

SOFTBALL WINTER WARM-UPS - PRACTICE PLAN - 1/18

WHAT	FOCUS AREAS
<p>Introductions (10 minutes)</p> <ul style="list-style-type: none"> • Intros • Schedule for today • Safety • Player/Team expectations 	<ul style="list-style-type: none"> • Set expectations for players and parents
<p>HITTING (40 minutes) Cages 1-2 work together, 3-4 work together</p> <p>Cage 1 – Tee work</p> <ul style="list-style-type: none"> • Setup 4 Tees • 1 coach helping with fundamentals <p>Cage 2 – Front Toss</p> <ul style="list-style-type: none"> • Coach pitch behind L screen • 10 pitches (side toss if struggling) <p>Cage 3 – Tee work</p> <ul style="list-style-type: none"> • Setup 4 Tees • 1 coach helping with fundamentals <p>Cage 4 – Front Toss</p> <ul style="list-style-type: none"> • Coach pitch behind L screen • 10 pitches (side toss if struggling) 	<p>Hitting</p> <ul style="list-style-type: none"> • Balanced neutral stance: feet shoulder width apart, both feet pointed towards home plate • Swing through the ball with a balanced follow through • Turn the hips vs. over striding towards the ball • Work with kids who bail out of batter's box • Being selective on swinging on good pitches only <p>50 minutes past: PULL CAGES BACK AND SET UP INFLIEND BASES. Players put bats/helmets away, get a drink, grab their glove, get a drink of water</p>
<p>FIELDING/THROWING (40 minutes)</p> <p>Grounders (20 minutes)</p> <ul style="list-style-type: none"> • Form 1 line each at 1st, 2nd, SS & 3rd. • Only 1 player out at each position at a time • Coach for each position hit/throw a ball to the player • Players put ball in bucket • Rotate to back of line <p>Grounders: Straight, Left or Right, Bouncing, finish with mixing it up</p> <p>Grounders /w throws (20 minutes)</p> <ul style="list-style-type: none"> • Form 1 line at 1st & 3rd • Form 2 lines at 2nd, one on each side of base • 1 player play 1st & 3rd at a time, 1 player from each 2nd line at a time • 2 coaches, each one hit/throw grounder to the 2 players playing 2nd • The two players at 2nd will field/throw to 3rd and 1st depending on the side of the base they are on • 2nd base players rotate to back of 3rd and 1st, and vice versa (3rd/1st go to back of 2nd) 	<p>Positional Grounders</p> <ul style="list-style-type: none"> • Good starting position, knees bent, on balls of feet well balanced • Move towards the ball, shuffle feet or run up • Get down to field the ball • Get back into a well balance throwing position, but do not throw • This is a fast-moving drill, get back in line quickly after fielding <p>Positional Grounders /w throws (20 minutes)</p> <ul style="list-style-type: none"> • Good starting position, on balls of feet well balanced • Move towards the ball, shuffle feet or run up • Get down to field the ball • Get back into a well balance throwing position • This is a fast-moving drill, get to the next line quickly after fielding
<p>PEPPER (15 minutes) Run by Gary</p> <ol style="list-style-type: none"> 1. Girls from a half circle, arms width apart, from 3rd to 1st 2. One girl steps forward from her spot, receives the grounder <ol style="list-style-type: none"> a. If they field it clean, they stay in and go back to their spot b. If they bobble it or it gets past them, they are out and move to the wall 3. Each round the grounders get a little more difficult 4. Play until the last one standing 	