

Girls Softball Coaches Manual

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Running an effective practice

1. Facilities and resources and number of coaches-take these into account.

Start with first game of the year and work backwards to be sure you have everything in.

Everything they do they try to pick the pace up.

Foundations of practice

1. Practice makes permanent.
2. Spend quality time organizing practice.
3. Set standard every day in practice. Pay attention to the details.
4. Know the game. Take the time to understand the game.
5. Be able to demonstrate well, kids are visual learners.
6. practice is the base for team building
7. Develop a variety of drills but they must stay in the context of the game. (quality repetitions doing things the right way)
8. Pregame should be worked on daily in practice.
9. Make practice fun and productive.

Practice rules

1. If you are not early you are late. If you are late you are going to pay. (he punishes the rest of the team. And then it doesn't happen again).
2. Run between the lines. Hustle. Sprint to your positions. (A good lesson is have everyone run to home and back to dugout, to pitcher and back to dug out, etc.
3. Encourage enthusiasm. One or two vocal people will change the whole complexion of practice. Enthusiasm is catching
4. Look like a team. You play and act the way you feel.
5. Proper Planning prevents piss poor performance (The 6 P's)
6. Go hard or go home
7. Control your attitude and your effort. 2 things you can control.
8. Be a great listener. (don't take off equipment , etc. make eye contact). Ask them to repeat it to make sure they got it.
9. Good feeling will help morale. End practice on a positive note. Kids need to walk away from that practice and that experience in a good way. End drills on a successful note.
10. Your kids need to have confidence and believe in the system.

Practice planning-Develop a checklist of what you want to cover.

Foundations of practice plans:

1. Active warm up and stretch (run a couple of laps, do dynamic movements to get self loose, and then stretch, (hip flexors are important) He likes to do routines.

2. Throwing drills-have specific drills for players. Coach the mechanics.

A. One knee drill

B. Feet together

C. Side Straddle

D. Long Toss-to increase arm strength

E. Footwork

3. Individual defensive drills.

Infield

Daily short hops, getting rid of the ball quickly, ground ball footwork (rolling first, use small balls, bare hand drills, small gloves, webless gloves, hitting ground balls, get mechanics down and give them confidence. Then challenge them. Double play feeds, making sure you get the first out; fielding bunts and slow rollers, receiving throws in a good athletic position and using your feet to get to the ball and not just reaching, back hands. Relay footwork.

Outfield: every day they do dropsteps, footwork adjustments (they do it every day), ground ball footwork-3 ways: 1like infielder, 2- no one on base and I want to keep the ball in front of me and taking a one knee if big hops, and 3: do or die. Fly ball footwork-work on going to glove side and learn to drop step and get body turned to redirect for a throw. Fungos, throwing to bases a little bit daily,

Catchers: throwing footwork, framing, receiving throws, 9adjust from the ground up)

Pitchers: ground ball footwork throwing to bases, fielding bunts, squeeze play.

4. Team defense

Bunt defense cut offs and relays, 1 and 3 defense, pickoffs and rundowns, pop up communication, play situations.

5. Team offense

Baserunning leads at 1 base, sac bunt, slap hitting, fly ball situations, steal leads, balls in the dirt, anticipate every ball is in the dirt, eas at 2, ground ball reaction, fly ball reaction, ball in dirt, leads at 3, ball angle off the bat,

6. Batting practice. (they never have a practice they don't hit).

3 different formations: Groups , stations, or combinations.

One group hits live and runs bases, one group on D, and one group in cages or hitting stations.

Quality vs. quantity., no more than 5 cuts at one time. (i.e. 10 rounds of 5 instead of 50 cuts). Stay inside the ball in the first round (don't pull everything). pupose for the on deck batter is practice in practice too.... (not just games)

7. Conditioning and weights.

If you are going to get picked off, get in a run down to allow your trail runner to advance

