

Beginner Drill Bank

Beginner: Beginner is aimed for introducing athletes to the basic skills of softball. It will provide players a base of knowledge and skill to further develop as they continue to grow in the sport. This section is designed for athletes in the age groups from U9-U13A, or athletes new to the sport.

Infield Drills

- [Quick Feet / Glove work Drill](#)
- [Quick Transfer & Posture - Bucket Drill](#)
- [Infield Shuffle Drill](#)
- [Defense Lesson - SKLZ Squares](#)
- [Infield Footwork - Bat Crossover](#)
- [Infield Footwork Rope Drill](#)
- [Hands/Transfer](#)
- [Receive Ball & Apply The Tag](#)
- [How To Set Up At 2nd Base & Receive Balls From Outfield](#)
- [Cut Relays](#)
- [7 Step Infield Progression](#)
- [Take the ball in the midline/top of triangle](#)
- [Pinky to Pinky](#)
- [Staying low](#)
- [Forehand, Backhand, Forehand, Throw](#)
- [Stay low, stay loose](#) -Works on quick release of the ball when throwing
- [Footwork Glove Work Ladder](#)
- [Shuffle Field Throw](#) -staying low, shuffling side to side instead of running at the ball
- [Body Posture and Glove Work](#)
- [1st Base Around the World Picks](#)
- [Quick Feet](#)
- [Pool Noodle Reach](#) -fielding the ball out in front of your body
- [Footwork](#)
- [Field to Throw Footwork](#)
- [Rapid Fire Quick Hands](#)
- [Footwork Timing](#)
- [Nose to Ball](#)
- [Flip and Follow](#)
- [Rocker Timing](#) -using body positions to improve throws
- [Body in front of ground balls](#)

Outfield

- [Do or Dies from a Knee](#) -using legs to your advantage when throwing from the outfield
- [Prep, Drop, Behind, Catch](#) -using a drop step to maximize area covered

Throwing

- [Throwing Checkpoints](#)
- [Playing Catch](#)
- [Throwing mechanics](#)
- [Shuffling with throw](#)
- [Arm circle drill](#)

Bunting

- [Bunting 101](#)

Hitting

- [Shoulder Posture](#)
- [Hitting for Beginners](#)
- [Yes, Yes, No Approach](#) -loading up every pitch as if you will hit the ball, then deciding whether to hit or not.

Baserunning

- [Nascar Trick](#)
- [Bobble Drill](#)
- [Rounding First Base](#)
- [Leading Off The Base](#)
- [Warm-up Progressions](#)

Catchers

- [Flat Glove Framing](#)
- [Transfer Progressions](#)
- [Quick Feet Transfers](#)
- [Bare Handed Quick Transfer](#)
- [Pop-ups](#)
- [Hand Position](#)
- [Blocking vs Framing](#)
- [Catching a Softball 101](#)

Pitchers

- [How to Pitch](#)
- [Beginner Drills](#)
- [Pitching Warm up](#)
- [How to Grip a Fastball](#)