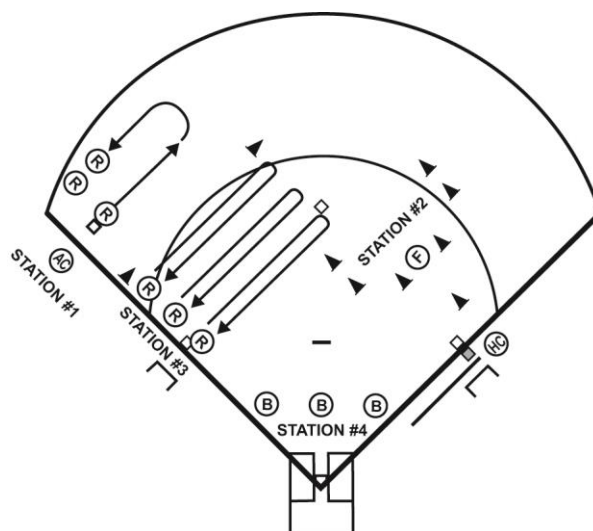
Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Refine skills and tactics 2 Refine fielding and throwing skills and tactics	3 Practice defense position skills, tactics and team strategies	4 Team bonding and having fun		

WARM-UP**DRILL: CRASH****Time:** 10 minutes**Equipment:** Cones, Balls, Pool noodle**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
- **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.
- **Agility - 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 10' 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 and backhand at 30-45 degrees (Coach Cue: Ball in hand with arm extended out to side).
 - A fly ball 10' to either side and behind of the player on an angle of 60 degrees (Coach Cue: Ball in hand and arm raised above Coach's head).
 - Each player fields 5 balls
- **Speed - Form Running**
 - Set up cones 55' 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.
- **Hitting (Pool Noodle)**
 - Pool Noodle swings
 - Player swings at pool noodle held at various places in the strike zone

**Key Teaching Points:**

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING EVERYDAYS

Time: 10 minutes

Equipment: Balls

Objective(s) of Drill:

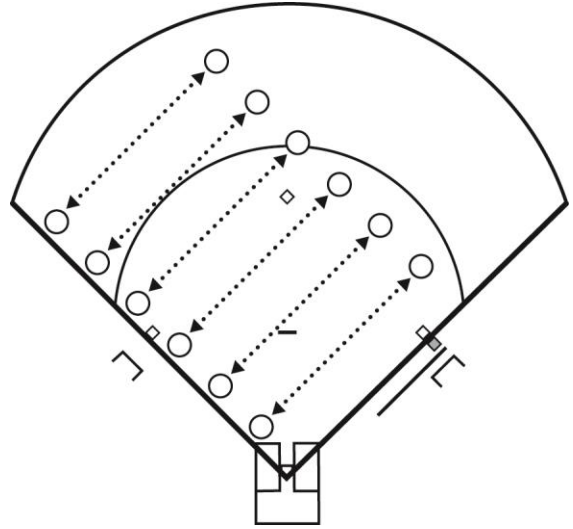
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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 _____



MAIN PART

DRILL: FIELDING EVERYDAYS

Time: 20 minutes (10 minutes per drill)

Equipment: Balls, Ball Bucket, Cones

Objective(s) of Drill:

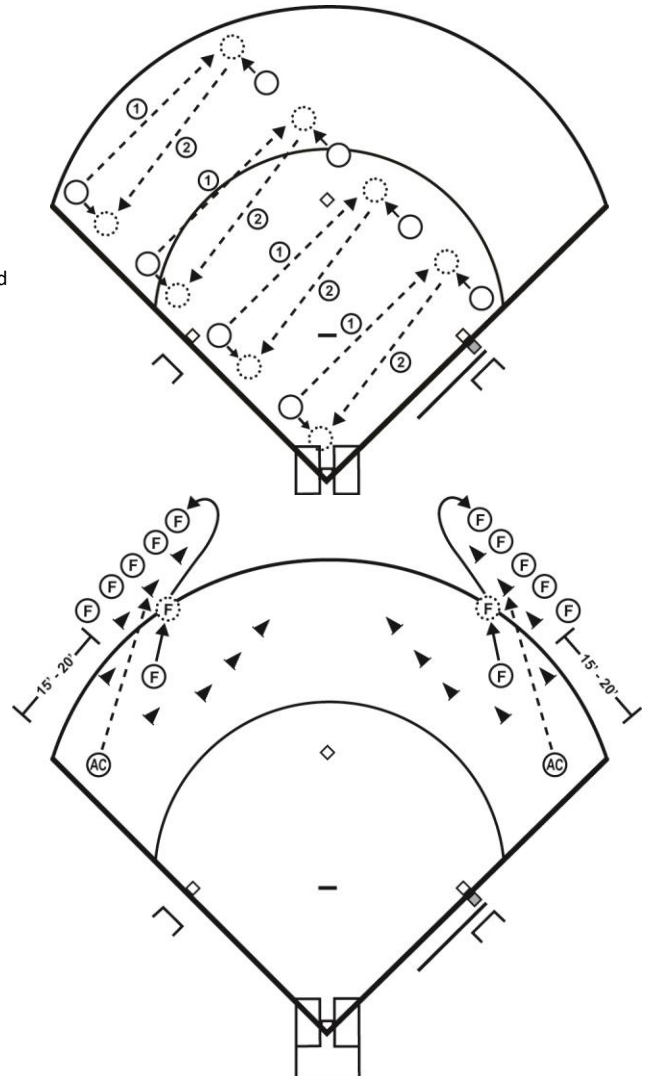
- Review shuffle, cross-over step and fielding mechanics
- Review backhand fielding (stationary, cross-over step)
- Review footwork going back for fly balls as outfielder
- Charging outfield ground ball to make HURRY throw to target

Drill Description:

- **Drill #1 – Infield Ground Balls**
 - Players work in pairs (6 groups of 2 players)
 - Player throws ground ball to partner on their forehand and backhand at various distances from fielder to work on:
 - Shuffle step
 - Cross-over step (about 2-4 steps away)
- **Drill #2 – Outfield Ground Balls and Fly Balls**
 - Coach stands 15-20' feet from players and randomly tosses fly balls and ground balls to first player in line
 - Cones are set up for reference (see diagram):
 - 60 degrees behind and to the left or right of the fielder (place cone 15-20' away from player)
 - 45 degrees behind and to the left or right of the fielder (place cone 15-20' away from player)
 - 15 degrees behind and to the left or right of the fielder (place cone 10' away from player)
 - 15 degrees in front and to the left or right of the fielder (place cone 10' away from player)
 - Player moves to field ball with balance and coordination and sets to throw the ball but does not release.
 - Player then rotates to the back of the line.
 - Variation:
 - Add throwing to targets after the ball is fielded

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: FOUR CORNER DRILL

Time: 14 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.
- Players will rotate to the end of their line at their corner after completing throw (go to back of their line)

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

- Set bases about 40-60' 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.
- Variations:
 - ◆ Reverse direction of throws.
 - ◆ Add tag after receiving throw.
 - ◆ Add 2nd ball.

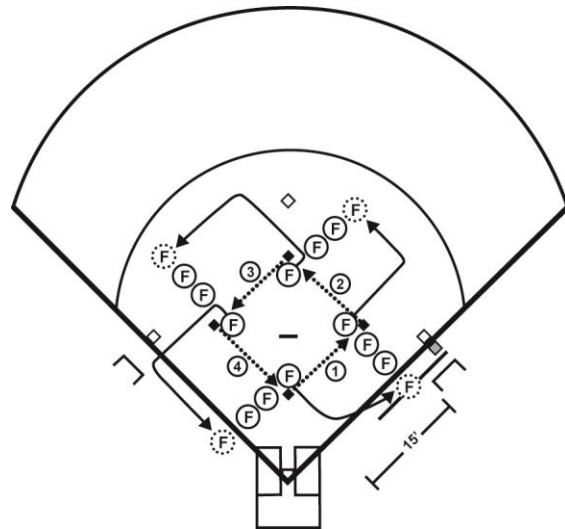
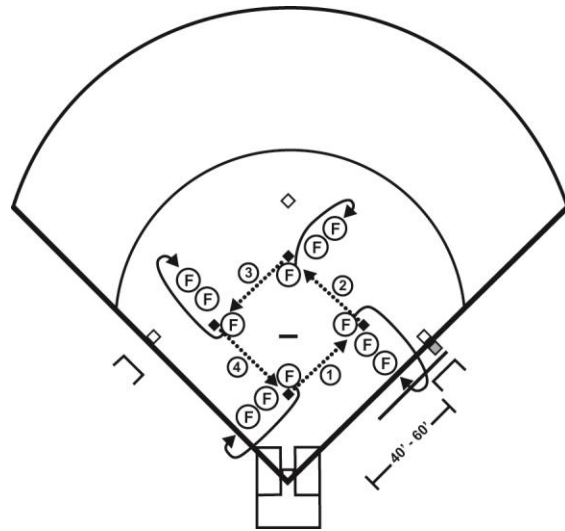
■ **Variation #2 - Underhand and Backhand Tosses (4 minutes each)**

- 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.
- Players will follow their throw and line up at next base.
- Reverse direction of tosses.
- 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.

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

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: DEFENSIVE POSITIONAL PLAY & TEAM TACTICS

Time: 35 minutes

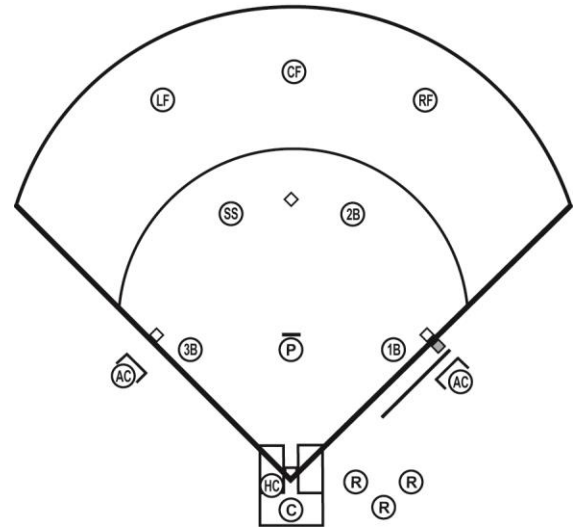
Equipment: Bats, Bases, Balls, Bucket, Helmets

Objective(s) of Drill:

- Refine technical skills and team and individual tactics/strategies
- Teach/review 1st and 3rd option
- Teach pick-offs

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

5-10 minutes	<p>Static Stretching Routine (See Appendix C)</p> <p>Debrief:</p>
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #17****DATE:**

Location:		Number of Athletes:		Length of Practice	
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Absent Athletes:

Support Staff:

Objectives of Practice:	1 Refine basic skills and tactics	3 Refine outfield position play and tactics	5 Practice pitching/receiving
	2 Refine swing mechanics	4 Refine bunt fielding and bunting vs. live pitching	6 Enhance team bonding and leadership

WARM-UP**DRILL: CRASH****Time:** 10 minutes**Equipment:** Balls, Cones, Bats – light bat or broomstick, heavy bat, regular bat**Objective(s) of Drill:**

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

Drill Description:

- Divide players into 4 groups of 3

○ 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

○ 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.