Scrimmage games

1. Point Game
 - a. 4 batters vs. team (or team vs. team).
 - b. For every base that a team member touches safely, her team receives a point (i.e. to first is 1; to second is 2 plus the original 1, to third is 3 plus the 2 plus the 1, etc.)
2. Short Game
 - a. Hitter in batter's box and baserunner at base in the situation you choose. Hitter gets one pitch.
 1. Sacrifice bunt w/ runner at 1B
 2. Bunt and run: runner steals 2B; hitter must get pitch down and stealer goes all the way to 3B.
 3. Sac bunt w/ runner on 2B and aggressive 5 step lead
 4. Safety squeeze with runner on 3B
 5. Squeeze with runner at 3B.
- 3.. Runners begin in the choice situation with hitter in batter's box.
 - a. Hitters get one pitch. Runners are stealing on the pitch and must know where ball is at all times. Choose from:
 1. Hit and run: Hitter peaks on third step
 2. Run and hit: hitter peaks on 3rd step; hitter only swings at strikes (hittable).
 3. Fake hit and run: runner steals the base; hitter swings and intentionally misses the next pitch (must sell as real attempt to hit)
 4. Fake bunt and steal; runner tries to steal; hitter shows bunt and squares late to protect the runner and freeze the defense.
 5. Contact play: runner on 3B; hitter tries to put ball in play on the ground. Runner is breaking for home on contact regardless of where the ball is hit.
 6. Angle down: runner on 3B; hitter tries to put ball on ground toward 2B or SS; runner breaks for home if ball is hit through first line of defense (past pitcher, 1B/ 3B).
4. 21
 - A. Place a team of offense in dugout and they organize their own batting order.
 - B. Defense takes field.(may have more than 9)
 - C. Defense can play any position (not normal alignment). Can use a pitching machine.
 - D. Cannot walk or strike out. Hitter may bunt/slap/it to get on base.
 - E. Defense scores a point for each out.
 - F. Offense scores a point only when a runner crosses the plate.
 - G. Object: offense to score 21 points/runs before defense gets 21 outs.
 - H. Runners-decide if they can or cannot steal
5. Softball Yahtzee
 - A. Divide team into groups of 4. 2 groups in field; 1 group hitting
 - B. Use screen and pitching machine
 - C. Each team gets 21 attempts to execute (as in 21 outs in 7 inning game).
 - D. For every failure to execute on an attempt, the offense must cross off or eliminate one of the 21 attempts on their scorecard.
 - E. Use this score card (or change to any categories desired)

	First Attempt	2 nd Attempt	3 rd Attempt	Bonus For 3 Executions
Home Run	5 pts	5 pts	5 pts	50 pts
RBI single	3 pts	3 pts	3 pts	25 pts
Sac Bunt	3 pts	3 pts	3 pts	20 pts
Slap bunt	2 pts	2 pts	2 pts	15 pts
Squeeze	5 pts	5 pts	5 pts	50 pts
Hit and run	3 pts	3 pts	3 pts	25 pts
Sacrifice Fly	2 pts	2 pts	2 pts	15 pts
Bonus points for execution of each of the above	50 pts	50 pts	50 pts	
Sub totals				
Total				

6. Hit and Run, Run, Run

- A. Pitching machine in front of mound; split team into 3 groups; one on defense, one hitting, one on bases.
- B. Start w/ runners at 1B; one player runs at a time.
- C. Give a batter one attempt to execute a ht and run with the runner at 1B. Runners will advance to 2B and wait for all players at 1B to complete their turn at 1B/
- D. Once all hitters have been given their rep with runners on 1B, they Hit and run w/ runner at 2B advancing to 3B.
- E. Once all runners are at 3B, batters get a rep at attempting to score the runner on 3B with a hit and run play.

7. Ducks on the Pond

- A. Divide into groups of 4-5 players.
- B. All offensive players wear helmets.
- C. Put a runner on each base.
- D. Batter comes to plate and another is on deck.
- E. Batter will take 3 consecutive attempts to execute 3 different strategies.
 - i. First: runner on 3B; runner will advance home on the play and prepare to be next on deck.
 - ii. 2nd will be a runner on 2B; this runner advances on the attempt and stays on 3B for the next batter.
 - iii. The third attempt is with a runner at 1B only. This runner will also advance on the play and be in place for the next batter. On this 3rd and final attempt, the batter will run through 1B and become the 1b runner for the next batter.
- b. The new batter steps to the plate and executes the same 3 offensive strategies.
- c. Everyone gets 3 attempts at the plate.
- d. Can use different strategies decided by coach.

8. Hits, runs, and errors:
1 player batting off a T, one player feeding the T, and 2 players on defense. You have 4 cones set up in a 25 X 25 foot square. One defender is even with the front cones, and one is even with the back cones.
First defender fields it it is an out.
A single: past first Defender on ground
A double: line drive
A triple: grounder past second defender
A Home run: fly ball past 2nd defender.
9. Triple Challenge:
One bunter, one runner vs. pitcher, catcher and infielders.(or no infielders).
Batter bunts the runner from first to second, slaps the runner from 2nd to 3rd, and squeezes the runner home. Runner slides at each base.
10. Three Second drill:
Infield in place and pitcher pitches. Bunter bunts. Timer times from when the pitch hits the bat until the throw hits the glove. Try to make all plays within 3 seconds. Can also try to make double plays within 4 seconds.
11. Work up (all play all positions and aggressiveness to defense and hitting).
8 defenders in field. The rest of the team is hitters. Batter continues hitting until she makes an out. If she flies out she replaces that fielder who goes in to hit. If she grounds out, she goes to right, right goes to center, center to left, left to 3, 3 to SS, SS to 2, 2 to 1, 1 to Catch, Catcher in to hit. (machine feeder)

Date _____

Announcements:

Segment one was individual fundamentals

Segment two was position specific fundamentals

Segment three is Game situation drills.

