

## EXAMPLE GOALS FOR SEASON

Need to teach players:

- Hitting mechanics
- Should be able to hit off tee and coach pitch
- Fielding positions with throws to 1st
- The fundamentals of infield and outfield positions
- Catching by using both hands
- Sacrifice Bunting
- Getting under fly balls
- Lots of eye hand coordination (catch with different kinds of balls) with and without gloves
- Introduction to sliding fundamentals (even though they can't slide in games)
- Spend extra time at practice with **pitchers and catchers** before or after practice  
2<sup>nd</sup> half of season

Practice #1 90 minute practice

- |         |  |
|---------|--|
| 10 min. | Play the Name Game   |
| 10 min. | Introduce active warm up   |
| 15 min. | Catching the ball (without a glove) <ul style="list-style-type: none"><li>• Use soft balls of all different sizes or bean bags</li><li>• Have girls play catch with each other</li><li>• Make a game out of it if you want</li></ul> |
| 2 min.  | Water break and social   |
| 15 min. | Throwing breakdown <ul style="list-style-type: none"><li>• No gloves</li><li>• Throw into fence</li><li>• 1,2,3 (ready position, X, extension)</li></ul>   |
| 10 min. | Learn positions <ul style="list-style-type: none"><li>• show infield positions and where that player plays</li><li>• outfield (left, center, right) (rover if applicable)</li></ul>  |
| 2 min.  | Water break and social   |
| 5 min.  | Abdominal drills or conditioning drills  |
| 10 min. | GAME (not necessarily related to softball)<br>Example: Duck Duck Goose   |
| 5 min.  | Talk about next practice & schedule parent meeting   |

Practice #2 **90 minute practice plan**

- 5 min. Review or Test on field positions and Players Names
- 10 min. Active warm up
- 15 min. Catching the ball (without a glove)
- Use soft balls of all different sizes or Nerf football or bean bags
  - Practice catching the ball above head
  - Call the ball “MINE, MINE, MINE” before catching
  - Make a game out of it
- 2 min. Water break and social
- 10 min. Throwing breakdown review
- No gloves
  - Throw into fence
  - 1,2,3 (ready position, X, extension)
- 15 min. Teach Hitting Fundamentals
- DRILLS
    - Rock skipping drill or throw drill
    - Tee
- 2 min. Water break and social
- 5 min. Abdominal drills or conditioning drills
- 10 min. Teach exploding out of the box (3 hard steps)
- 10 min. Running through first base
- 5 min. Talk about next practice

Practice #3 **90 minute practice plan**

10 min. Active warm up

10 min. Play catch with ball and glove

- Work on throwing & catching

10 min. Fly balls with or without gloves (use soft or whiffle balls)

- Focus on fundamentals - fingers up, glove up

2 min. Water break and social

10 min. Ground ball fundamentals with bare hand

10 min. Ground ball fundamentals with gloves, throw to 1st base

15 min. Hitting Fundamentals

- DRILLS
  - Rock skipping drill or throw drill
  - Tee
  - Soft toss

2 min. Water break and social

5 min. Abdominal drills or conditioning drills

10 min. Base Game

5 min. Wrap up and talk about next practice

- Practice #4 90 minute practice
- 10 min. Play warm-up game (tag, capture the flag try to be creative)
- 10 min. Active warm up
- 15 min. Catching the ball (without a glove) and work eye hand coordination
- Use soft balls of all different sizes
  - Have girls play catch with each other
  - Make a game out of it if you want
- 2 min. Water break and social
- 10 min. Throwing breakdown review
- No gloves
  - Throw into fence
  - 1,2,3 (ready position, X, extension)
- 5 min. Review positions
- show infield positions and where that player plays
  - outfield (left, center, right) (rover if applicable)
- 10 min. field ground balls in positions
- 2 min. Water break and social
- 10 min. Option: Play GAME or review or HITTING
- 5 min. Abdominal drills or conditioning drills
- 5 min. Talk about next practice &/or game

Find out who wants to learn how play the catcher position and spend some time with them before or after practice.

Practice #5 **90 minute practice plan**

- 10 min. Active warm up
- 10 min. Play catch with ball and glove
  - 1, 2, 3
- 10 min. Fly balls with or without gloves (soft or whiffle balls)
  - Focus fingers up, glove up
- 2 min. Water break and social
- 10 min. Ground ball fundamentals with bare hand
- 10 min. Fly balls with Bean bags or small soft toys
- 15 min. Hitting Fundamentals
  - DRILLS
    - Rock skipping drill or throw drill
    - Tee
    - Soft toss
- 2 min. Water break and social
- 5 min. Abdominal drills or conditioning drills
- 10 min. Teach Sacrifice Bunt
- 5 min. Wrap up and talk about next practice &/or game

Practice #6 **90 minute practice plan**

10 min. Active warm up

15 min. Teach Hitting Fundamentals

- DRILLS
  - Rock skipping drill or throw drill
  - Tee
  - Coach pitch (to those who are ready)

2 min. Water break and social

10 min. Throwing breakdown review

- No gloves
- Throw into fence
- 1,2,3 (ready position, X, extension)

15 min. Catching the ball (without a glove)

- Use soft balls of all different sizes or Nerf football or bean bags
- Practice catching the ball above head
- Call the ball “MINE, MINE, MINE” before catching
- Make a game out of it

2 min. Water break and social

5 min. Abdominal drills or conditioning drills

10 min. Review exploding out of the box (3 hard steps)

- Play “Out of the Box”

10 min. Review running through first base and teach rounding 1st

5 min. Talk about next practice

Add some time to work with Catchers before or after practice.