○ Speed

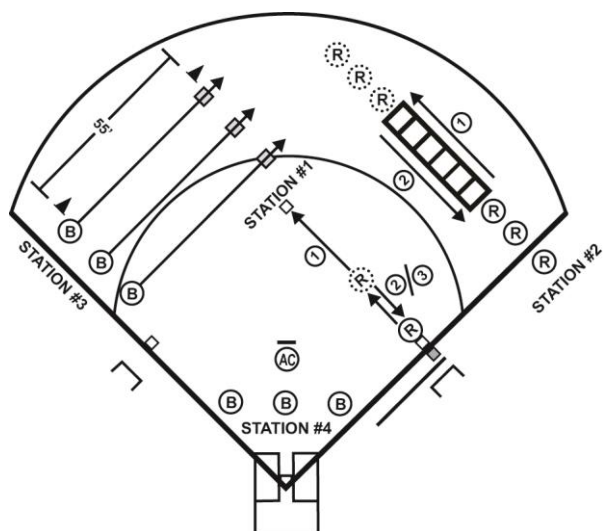
- Place cones 55' apart
- Player will simulate a sacrifice bunt, get out of the batter's box, run through 1st Base hitting the orange portion of the bag and then jogs back to the starting position
- 3 reps per player

○ Hitting

- Each player will perform 7-10 swings with each of the following bats:
 - Heavy bat (slow motion)
 - Light bat or broomstick (as fast as possible)
 - Regular bat
- Each player will complete 5 shadow swings.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING/RECEIVING EVERYDAYS

Time: 10 minutes

Equipment: Balls

Objective(s) of Drill:

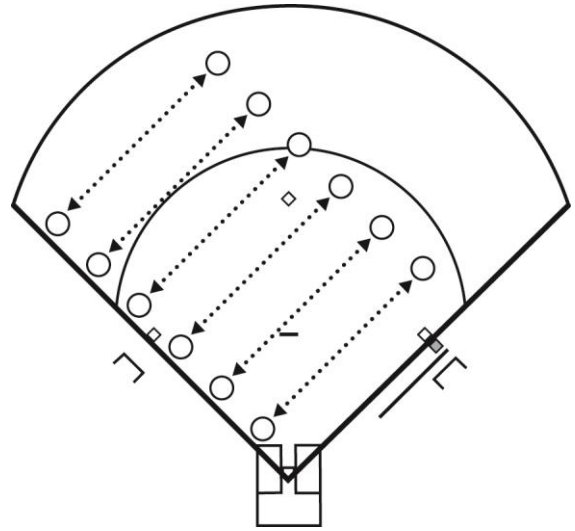
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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 _____



MAIN PART

DRILL: STATION WORK

Time: 20 minutes (10 minutes per station)

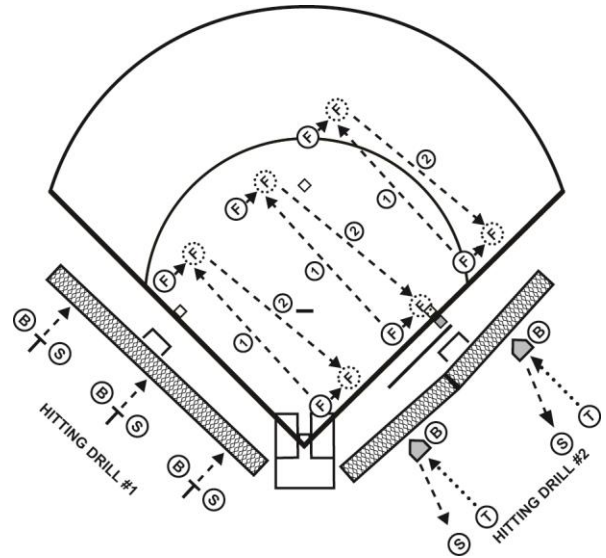
Equipment: Balls, Batting tees, Bats, Fence or hitting nets

Objective(s) of Drill:

- To review fielding mechanics and footwork (shuffle step, cross-over step)
- To review backhand fielding (stationary, cross-over step)
- To practice/refine hitting mechanics
- To practice sacrifice bunt mechanics

Drill Description:

- Divide players into 2 groups
- After 10 minutes at a station, players will rotate to the next station
- **Station #1 - Fielding Everyday (10 minutes)**
 - Players work in pairs
 - Player throws ground ball to partner on their forehand and backhand at various distances from fielder to work on:
 - Shuffle step
 - Cross-over step (about 2-4 steps away)
- **Station #2 – Hitting (10 minutes)**
 - Divide players into 2 groups with one group at each hitting station:
 - Tee Station (5 minutes)
 - ◆ All players will hit off Tees into net or fence at the same time
 - ◆ Coach correct players' swings
 - ◆ 2-3 sets of 3 swings
 - Sacrifice Bunt (5 minutes)
 - ◆ 3 players (one tosser, one bunter, one shagger). Tossor front tosses to batter, who completes a sacrifice bunt. Shagger retrieves ball and returns to tosser.
 - ◆ 2-3 sets of 3 bunts. Players switch after each set.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL : OUTFIELD PLAY

Time: 20 minutes

Equipment: Balls, Bases, Bat

Objective(s) of Drill:

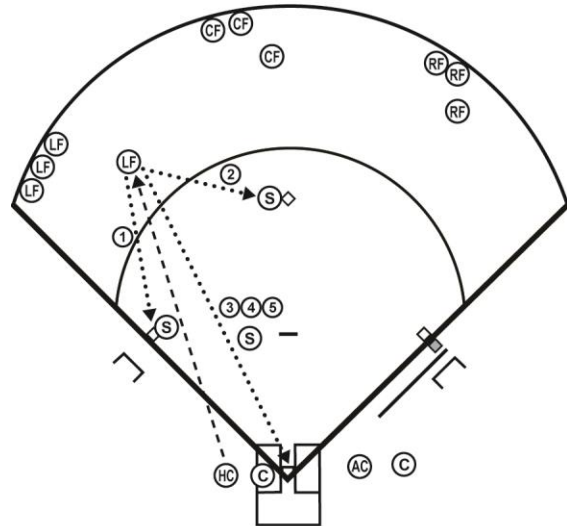
- To refine outfield positional play and refine mechanics and footwork
- To review long throws and footwork
- To review team tactics (coverages, relays, cut-offs)

Drill Description:

- Set up all 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: BUNT FIELDING/SACRIFICE BUNTING/RUNNING H- 1ST

Time: 30 minutes

Equipment: Balls, Bases, Helmets

Objective(s) of Drill:

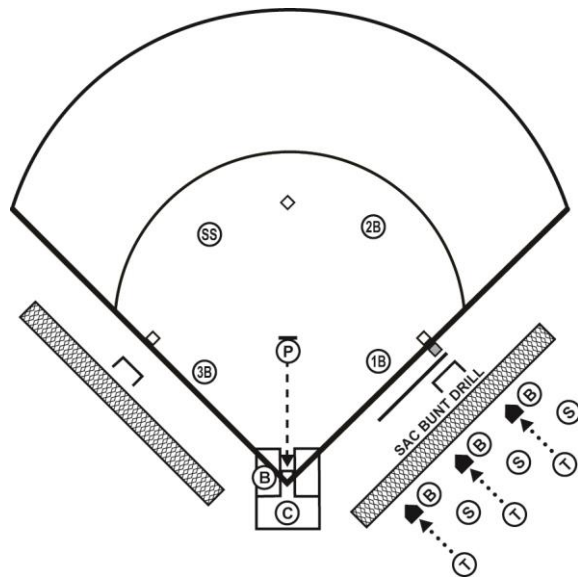
- To review/practice bunt fielding techniques/tactics
- To refine sacrifice bunting technique
- To develop team communication

Drill Description:

- Warm-up 2 pitchers and 2 catchers
 - While pitchers & catchers are warming up, other players will practice sacrifice bunting:
 - Divide players into groups of 3-4 (one tosser, one bunter, one or two shaggers)
 - 3 bunts and switch bunters
 - Continue until pitchers/catchers are warmed up.
- When pitcher/catchers are warm, players will bunt off live pitching
 - Place players into all infield defensive positions, with one batter.
 - Other players will continue working on sac bunting on other side of fence.
 - Pitcher will pitch to batter who performs 5 sacrifice bunts in a row.
 - On the 5th bunt the batter will run out the bunt.
 - Defensive players will make a play on all 5 bunts alternating between making throws to 2nd Base and 1st Base.
 - Rotate Batter and Pitcher after 5 bunts and rotate infielders to different positions.
 - If you have a third pitcher, have them warm-up to throw to last group of bunters.
 - If time permits, have players complete three more bunt attempts each.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



**COOL DOWN & CONCLUSION**

10 minutes	Static Stretching Routine (See Appendix C) Debrief:
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PRACTICE EVALUATION

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

**PRACTICE PLAN #18****DATE:**

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Refine basic skills & tactics	2 Review defensive positioning principles and special situations	3 Refine individual positional skills (infield)	4 Refine hitting mechanics	

WARM-UP**DRILL: CRASH****Time** 10 minutes**Equipment:** Flat cones, Bean Bags, 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.

○ Reaction - Fielding

- Players line up about 10' feet in front of coach.
- Coach will give the player a visual cue to indicate a 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 ball:
 - 1 shuffle step left and right of player and slightly in front of them (Coach Cue: Ball in the hand at Coach's side)
 - 10' in front of player, to charge a ball (Coach Cue: Ball held in both hands in front of Coach)
 - 10' to each side of player and behind the player for cross-over steps on forehand and backhand at 30-45 degrees (Coach Cue: Ball in hand with arm extended out to side).
 - 10' to each side and behind of the player (on an angle of 60 degrees) for pop-ups (Coach Cue: Ball in hand and arm raised above Coach's head)

○ Agility – Shuttle Run

- Set up 3 sets of 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.

○ Speed – Tag Up and Go

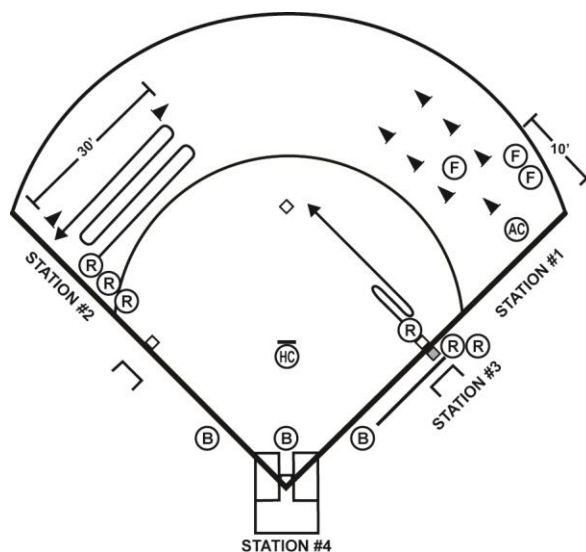
- Coach acts as Pitcher.
- Player takes leads off when pitcher's arm is at 12 o'clock position.
- Coach points up to indicate a fly ball has been hit or down to indicate the hit is on the ground.
- If a fly ball, the player returns to bag, waits for the Coach's signal that ball has been caught and then runs 5-6 steps on Coach's verbal and visual cue to run Home.

