

EXAMPLE GOALS FOR SEASON

Teach above and expand on:

- Fielding, know where runner is and start throwing to bases
- Catch with glove fingers up
- Sacrifice and sneaky bunt
- Fielding bunt situations
- Body behind go through fly balls
- OF safety stop(on a knee), like an infielder and do or die(charge through ball)
- Hitting live pitching
- Look runners back throw to first base (situational defense)
- Should be able to slide (head first and feet first) by mid season (will need to be able to slide in all-stars)
- Develop a few pitchers

Practice #1 **90 minute practice**

- 10 min. Play the Name Game
- 10 min. Introduce active warm up
- 10 min. Spend some time with girls who don't catch as well as other girls on the team. Break down catching fundamentals.
- Catch ball with no hands
 - Then catch with gloves
- 15 min. Transition into throwing breakdown
- No gloves
 - Throw into fence
 - 1,2,3 (ready position, X, extension)
- 2 min. Water break and social
- 5 min. Learn positions (review for most)
- show infield positions and where that player plays
 - outfield (left, center, right) (rover if applicable)
- 5 min. Fielding fundamentals
- pair up and roll balls to each other bare handed
- 10 min. Hit balls to girls in 2 lines
- 5 min. Abdominal or conditioning
- 10 min. GAME (not necessarily related to softball)
Example: Duck Duck Goose or Capture the Flag
- 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 nurf 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
- With gloves
 - Throw in partners
 - 1,2,3 (ready position, X, extension)
- 15 min. Teach Hitting Fundamentals
- DRILLS
 - Rock skipping drill or throw drill
 - Tee
 - Top hand drill
- 2 min. Water break and social
- 5 min. Abdominal or conditioning
- 10 min. Teach exploding out of the box (3 hard steps)
- Play “Out of the Box”
- 10 min. Running through first base
- Remember look over right shoulder for passed ball
- 5 min. Talk about next practice

Practice #3 **90 minute practice plan**

- 5 min. Active warm up
- 5 min. Play catch with ball and glove
- Work on throw & catch
- 10 min. ½ Team ground ball with gloves, throw to 1st base
- 10 min. ½ Team outfield fly balls
- Tip: Divide your team more experienced and beginners and do grounders and outfield drills in 2 groups instead of all together. You can work on catching your inexperienced players up while challenging those that are a little better.
- 2 min. Water break and social
- 20 min. Infield / Outfield switch
- 15 min. Hitting Fundamentals
- DRILLS
 - Rock skipping drill or throw drill
 - Tee
 - Soft toss
 - Coach pitch if ready
- 2 min. Water break and social
- 5 min. Abdominal or conditioning
- 10 min. Thunder Ball
- 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)
- 5 min. Jumping / bounding drills
- 15 min. Breakdown sac bunting
- 2 min. Water break and social
- 10 min. Base running
 - Rounding first.
 - Leads and returns at first.
- 10 min. Throwing Fundamentals
- 10 min. Field ground balls in positions lead into situations. Put runners on base and simulate game.
- 2 min. Water break and social
- 10 min. Pickle Game
- 5 min. Abdominal or conditioning
- 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 wiffle balls)
 - Focus fingers up, glove up
- 2 min. Water break and social
- 10 min. Bunt defense fundamentals
- 10 min. Fly balls
- 15 min. Hitting Fundamentals
 - DRILLS
 - Rock skipping drill or throw drill
 - Tee
 - Soft toss
- 2 min. Water break and social
- 5 min. Abdominal or conditioning
- 10 min. Sacrifice Bunt Game
- 5 min. Wrap up and talk about next practice &/or game

Start to have pitchers throw to catchers for 10-20 minutes before or after practice.

