

SOFTBALL WINTER WARM-UPS - PRACTICE PLAN - 2024

WHAT	FOCUS AREAS
<p>Introductions (10 minutes)</p> <ul style="list-style-type: none"> • Intros • Schedule for today • Safety • Player/Team expectations 	<p>EQUIPMENT</p> <ul style="list-style-type: none"> • 8 buckets • 100 balls • 4 Tees and Nets
<p>HITTING/SHAGGING (40 minutes) – Big Rock 2 Home Plate 3 SPOT ROTATION: evenly split girls among Tee work, Side-toss, Shagging</p> <p>Tee work</p> <ul style="list-style-type: none"> • Setup 4 Tees, 10 balls per tee • 1 coach helping with fundamentals <p>Side Toss</p> <ul style="list-style-type: none"> • Coach pitch • 10 pitches <p>Shagging</p> <ul style="list-style-type: none"> • Players and volunteers • Players be infield (no pitcher), volunteers outfield <p>Rotation</p> <ul style="list-style-type: none"> • When current group completes the hitting station • Hitting goes to Shagging, Tee's go to Hitting, Shagging to Tee's 	<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>FIELDING/THROWING (40 minutes) – Big Rock 2 Center Field</p> <p>Grounders (20 minutes)</p> <ul style="list-style-type: none"> • Form 1 line each at 1st, 2nd & 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"> • Split girls between 1st, 3rd, and Home • Coach/Volunteer hits grounder to 3, throw home, 3-H go to back of line • Coach/Volunteer hits grounder to 1, throw home, 1-H go to back of line • Repeat until you get back to the front of the line • Rotate H-3-1 each round 	<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 (20 minutes) – Big Rock 2 Home Plate</p> <ol style="list-style-type: none"> 1. Girls from a half circle, arms width apart, from inside 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 'last one standing' 	