○ Hitting – Pool Noodle

- Player swings at pool noodle held at various places in strike zone
- 7-10 swings

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

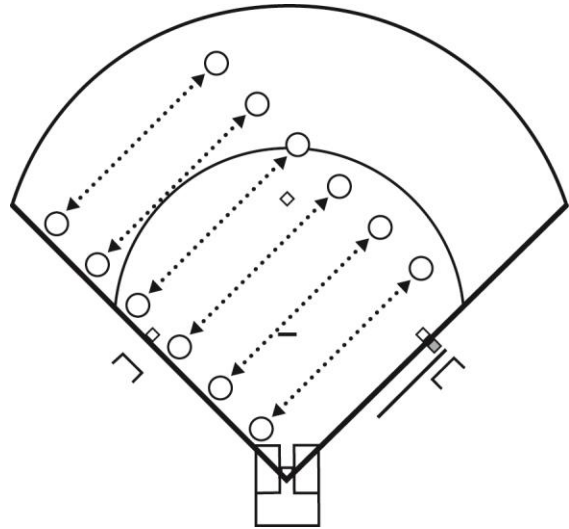
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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 _____



MAIN PART

DRILL: STAR DRILL

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

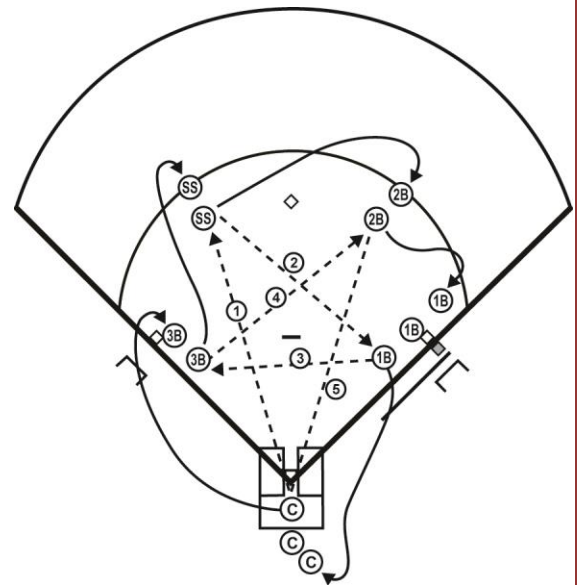
- Warm-up, refine throwing mechanics and pivots

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: STATION WORK

Time: 40 minutes (20 minutes per station)

Equipment: Balls, Bats, Helmets, Nerf football, Bases, Golf whiffle balls, Broomstick bats

Objective(s) of Drill:

- Review individual skills and tactics for defensive positions for infielders and outfielders
- To refine hitting mechanics

Drill Description:

- Divide players into 2 groups.
- 20 minutes per stations then groups switch stations.

Station #1

- Divide players into two groups.

■ **Drill #1 - Football Drill (10 minutes)**

- Players line up about 20' in front of Coach.
- Coach will throw the football in the air (fly ball) to the first player in line. The Coach will throw to the player in the following order of direction:
 - ◆ Right
 - ◆ Left
 - ◆ And over their head
- 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.

■ **Drill #2 - Outfield Fielding Drill (10 minutes)**

- Players will line up on the left side of the outfield.
- The Coach will hit a ground ball and fly ball to the first player in line.
- Once the player completes the play they move off to the right side of the outfield and line up again.
- Once all players have completed the drill, the coach will hit a ground ball or fly ball to first player in the line to their right.

- Groups switch stations after 20 minutes.

Station #2 – Batting Practice (20 minutes)

○ **Drill #1 - Tee Swings into net or fence (5 minutes)**

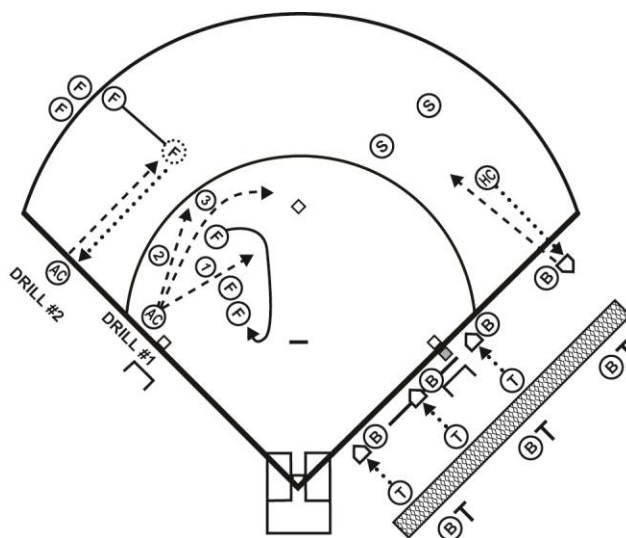
- Set up 3 Tee hitting stations
- Each player feeds their own tee
- 3 sets of 5 swings per player

○ **Drill #2 - Front Toss (5 minutes)**

- Set up 3 hitting stations along a fence or into a net.
- One Coach is tossing to one player at each station using golf whiffle balls and broomsticks
- 3 sets of 5 swings

○ **Drill #3 - Live Pitching (10 minutes)**

- 1 Coach Pitcher, 2 shaggers and one batter
- 2 sets of 6 swings. Rotate after each set.
 - Option #1
 - ◆ Batting cage or pitching machine
 - Option #2
 - ◆ Front toss from coach behind screen about 15' in front of batter.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: DEFENSIVE POSITIONAL PLAY & TEAM TACTICS

Time: 30 minutes

Equipment: Bases, Balls, Bats, Helmets

Objective(s) of Drill:

- Review defensive positional skills and defensive principles and special situations

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

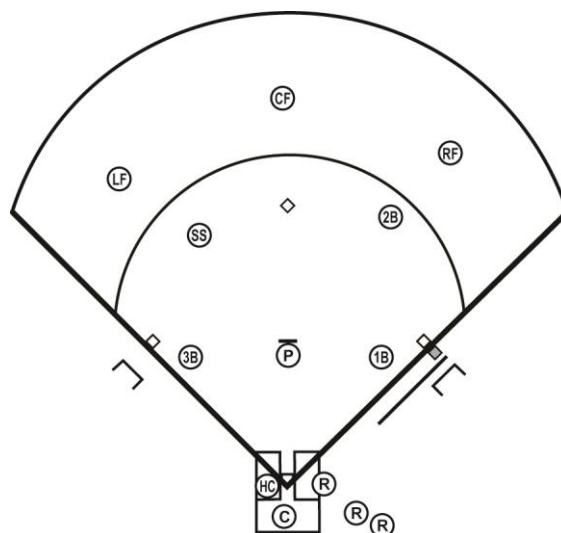
- 1st and 3rd plays

- Pick-offs

- Bunt coverages

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

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

What worked well:	What to change for next time:
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**PRACTICE PLAN #19****DATE:**

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Refine basic skills & tactics	2 Practice game situations in 4 vs. 4 with live pitching	3 Practice pitching, catching warm ups	4 Team bonding. Have Fun!	

WARM-UP**DRILL: NEMO BAT STRETCHES****Time:** 5 minutes**Equipment:** Bats or wooden sticks**Objective(s) of Drill:**

- Stretch and warm-up hitting muscles

Drill Description:

- Each player will complete the following batting warm-up exercises:

■ **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 arm 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**

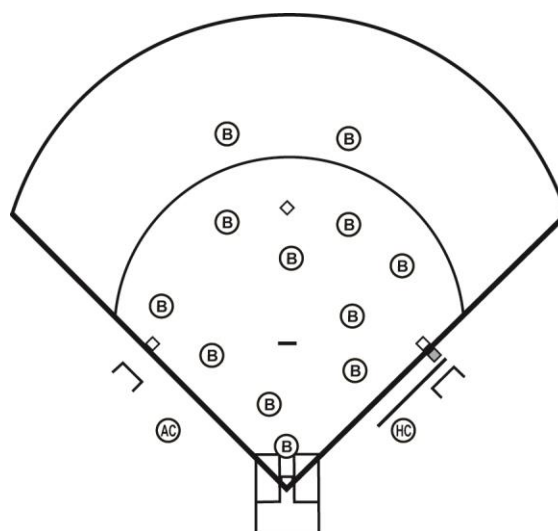
- The player begins the movement at the end of the follow through and quickly returns to the balanced ready stance for hitting.
- 3 reps

■ **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.

**Key Teaching Points:**

1 _____

2 _____

3 _____



DRILL: CRASH

Time: 10 minutes

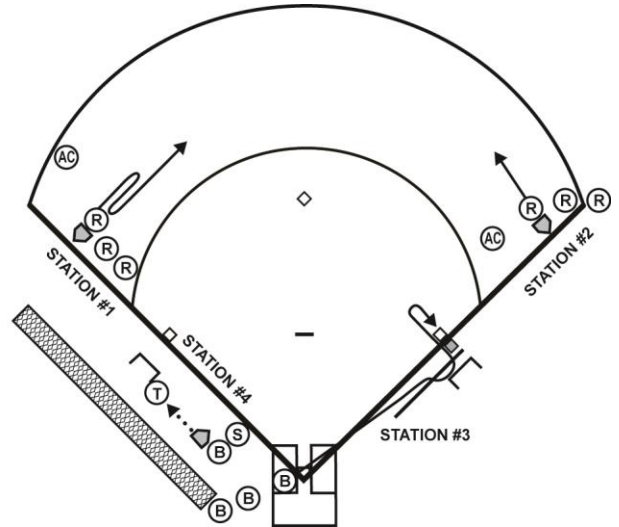
Equipment: Balls, Bases, Broomsticks, Plastic Ball hockey balls or whiffle balls, Hitting net or fence

Objective(s) of Drill:

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

Drill Description:

- Divide players into 4 groups
- **Reaction – Tag Up and Go**
 - Coach acts as Pitcher.
 - Player takes leads off when pitcher's arm is at 12 o'clock position.
 - Coach points up to indicate a fly ball has been hit
 - Player returns to bag, waits for Coach's signal that ball has been caught and then runs 5-6 steps on Coach's verbal and visual cue to run Home.
- **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.
- **Speed – Swing, Round 1st & Jam**
 - Player swings the bat and runs to 1st Base, rounds 1st, jams and returns to 1st Base.
- **Hitting - Visual tracking**
 - 1 Coach Pitcher, 1 batter, the rest are shaggers.
 - Use broomstick and plastic ball hockey balls or whiffle balls
 - Rapid fire swings into net or fence from soft toss by Coach
 - 7-10 swings then rotate players
 - Variation:
 - Use colored balls and toss two at the batter.
 - The Coach will say which color ball to hit.



Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

DRILL: THROWING/RECEIVING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

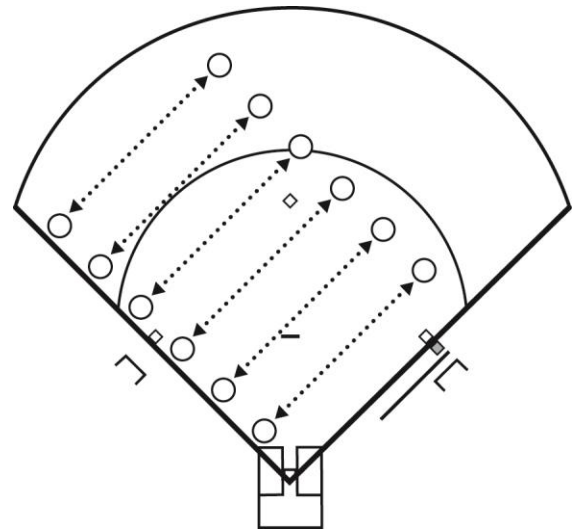
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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 _____



MAIN PART

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.
- Divide players into 4 groups with players at each corner.
- Players will rotate to the end of their line at their corner after completing throw (go to back of their line)

■ Variation #1 - Pivot and Throw:

- Set bases about 40' - 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.
- Variations:
 - ◆ Reverse direction of throws to work on different pivots.
 - ◆ Add 2nd ball.
- Challenge
 - ◆ Ask players to make 10 good throws in a row to end the drill.

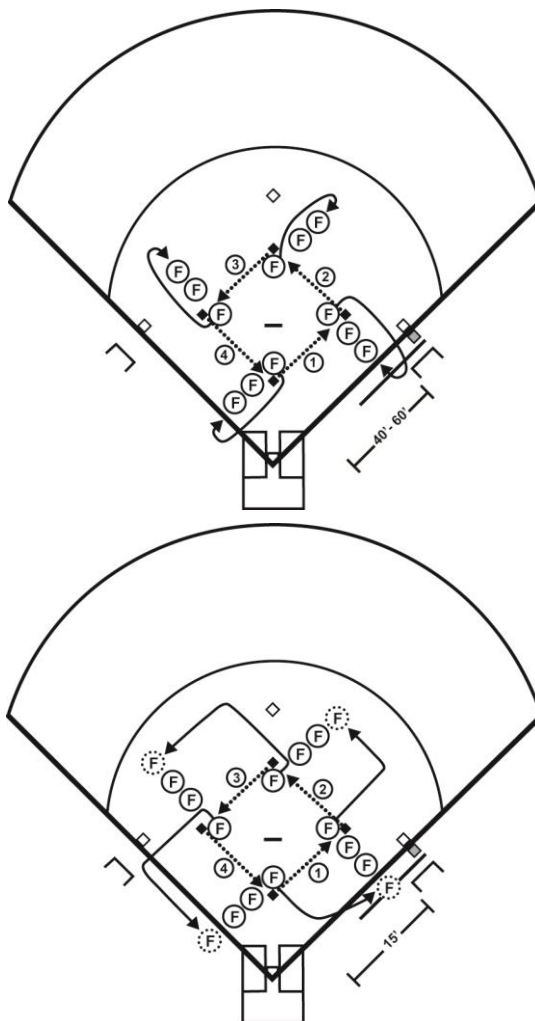
■ Variation #2 - Underhand and backhand tosses (4 minutes each)

- 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.
- Players will follow their throw and line up at next base.
- Reverse direction of tosses.
- 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.

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

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: INTERSQUAD GAME

Time: 60 minutes

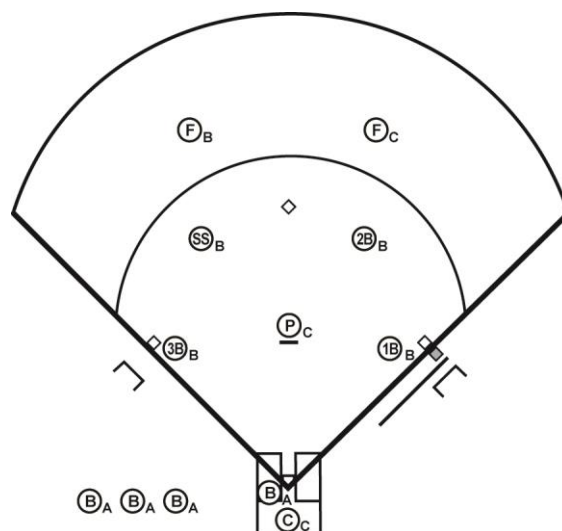
Equipment: Bats, Balls, Helmets, Bases

Objective(s) of Drill:

- To review defensive situations within a game setting

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>
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PRACTICE EVALUATION

What worked well:	What to change for next time:
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**PRACTICE PLAN #20****DATE:**

Location:		Number of Athletes:		Length of Practice	
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:**

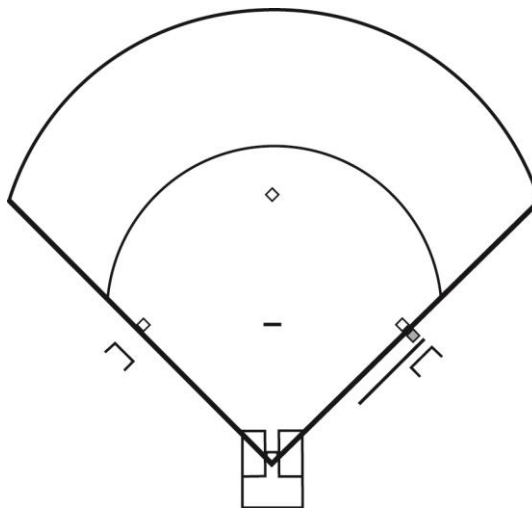
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:****Time:****Equipment:****Objective(s) of Drill:**

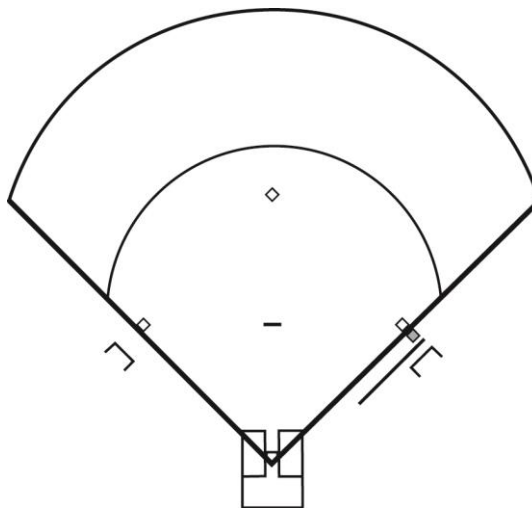
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

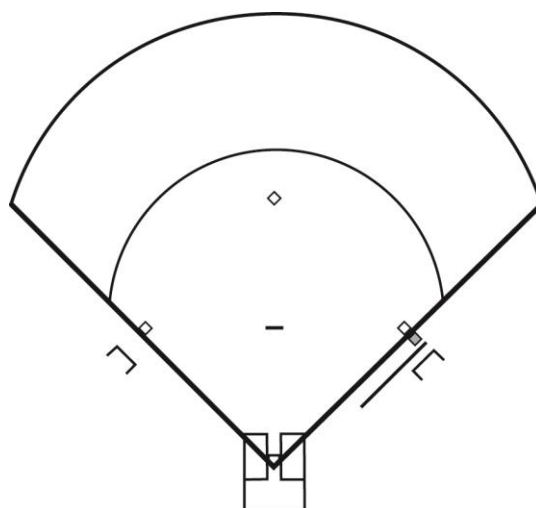
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**MAIN PART****DRILL:**

Time:

Equipment:

Objective(s) of Drill:

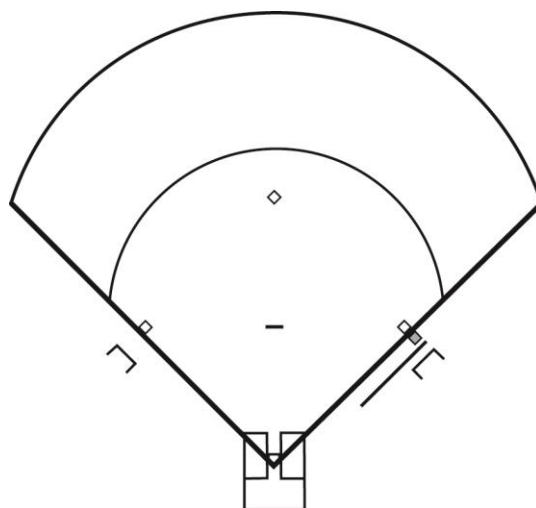
- ☐ _____
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

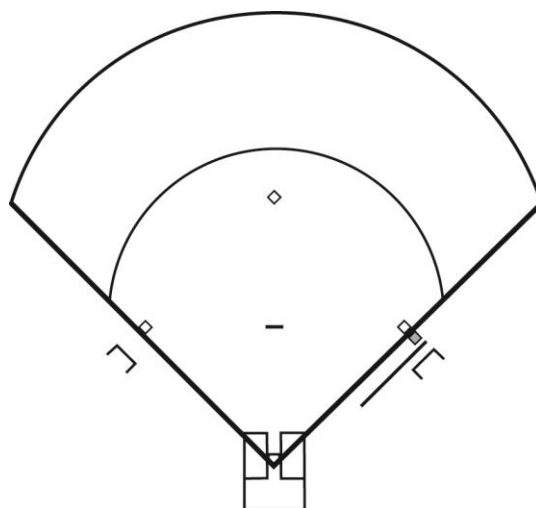
- ☐ _____
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL:

Time:

Equipment:

Objective(s) of Drill:

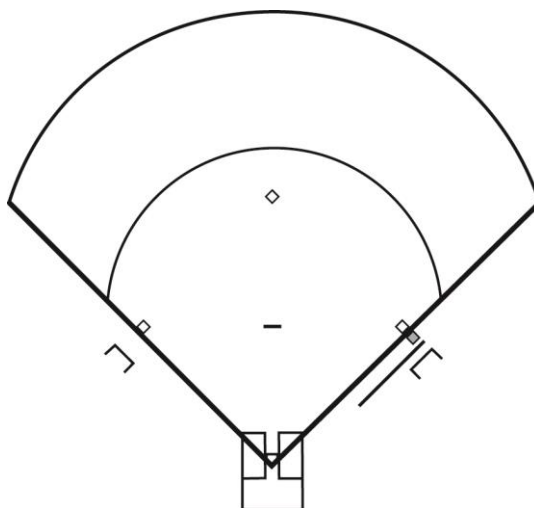
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- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

Equipment:

Objective(s) of Drill:

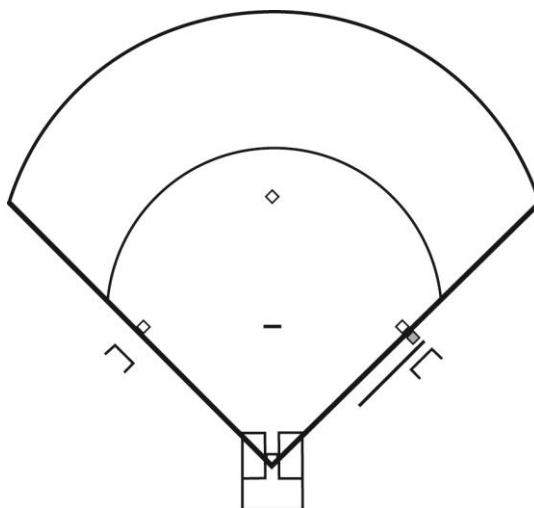
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

Static Stretching Routine (See Appendix C)

Debrief:

10 minutes

PRACTICE EVALUATION

What worked well:

What to change for next time:



3.6 BONUS PRACTICE PLANS

BONUS PRACTICE OBJECTIVES

	Practice Objectives:	Skill Focus	Required
Practice #21	Practice #21 Objectives: <ul style="list-style-type: none"> ○ To refine fundamental skills and athletic abilities in warm-up routines. ○ To refine fundamental skills and positional skills using game simulations. ○ To refine team defensive tactics and strategies. ○ To refine baserunning using game simulations. ○ To enhance team bonding and leadership development. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Pivots ■ Shuffle step ■ Cross-over step ■ Forehand ■ Backhand ○ Hitting mechanics ○ Baserunning <ul style="list-style-type: none"> ■ Lead-offs ■ Tagging up ■ Force plays ■ No force ○ Defensive tactics & strategies: <ul style="list-style-type: none"> ■ 1st & 3rd ■ Pick-offs ■ Bunt read ■ Steals ○ Various situations with runners on base and different number of outs 	<ul style="list-style-type: none"> ○ Cones ○ Bases ○ Bats (Regular, Light Bats or Wooden Dowel or Broomstick Bats, and Heavy Bats) ○ Pool Noodles ○ Balls (Regular, Whiffle Balls, and Plastic Ball Hockey Balls) ○ Fence ○ Batting Tees ○ Hitting Nets



Practice Objectives:		Skill Focus	Required
Practice #22	Practice #22 Objectives: <ul style="list-style-type: none"> ○ To refine fundamental skills and athletic abilities in warm-up routines. ○ To refine fundamental skills and positional skills using game simulations. ○ To refine team defensive tactics and strategies. ○ To refine baserunning using game simulations. ○ To enhance team bonding and leadership development. ○ To review rules (obstruction, interference). ○ To have fun. 	<ul style="list-style-type: none"> ○ Athletic Abilities: <ul style="list-style-type: none"> ■ Speed ■ Agility ■ Strength ○ Overhand throwing ○ Fielding (ground ball and fly ball) <ul style="list-style-type: none"> ■ Pivots ■ Underhand toss ■ Backhand toss ○ Hitting mechanics ○ Baserunning <ul style="list-style-type: none"> ■ Bunt read ■ Tagging up ■ Force plays ■ No force ○ Defensive tactics & strategies: <ul style="list-style-type: none"> ■ Intentional walk ■ Pass balls plays at plate ■ Squeeze defense ■ Relays ■ Cut-offs ■ Various situations with runners on base and different number of outs 	<ul style="list-style-type: none"> ○ Cones ○ Bases ○ Balls ○ Agility Ladder ○ Bats (Regular, Light Bats or Wooden Dowel or Broomstick Bats, and Heavy Bats) ○ Batting Helmets ○ Balloons ○ Ties, pieces of cloth, or ropes to tie legs together



PRACTICE PLAN #21

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Refine basic skills & tactics 2 Review baserunning do's and don'ts	3 Refine batting mechanics 4 Refine infield skills/tactics	5 Enhance team bonding/ leadership opportunities		

WARM-UP

DRILL: CRASH

Time: 10 minutes

Equipment: Cones or bases, Bat, 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.

○ Reaction – Mirror Drill

- 1 player sets in ready position (infield and outfield) then makes any defensive technical move (i.e. Moves to field an imaginary ball in any direction).
- Partner opposite them mirrors move.

○ Agility – Lead-off Sprints

- Player takes lead-off position on base (rolling start).
- On cue (coach's arm at 12 o'clock arm position), player takes a lead.
- Player will do one of each of the following based on coach's visual cue:
 - Jam and return to Base
 - Jam and dive back to Base
 - Continue to next base

○ Speed – Form Running

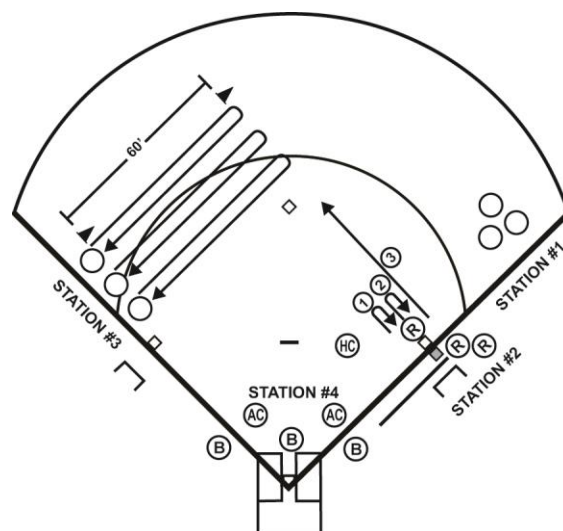
- Set up cones 55' apart.
- Players run to far cone and back performing:
 - High knees: bring knees to 90 degrees and pump arms to mid-line of body
 - Butt Kicks: bring foot up as high as you can to bring heel to butt
 - Skipping Glide Steps: skip so you try to stay in the air as long as possible
 - 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.

○ Hitting – Pool Noodle

- Player swings at pool noodle held at various places in strike zone
- 7-10 swings

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





MAIN PART

DRILL: BASE RUNNING DO'S AND DON'TS

Time: 10 minutes

Equipment: Bases

Objective(s) of Drill:

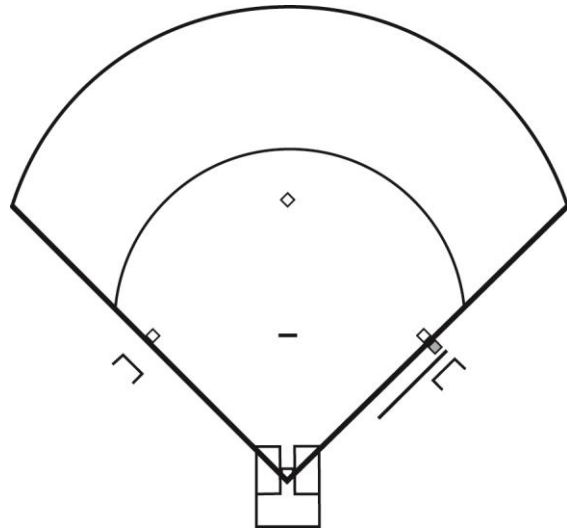
- To review baserunning situations

Drill Description:

- Coach and players walk around the bases, with the Coach using questioning for the following situations to have players describe what should be done. If required, coach will explain or demonstrate:
 - Lead-off's with timing from all bases
 - Tag up situations from 1st Base and 2nd Base
 - Force plays
 - 2nd Base - no force play (read hit ball)
 - Tag up at 3rd Base

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING EVERYDAYS

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

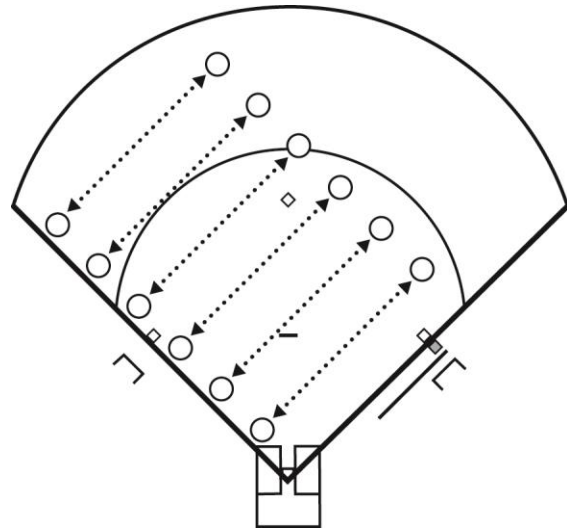
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: FIELDING EVERYDAYS (GROUND BALLS)

Time: 5 minutes

Equipment: Balls

Objective(s) of Drill:

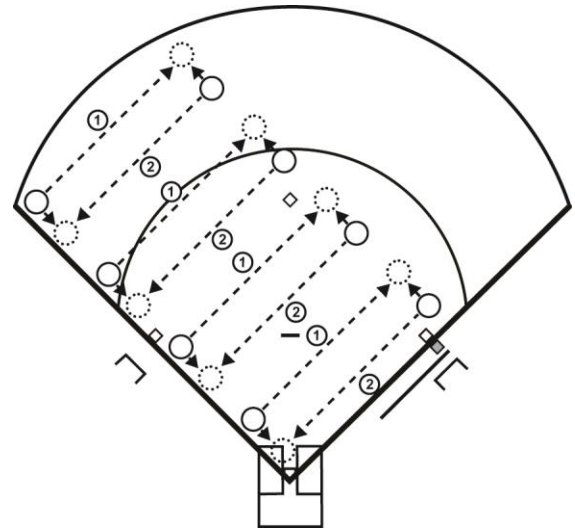
- To review fielding mechanics and footwork including shuffle and cross-over steps.
- To review backhand fielding (stationary, cross-over step)

Drill Description:

- Players work in pairs.
- Player throws ground ball to partner on their forehand and backhand at various distances from fielder to work on:
 - Shuffle step
 - Cross-over step (about 2 steps away)
- The partner fields the ball and throws it back to their partner.
- Field 10 ground balls in a row and then switch.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: INFIELD PRACTICE

Time: 20 minutes

Equipment: Balls, Bases, Bat

Objective(s) of Drill:

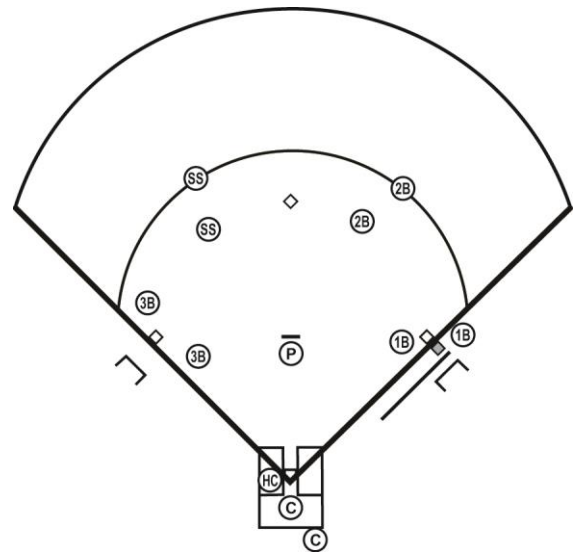
- Fielding and throwing practice for various base running situations (runners on base, outs, score, inning/strategy)
- Have catchers practice pick offs and throws to bases

Drill Description:

- Set up players in infield positions with Catcher and Pitcher.
- Extra fielding players will rotate in at various positions.
- Any other pitchers and catchers not on field will practice pitching and receiving in pairs waiting for their turn to play defense.
- Coach will hit to various positions using the following situations:
 - Various number of baserunners and out situations
 - Covering home on pass balls
 - Bases loaded
 - Runner on 3rd base less than 2 outs
 - Force plays
 - Relays/cut-offs

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: BATTING CIRCUIT

Time: 40 minutes

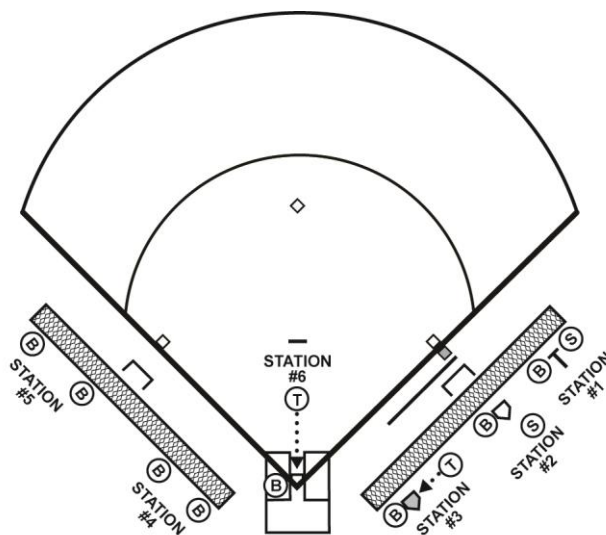
Equipment: Balls, Bats (heavy, regular and light or broomstick), Whiffle balls, Plastic hockey balls, Fence, Batting tees, Nets

Objective(s) of Drill:

- Practice/refine hitting mechanics
- Tracking and coordination, balance

Drill Description:

- Partner up players.
- Set up 6 hitting stations with 2 players at each station:
 - **Station #1 - Tee Swings into Net/Fence**
 - 3 sets of 5 swings
 - **Station #2 - One Handed Swings**
 - Player hits off tee using light bat. Other player shags balls and puts balls on tee.
 - Batter on one knee doing one hand swings (do both hands)
 - 3 sets of 5 swings
 - **Station #3 - Soft Toss from Side**
 - Tosser 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**
 - 2 sets of 5 swings per bat (heavy bat, light bat or broomstick, and regular bat)
 - **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 with any part of swing
 - 3 sets of 5 swings
 - **Station #6 - Sacrifice Bunting**
 - One player is the bunter, one player throws ball from the front about 15' in front of batter.
 - 3 sets of 5 sacrifice bunts



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:
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PRACTICE PLAN #22

DATE:

Location:		Number of Athletes:		Length of Practice	
Absent Athletes:					
Support Staff:					
Objectives of Practice:	1 Refine fundamental skills & tactics	2 Review special plays and defensive situations and all team tactics and strategies	3 Play intersquad game (4 vs. 4 vs. 4)	4 Enhance team bonding/fun	

WARM-UP

DRILL: CRASH

Time: 10 minutes

Equipment: Bases or cones, Balls, Agility Ladder, Heavy bats, Light bats, Regular bats

Objective(s) of Drill:

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

Drill Description:

○ 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

○ 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.

○ Speed – H to 2nd Base (with slide)

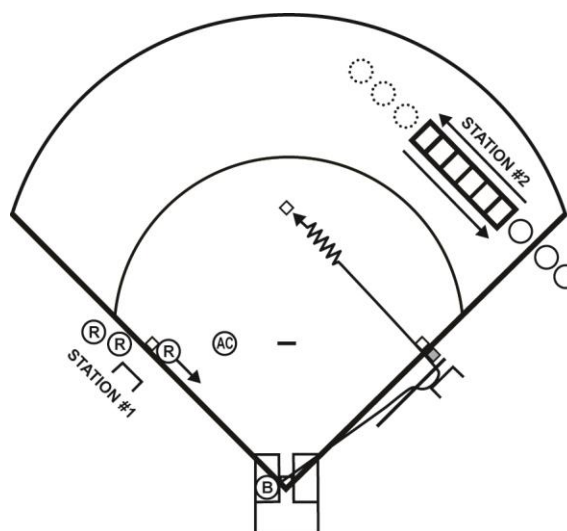
- Player swings the bat and runs to 1st Base, rounds 1st, continues to 2nd Base, and slides into 2nd.

○ Hitting – heavy bat, light bat, regular bat

- Players swings with different bats:
 - Heavy bat (perform swing super slow)
 - Light bat (broomstick)
 - Regular bat
- 7 swings with each bat

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: THROWING EVERYDAYS

Time: 10 minutes

Equipment: Balls

Objective(s) of Drill:

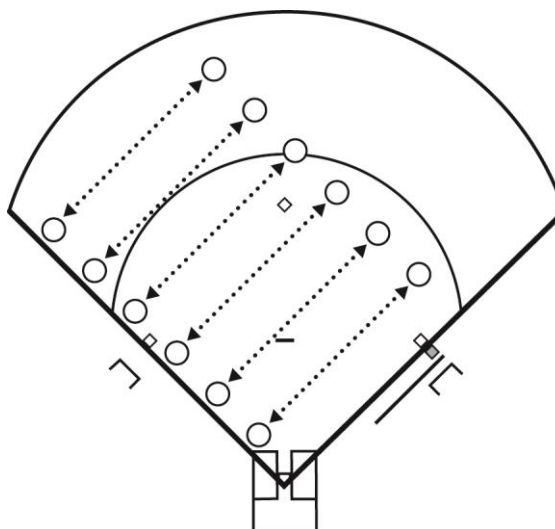
- Reinforce proper overhand throwing technique
- Teach proper use of glove and receiving technique

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 _____



MAIN PART

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.
- Players will rotate to the end of their line at their corner after completing throw (go to back of their line)

■ **Variation #1 - Pivot and Throw**

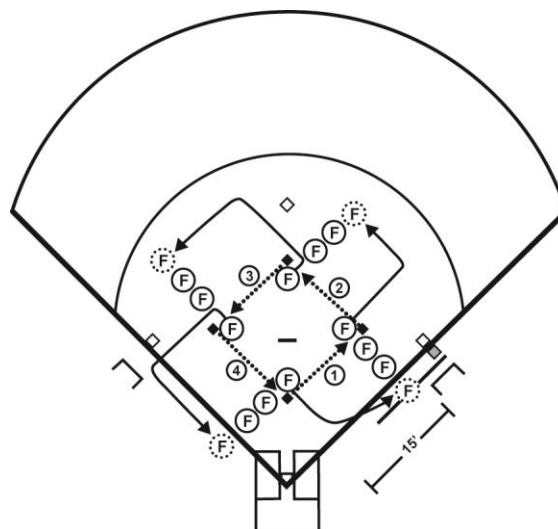
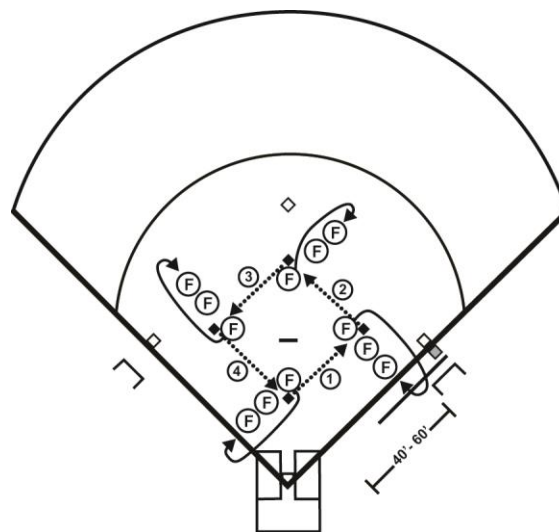
- Set bases about 40'-60' apart
- First player in line at Home throws ball to 1st player at 1st Base who receives throw, pivots and throws to player at 2nd Base. Continue throwing to each base.
- Variations:
 - ◆ Reverse direction of throws.
 - ◆ Add 2nd ball.
- Challenge
 - ◆ Ask players to make 10 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.
- Players will follow their throw and line up at next base.
- Reverse direction of tosses.
- 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.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____





DRILL: DEFENSIVE POSITIONING FOR SPECIAL PLAYS

Time: 15 minutes

Equipment: Balls, Bat, Bases, Helmets

Objective(s) of Drill:

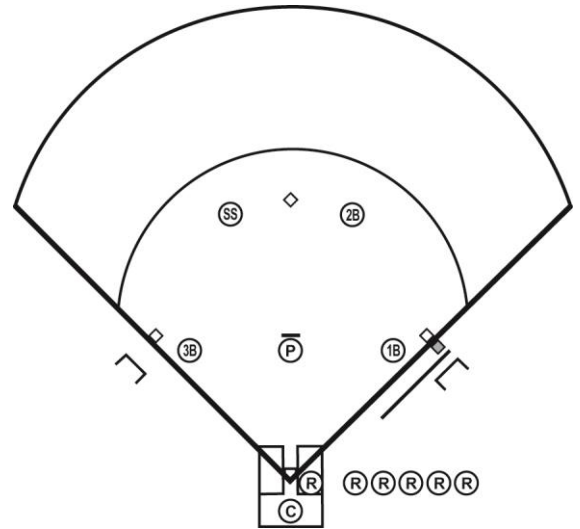
- Teach/review defensive positioning for special plays

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
 - 1st and 3rd plays
- Review obstruction and interference rules.

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL: RELAYS

Time: 45 minutes

Equipment: Cones, Bats, Balloons, Rope or strips of cloth

Objective(s) of Drill:

- To have fun

Drill Description:

- Divide players into 4 teams of 3
- Set a set of cones for each team about 60' apart with each team lined up behind their cones.
- Coach selects from the following relays (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, they player must stop and perform a physical activity (i.e. 2 Burpees, 5 push-ups) before continuing.

■ Bat Relay #2

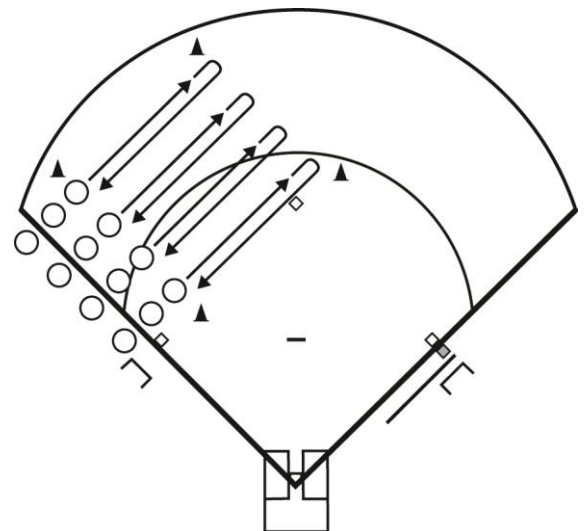
- 2 players each with both players holding the bat with their right hand (one player must face forwards and the other must face backwards).
- Players must always face the same direction they started facing. This way they both run forwards and backwards.
- Together they run to the cone, touch the ground 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).