Practice #6 **90 minute practice plan**

10 min. Active warm up

15 min. Teach Hitting Fundamentals

- DRILLS
 - Rock skipping drill or throw drill
 - Top hand
 - Tee
 - Coach pitch

2 min. Water break and social

5 min. Throwing fundamentals

10 min. ½ team outfield safety stops

- On a knee
- Like and infielder
- If ready teach “do or die”

10 min. ½ team infield situations

- Nobody on base.
- Runner at 1st
- Runner on 2nd base only

20 min Infield / Outfield switch

2 min. Water break and social

5 min. Abdominal or conditioning

5 min. Review leads at first

- Play “Base”

5 min. Review running through first base and rounding 1st

5 min. Talk about next practice

Add some time to work with Catchers before or after practice or during the infield / outfield time

Practice #7 **90 minute practice plan**

10 min. Play “Balls of the Feet”

10 min. Active warm up

15 min. Hitting Fundamentals

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

2 min. Water break and social

5 min. Throwing fundamentals

10 min. Bunt defense

15 min. Sliding practice

- Feet first
- Head first
- Play “Scrambled Egg”

2 min. Water break and social

5 min. Abdominal or conditioning

10 min. Practice bunting

- Who can get the most bunts down out of 5-10 coach pitch.

5 min. Talk about next practice. Spend some time with them pitchers &/or catchers.

Practice #8 **90 minute practice plan**

- 10 min. Play catch with bean bags and/or footballs
- 10 min. Active warm up
- 10 min. Throwing breakdown
- 2 min. Water break and social
- 15 min. Defense Fundamentals
 - Situations with infield and outfield
- 20 min. Hitting Fundamentals (set up drills around field)
 - DRILLS
 - Throw drill
 - Tee
 - Top hand drill
 - Coach pitch
- 2 min. Water break and social
- 5 min. Abdominal or conditioning
- 10 min. Play “Thunder Ball”
- 5 min. Talk about next practice

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| Practice #9 | 90 minute practice plan |
| 10 min. | Active warm up |
| 10 min. | Hitting Fundamentals <ul style="list-style-type: none"> • DRILLS <ul style="list-style-type: none"> ○ Throw drill ○ Tee ○ Top hand drill • Coach pitch |
| 5 min. | Warm-up throw |
| 10 min. | Bund Defense <ul style="list-style-type: none"> • Corners cover bunt • 2nd baseman covers 1st |
| 2 min. | Water break and social |
| 5 min. | ½ Team ground balls |
| 5 min. | ½ Team fly balls |
| 10 min. | Switch infield and outfield |
| 2 min. | Water break and social |
| 10 min. | Review Sacrifice Bunting <ul style="list-style-type: none"> • teach sneaky bunt |
| 5 min. | Abdominal or conditioning |
| 10 min. | Play “Thunder Ball” |
| 5 min. | Talk about next practice or game |

Practice #10 **90 minute practice plan**

10 min. Active warm up

5 min. Throwing fundamentals

- Work on throw & catch fingers up

10 min. Fly balls

- Work on drop step getting body behind ball

2 min. Water break and social

10 min. ½ Team ground ball fundamentals

10 min. ½ Team hitting Fundamentals

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

20 min. Groups switch

2 min. Water break and social

5 min. Abdominal or conditioning

10 min. Base Game

5 min. Wrap up and talk about next practice or game

Practice #11 **90 minute practice**

- 10 min. Play warm-up game (tag, capture the flag try to be creative)
- 5 min. Active warm up
- 15 min. Base running situations
- Run through first
 - Round first
 - Runners on 1st ball hit to outfield (what does runner do?)
 - Runner at 2nd base ball hit to 2nd base (what does runner do?)
- 2 min. Water break and social
- 10 min. ½ Team groundballs to players in positions & bunt defense
- 10 min. ½ Team pop flies
- Work on drop step and get under the ball
- 20 min. Groups switch
- 2 min. Water break and social
- 5 min. Abdominal or conditioning
- 10 min. GAME
- 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
- 5 min. Throwing fundamentals
 - Work on throw & catch fingers up
- 10 min. Play “Barney”
- 2 min. Water break and social
- 10 min. ½ Team ground ball fundamentals
- 10 min. ½ Team hitting Fundamentals
 - DRILLS
 - Rock skipping drill or throw drill
 - Tee
 - Soft toss
- 20 min. Groups switch
- 2 min. Water break and social
- 5 min. Abdominal or conditioning
- 15 min. “Thunder Ball”
- 5 min. Wrap up and talk about next practice or game