Practice #7 **90 minute practice plan**

10 min. Play “Balls of the Feet”

10 min. Active warm up

15 min. Teach Hitting Fundamentals

- DRILLS
  - Rock skipping drill or throw drill
  - Tee
  - Coach pitch (to those who are ready)

2 min. Water break and social

10 min. Throwing breakdown review

- Throw to each other
- 1,2,3 (ready position, X, extension)

15 min. Catching the ball (without a glove)

- Use soft balls of all different sizes or Nerf football or bean bags
- Practice catching the ball above head
- Call the ball “MINE, MINE, MINE” before catching
- Make a game out of it

2 min. Water break and social

5 min. Abdominal drills or conditioning drills

10 min. Review bunting

- Play Bunting game
  - Who can get the most bunts down out of 5-10

5 min. Talk about next practice. Who wants to learn to pitch? Spend some time with them.

Practice #8 **90 minute practice plan**

- 10 min. Play catch with bean bags and footballs
- 10 min. Active warm up
- 2 min. Water break and social
- 10 min. Throwing breakdown review
- Throw to each other
  - 1,2,3 (ready position, X, extension)
- 10 min. Defense Fundamentals
- Throw to 1<sup>st</sup> and throws to 2<sup>nd</sup>
- 15 min. Hitting Fundamentals
- DRILLS
    - Throw drill
    - Tee
    - Top hand drill
  - Coach pitch (to those who are ready)
- 2 min. Water break and social
- 10 min. Teach sliding
- “feet” first (1<sup>st</sup>)
  - “head” first (2<sup>nd</sup>)
- 5 min. Abdominal drills or conditioning drills
- 10 min. Play “Thunder Ball”
- 5 min. Talk about next practice

Practice #9	<b>90 minute practice plan</b>
10 min.	Active warm up
10 min.	Hitting Fundamentals <ul style="list-style-type: none"> <li>• DRILLS <ul style="list-style-type: none"> <li>○ Throw drill</li> <li>○ Tee</li> <li>○ Top hand drill</li> </ul> </li> <li>• Coach pitch (to those who are ready)</li> </ul>
5 min.	Warm-up throw
10 min.	Teach Bund Defense <ul style="list-style-type: none"> <li>• Corners cover bunt</li> <li>• 2<sup>nd</sup> baseman covers 1<sup>st</sup></li> </ul>
2 min.	Water break and social
10 min.	Ground balls
10 min.	Review Bunting
2 min.	Water break and social
10 min.	Review sliding <ul style="list-style-type: none"> <li>• “feet” first (1<sup>st</sup>)</li> <li>• “head” first (2<sup>nd</sup>)</li> </ul>
5 min.	Abdominal drills or conditioning drills
10 min.	Play “Thunder Ball”
5 min.	Talk about next practice

Practice #10 **90 minute practice plan**

- 10 min. Active warm up
- 10 min. Play catch with ball and glove (use bean bag and fun balls if need to)
  - Work on throw & catch
- 10 min. Fly balls with or without gloves (soft or whiffle balls)
  - Focus fingers up, glove up
- 2 min. Water break and social
- 10 min. Ground ball fundamentals with bare hand
- 10 min. Hit ground ball to girls with gloves, throw to 1st base and 2<sup>nd</sup> base
- 15 min. Hitting Fundamentals
  - DRILLS
    - Rock skipping drill or throw drill
    - Tee
    - Soft toss
- 2 min. Water break and social
- 5 min. Abdominal drills or conditioning drills
- 10 min. Base Game
- 5 min. Wrap up and talk about next practice

Practice #11 90 minute practice

10 min. Play warm-up game (tag, capture the flag try to be creative)

10 min. Active warm up

10 min. Throwing breakdown review

- With gloves
- Throw to each other
- 1,2,3 (ready position, X, extension)

2 min. Water break and social

10 min. Catching the ball (with a glove) work on eye-hand coordination

- Use soft balls of all different sizes
- Have girls play catch with each other
- Focus glove fingers “UP” catching ball above waist

5 min. Pop fly’s

- Teach drop step (how to go back on balls) get under ball

5 min. Review positions

- show infield positions and where that player plays
- outfield (left, center, right) (rover if applicable)

10 min. field ground balls in positions and bunts

2 min. Water break and social

5 min. Abdominal drills or conditioning drills

10 min. GAME or HITTING

5 min. Talk about next practice &/or game

Spend extra time with pitchers and/or catchers or replace another part of practice time to work with these athletes.

Practice #12 **90 minute practice plan**

- 10 min. Active warm up
- 10 min. Hitting Fundamentals
  - DRILLS
    - Throw drill
    - Tee
    - Top hand drill
  - Coach pitch (to those who are ready)
- 5 min. Warm-up throw
- 10 min. Review Bund Defense
  - Corners cover bunt
  - 2<sup>nd</sup> baseman covers 1<sup>st</sup>
- 2 min. Water break and social
- 10 min. Ground balls
- 10 min. Bunting game or Infield/ outfield defense
- 2 min. Water break and social
- 10 min. Review sliding
  - “feet” first (1<sup>st</sup>)
  - “head” first (2<sup>nd</sup>)
- 5 min. Abdominal drills or conditioning drills
- 10 min. Play “Thunder Ball”
- 5 min. Talk about next practice &/or game