■ 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.





- **Water Balloon Relay**
 - Over/Under
 - ◆ Players form a single file line and pass a water balloon over and under and back through the line.
 - ◆ Team that returns intact balloon to start first wins.
 - Throw and catch
 - ◆ Players form a single file line with players spaced out 10' apart.
 - ◆ They toss a water balloon from one player to another and back through the line.
 - ◆ Team that returns intact balloon to start first 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, first 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.
- **3 Legged Relay**
 - First two players in line use a rope or tie to bind their two legs together.
 - On the Coach's signal, together they run to the far cone, touch the cone, return to the first cone and untie their legs. Second and third player in line tie their legs together and repeat until all have completed relay.
- **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 at a time will run to the pile of shoes, find their shoes, put them on and return to 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:
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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
 - 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
 - Back (pivot) foot perpendicular to target
 - Weight on the back (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 with 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 bring feet together
- 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 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



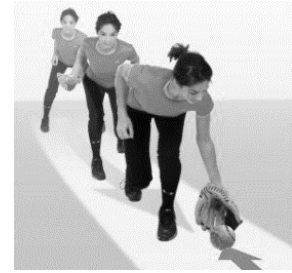
○ Outfielders

- 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
 - Drop to one knee (throwing side) and square upper body to the ball
 - Stride foot slightly ahead
 - 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 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

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

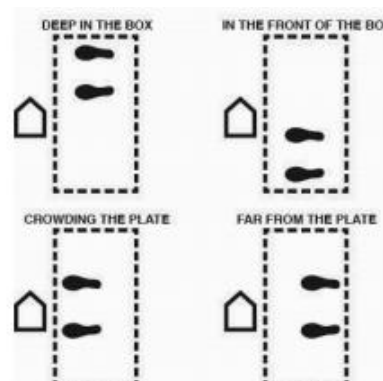


Stance

- 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

- In front of Home Plate
- 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 is firm but with relaxed grip

Arm/Wrist Action

- Arms relaxed and extended out from body
- Bat parallel to the ground at the 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

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
- Never turn away from the ball

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
- 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 on slide of the bent leg
- 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).
- 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

In recent years, the dynamic approach to warm-up activities has replaced the old and outdated static stretching routines.

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


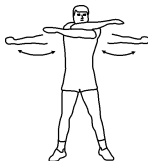
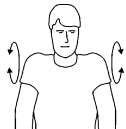
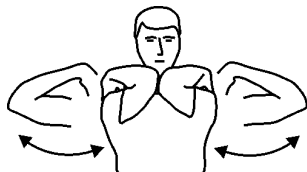
Softball Example	
Athletes:	Youth softball team
Event:	Warm-up before a game
Duration:	20 minutes
Time between warm-up and event:	10 minutes
Active warm-up (5 minutes):	<ul style="list-style-type: none"> ○ 5 minutes of jogging or fun games (tag) ○ Increase intensity gradually ○ Mimic movement patterns 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)

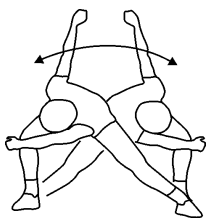
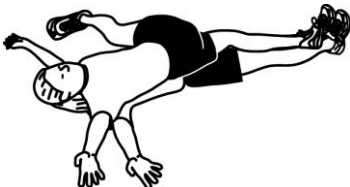



DYNAMIC WARM-UP FOR SOFTBALL

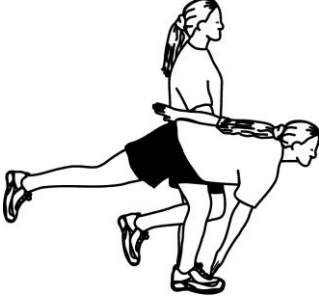

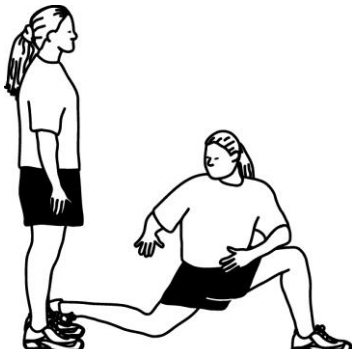
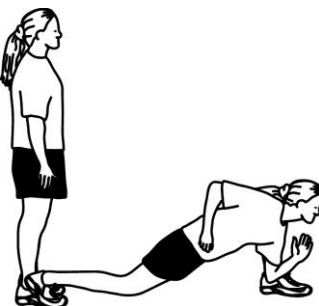
Goal: This dynamic warm-up is designed to get the body ready to perform. It will get the athlete warmed up, loose, and fired up. In addition, it will improve their balance, mobility, and overall flexibility. This should be done before every game, practice, and workout.

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
Jumping Jacks 	<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.
Horizontal Arm Swing or "Self Hug" 	<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.
Shoulder Rotation 	<ul style="list-style-type: none"> ○ Rotate shoulders slowly and smoothly—up, forward, down and back. ○ Repeat. ○ Reverse direction—up, back, down, forward. ○ Repeat.
Horizontal Elbow Swing 	<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.

Exercise & Diagram	Instructions
<p>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.
<p>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>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>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>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.

Exercise & Diagram	Instructions
<p>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.
<p>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>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>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>



Exercise & Diagram	Instructions
<p>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.
<p>Butt Kicks</p> 	<ul 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 upcoming 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.



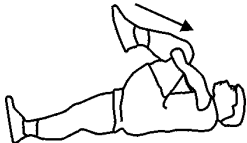
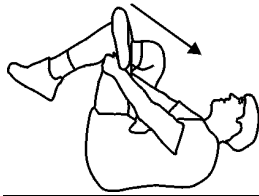
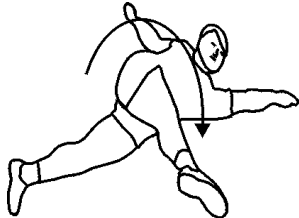
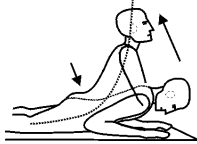
WHAT ABOUT STATIC STRETCHING?

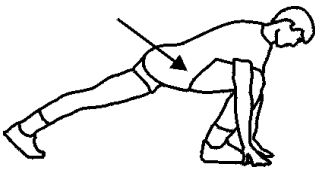





- There's no high-quality evidence to suggest that static stretching before or after sport activity reduces the risk of injury.
- So why would I use static stretching?
 - To improve sport performance in sports in which range of motion is important.
 - Example: Pitchers improve their pitching mechanics 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). In the case of a cool-down, following a lite jog or aerobic activity.
 - 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) 20-30 second repetition.
 - To improve posture: perform (one) 1 progressive stretch that lasts up to 120 seconds.

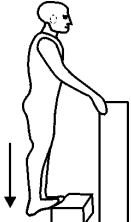




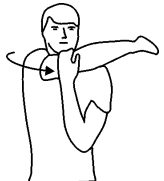
COOL-DOWN/STATIC STRETCHING/FLEXIBILITY TRAINING

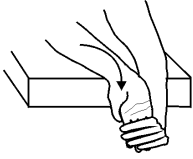
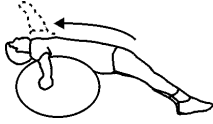
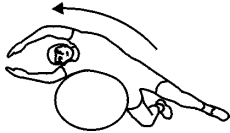
Below is a sample of exercises that can be used in various combinations as part of a post practice cool-down phase.

- 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
Low Back Stretch 	<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.
Buttock Stretch 	<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.
Lying Cross-over ITB Band Stretch 	<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.
Lying Abdominal Stretch (Cobra Pose) 	<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>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>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>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>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>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>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.

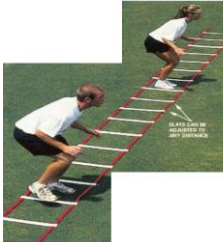
Exercise & Diagram	Instructions
<p>Calf and Heel Stretch</p> 	<ul style="list-style-type: none"> ○ Stand straight, with a small platform inches above the floor in front of your feet. ○ Step onto the platform with the balls of your feet, leaving your insteps and heels suspended in the air. Support yourself 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>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>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>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, agility, 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.

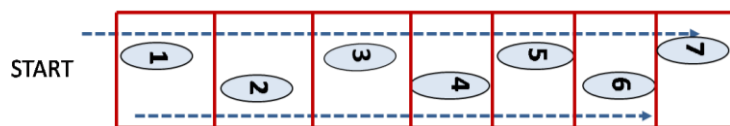


HOW THE DRILLS WORKS:

- If you only have one agility ladder then 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 an 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.

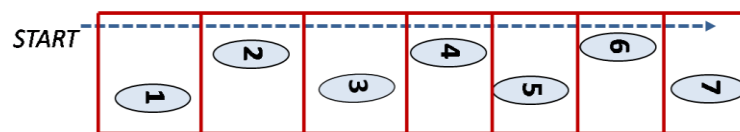
TYPES OF AGILITY LADDER DRILLS:

- **Slow Jog** – one foot per square (up and back)



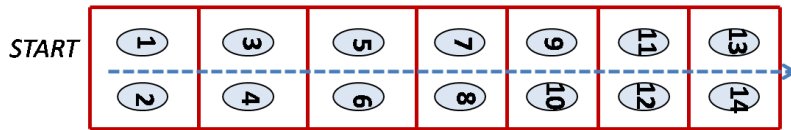
- **Slow Jog** – both feet in each square with a quick 1-2, then the next square 1-2 (up and back)

- **High Knees** – one foot per square



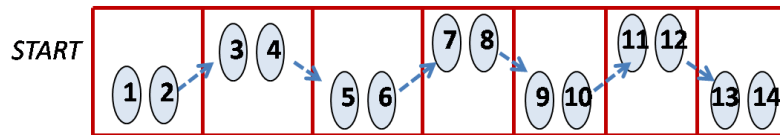


○ **High Knees** – both feet per square



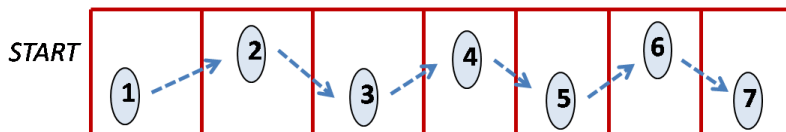
○ **Out, In, Out, In**

- 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 inside 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 dependent 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**

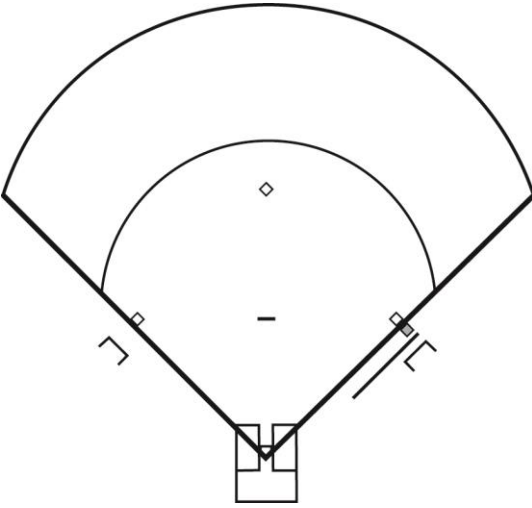
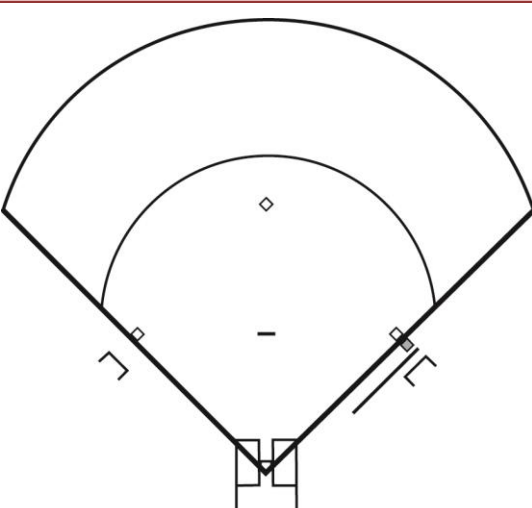
- Partners stand 15-20' apart
- Player begins with feet together and facing target.
- The player will transfer weight to the pivot foot (throwing side foot) and pivot so pivot foot is perpendicular to target and then take a step or stride with the front foot.
- The front foot lands with the foot at 45° 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.



