

NORTH READING GIRLS SOFTBALL

PRACTICE PLAN

This practice plan was created to use as a guide to help Coaches run their practices. The items below should be incorporated into your practice. Below, there is an example Practice Plan to show how you can mix up the drills for each practice.



DYNAMIC WARM UP (10 MINUTES)

- Jog 1 lap around the field
- Knee hug to quad stretch
- Hamstring sweeps
- Straight leg march
- Inch worm lunge
- Lateral lunge
- Reverse arm circles x10
- Partner arm stretches
- High knees
- Butt kicks
- Carioca
- Side shuffle- switch 1/2 way
- Build up sprints x 2
- Arm circles x10
- Frankensteins
- Arm hugs x10

THROWING PROGRESSION

WE NEED TO THROW TO GET BETTER, NOT THROW TO GET WARM/GET LOOSE

- Wrist snaps
 - Finding the C
- Isolate upper
- Standing T
- Right, left footwork
- Advanced throwing
 - Clock throwing
 - Rock and fire
 - Glove flips
- Long toss
 - The farther you can throw = the harder you can throw
- Transfer
- Active receive
- Active receive + tags
 - Sweep vs. straight down
- Throwing drills
 - Around the horn
 - Cut offs
 - Box – change direction
 - T – change direction

POINTS OF EMPHASIS:

- Stress 1-2 step upon receiving
- Bring body to center (back foot in air with instep "is" the centering) while throw gets started with hand/arm separation
- Hand stays on top of ball as long as possible
- Right, left footwork
- Instep lands & shoulder/elbow points at target to create an accurate line

- Left arm tuck & drive -not rotation- as elbow leads throwing arm to release ball from appropriate slot

EVERY DAYS AND DEFENSIVE GROUPS

AT A YOUNG AGE, EVERYONE SHOULD PLAY ALL POSITIONS. DEDICATE 15 MINUTES TO A DIFFERENT SKILL EACH DAY. EVERY DAYS = FUNDAMENTALS

INFIELD FUNDAMENTALS

- Teach playing defense with your feet - 3 pts of emphasis
 - Footwork
 - Exchange
 - Glove work
- Entrance step
 - Right, left
 - Shuffle feet
 - Hop
 - Corners, middles, OF
- Approach
 - Triangle position
 - Butt up, chest down, hinge at the hips
 - Left foot slightly forward
 - Field off inside of left foot
 - Right, left foot work
- Glove work
 - Do not use other hand – have them practice trusting their glove
 - Straight on, forehand, backhand, short hops (all on knees), then stationary, then dynamic with entrance step
 - Good hop/bad hop drill
 - Can use tennis balls for all of these = builds confidence without fear

OUTFIELD FUNDAMENTALS

- Drop steps
 - Tennis balls – no glove
- Fence work
- Do or dies
 - Two different options

BASE RUNNING

- As few as possible steps out of the box to 1B
- Powerful first step and try to reach longest stride as fast as possible
- Front of bag
- Inside corners
- Aggressive leads from 1B, angled lead at 2B, small lead at 3B
- Out fast, back fast

- Stealing = can go when the ball leaves the pitchers hand

SLIDING

- Figure 4 – lean back
- Sliding pad or wet grass

HITTING

- Holding the bat
 - Grip
 - Rings
- Tee Drills (setting up a tee with a plate)
 - Location
 - One arms
 - Insider bat
 - Contact holds
 - Extension holds
 - Walk through
 - Walk up
 - Skater
 - Slant board
 - Hit pause
 - Rock the baby
 - Double tee
- Hitting moving balls
 - Font toss
 - 45 degree toss
 - Weighted balls
 - Machine
 - Tennis ball one arms
- Slapping (Emily Allard drills – Northwestern/Pro Fastpitch Player)
- Bunting
- Miscellaneous Drills
 - Walking Stride and separate
 - Start with bat at the middle of your body
 - Glider bat
 - Insider bat

LIVE OR TEAM DEFENSE

- Scrimmage
- Situational defense with runners
- Offensive situation cards
- Multiple live at bats

90 MINUTE PRACTICE PLAN EXAMPLE

9:00am-9:10am

- Jog 1 lap around the field
- Knee hug to quad stretch
- High knees
- Butt kicks

9:10am-9:25am

Throwing Progression

- Wrist snaps
 - Finding the C
- Isolate upper
- Standing T
- Long toss
- The farther you can throw = the harder you can throw

9:25am-9:30am

Water Break

9:30am-9:50am

Defensive/Offensive Groups

- IF/OF fundamentals
- Glove work
- Drop step
- Base Running

9:50am-10:10am

Hitting Drills

- Tee Drills
 - Location
 - One arms
 - Insider bat
 - Contact holds
- Moving Balls
 - Font toss
 - 45 degree toss
 - Weighted balls

10:10am-10:15am

Water Break

10:15am-10:30am

Situational defense with runners

10:30am

Cool Down