4.6 APPENDIX F: 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:			
<p>Time: _____</p> <p>Equipment: _____</p> <p>Objective(s) of Drill:</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p>Drill Description:</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p>Key Teaching Points:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>			
DRILL:			
<p>Time: _____</p> <p>Equipment: _____</p> <p>Objective(s) of Drill:</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p>Drill Description:</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p><input type="radio"/> _____</p> <p>Key Teaching Points:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>			



DRILL:

Time:

Equipment:

Objective(s) of Drill:

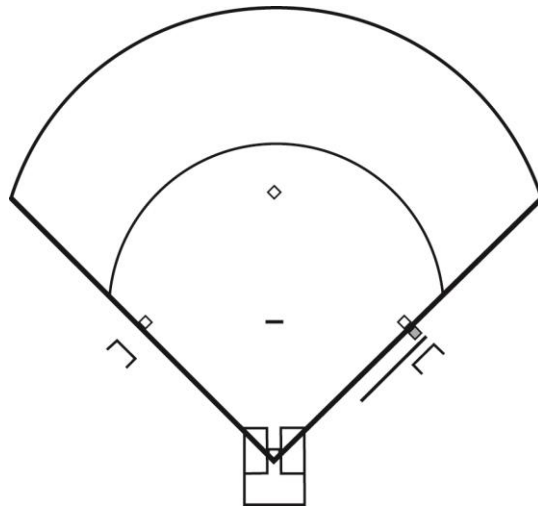
- ☐ _____
- ☐ _____

Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL:

Time:

Equipment:

Objective(s) of Drill:

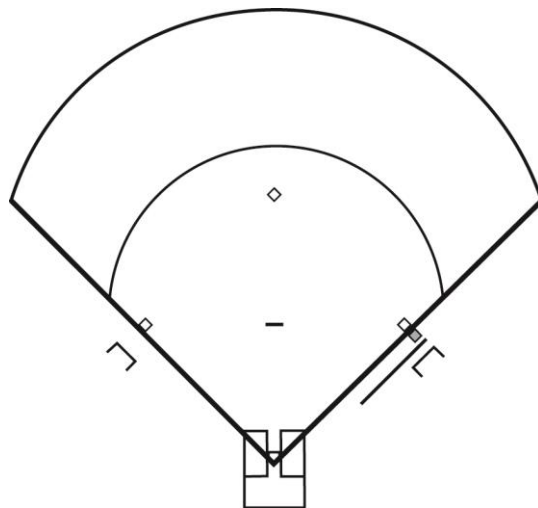
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Drill Description:

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Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

Equipment:

Objective(s) of Drill:

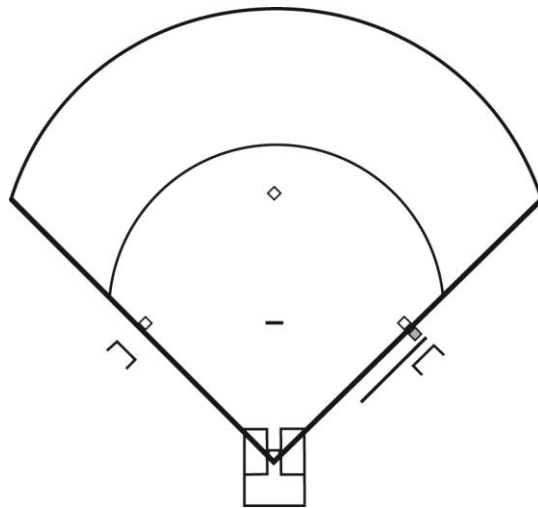
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Drill Description:

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Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

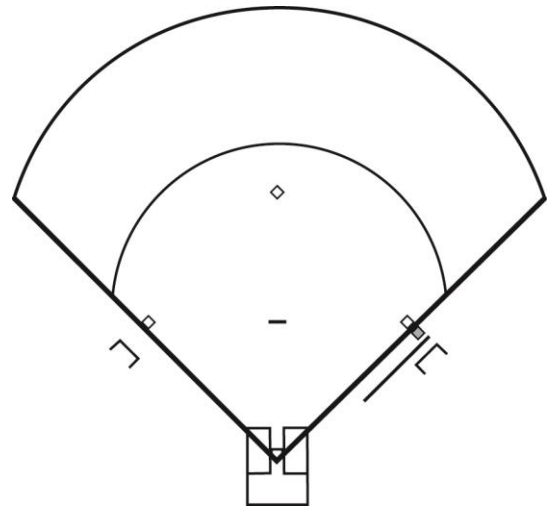
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Drill Description:

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- ☐ _____
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Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

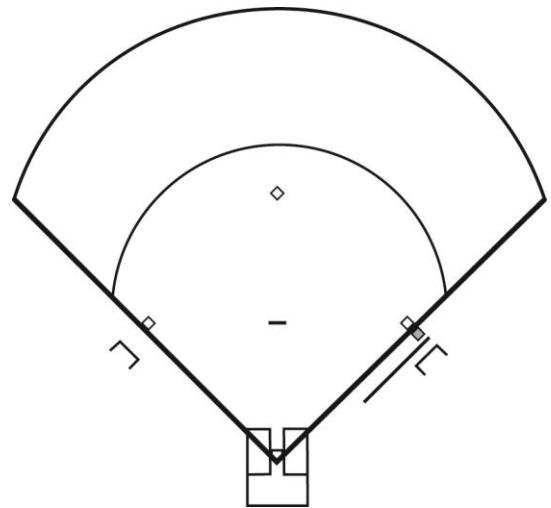
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Drill Description:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____

**COOL DOWN & DEBRIEF**

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

What worked well:	What to change for next time:
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4.7 APPENDIX G: 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

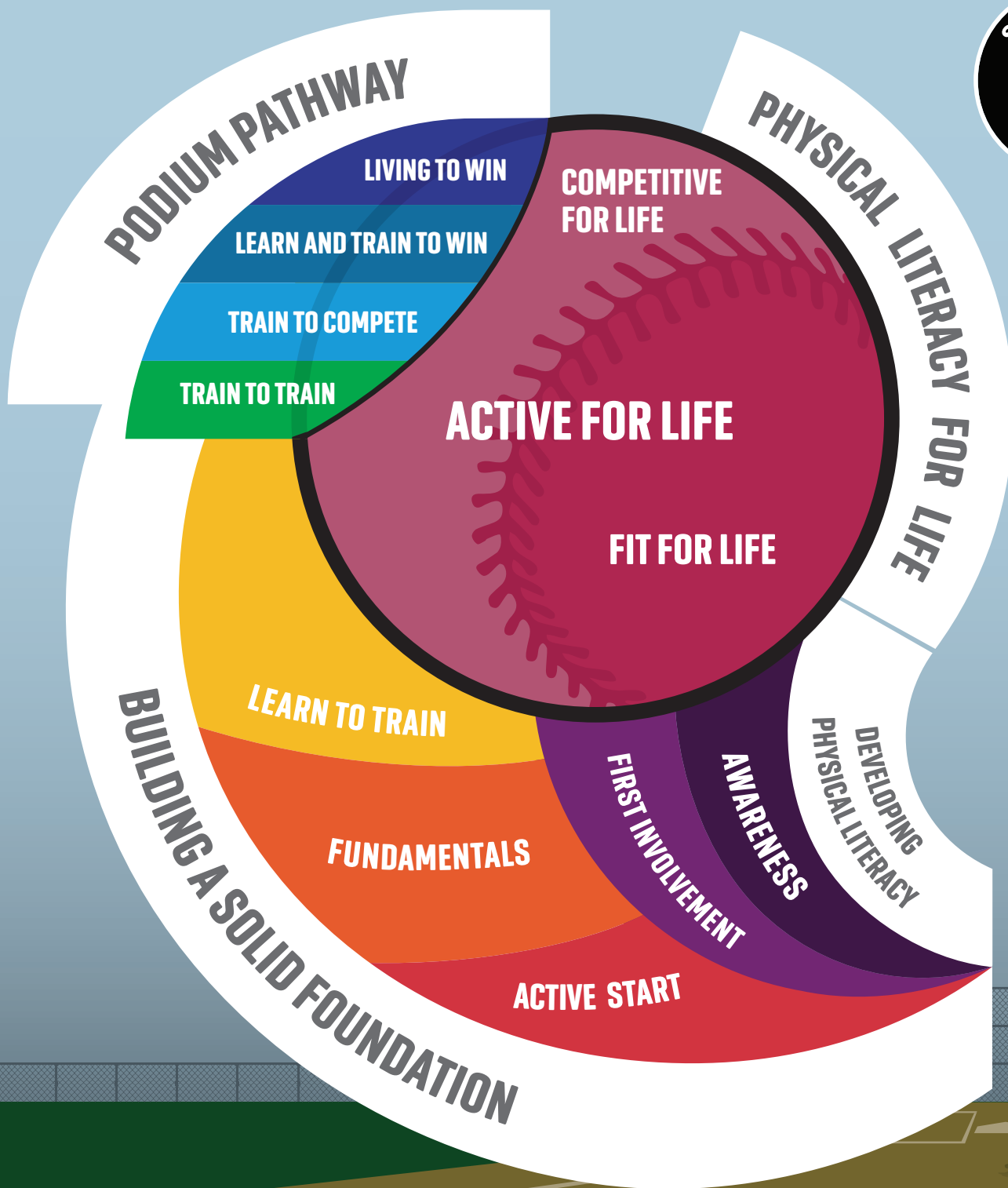
- ✓ The activities are appropriate to children's LTAD stage.
- ✓ The activities are adapted to children's skill and fitness level.
- ✓ The activities have well-defined goals, and the purpose of the tasks involved is clear.
- ✓ The activities are relevant to the sport.

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.



SOFTBALL'S LONG-TERM PLAYER DEVELOPMENT FRAMEWORK



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