Drill #	Category	Drill	Layout/instructions
	Warm up/Flexibility		
	Throwing		
	Individual Defense		
	Positional Defense		
	Team/Situational Defense		
	Individual/Partner Hitting		
	Live/Machine Hitting		
	Bunting		
	Team/Situational Offense		
	Pitchers		
	Scrimmage		
	Baserunning		
	Conditioning		

Infield Defensive Drills

11. Throw, run catch

1. 2-6 players have a ball. Coach is 30-90 feet away with a ball.
2. player throws her ball to coach, waits for coach to catch ball, sprints across at the angle designated, coach throws ball toward player so she is reaching to catch ball on the run. Can throw a sprint over head, sprint in for short fly, spring across for line drive.
3. Variation: Player throws ball at coach, sprints toward her, coach throws own ball back at player, player receives ball and continues sprinting, throws ball back until player is in front of coach, (attempt to achieve at least 3 exchanges; then run around coach and sprint back to where started for pop up.

12. Triangle

1. 2 cones with coach at the third point of the triangle
2. Player starts out in the middle of the triangle, with coach at bottom tip of triangle.
3. Fielder sprints toward coach, coach tosses ball for diving/shoestring catch. Fielder makes catch, tosses ball back to the coach. Fielder sprints toward left cone and coach throws a fly ball over the player's left shoulder to force an over the shoulder catch. Fielder makes catch, runs around cone, makes good throw back to coach, Coach rolls grounder toward player, player sprints toward ball, fields it, makes good throw back, sprints toward coach for another shoestring/diving catch. Then sprints to right triangle, catches over shoulder, sprints around cone throws ball, sprints in for another diving/shoestring catch.

13. Relay Throws

1. A group of 4 players stand in a line 15-20 (or more) feet apart. A player on one end starts with the ball.
2. Player 1 throws to 2, 2 to 3, 3 to 4. Work on communicating with teammates, catching, receiving.
3. After X # of reps, switch interior with exterior players.
4. Can add: only a line of 3 with the 4th player at the start, and do as shuttle.

14. Basic fielding drills

1. Side to side: partner drill with teammate rolling ball back and forth, shuffling feet to keep ball in front of body when taking ball in.
2. Short hops: 10-20 feet apart, throw one hop balls to each other to work on soft hands and collecting ball in front of center of body.
3. Sun balls: hit or throw ball at player into sun; practice shielding sun with glove
4. Diving head-first catch
5. Double-play simulation: catch, transfer, and move toward throwing location
6. Catch and tag simulation on pick off or steal attempt: catch a thrown ball and quickly move glove to a cone.
7. Running with glove (sprint without extending glove hand until ball arrives).

15. Receiving a force throw

1. 1B is in position to receive force throw. Coach is at SS.
2. Coach hits line drives at 1B and she must read the "throw" (hit) and stretch to the ball.
3. 1B must catch each ball; if she must leave the bag, fake tag.

Infield Drills

1. Action Infield Drill
 - 3B to 1b, SS to 2B
 - 1B to 3B, 2b to SS
 - 3B to 2B, SS to 1B
 - 1B to SS, 2B to 3B
 - 3B to SS covering 3rd, 1B to 2b covering one
 - SS to 3, 2B to 1
 - All home, Catcher to 1, 2, or 3 (Coach call)
2. Charge and sprint drill
 - a. Infielder draws a line 10 feet in front of her.. She starts in ready position and must charge to field a ground ball in front of her line, and then throw to 1B.
 - b. Next Coach hits a Texas Leaguer , for infielder to sprint to catch the ball.
 - c. Do 4 reps (one grounder and one fly = 1 rep). Then new fielder.
4. Infield Hot Box
 1. Place 2 hitters (each with a catcher) 70 feet apart.
 2. Put a fielder in between the two hitters.
 3. Hitter 1 hits a ground ball to the fielder, she fields, throws back to catcher 1; then she quickly turns around and fields another ball hit by hitter 2 and throws to catcher 2.
 4. The hitter should begin to hit her ground ball as soon as the fielder has released the ball to the opposite side.
 5. As you tire you have to concentrate. Have others encourage from sidelines.
 6. Field 20-30 ground balls. See how many they field/throw cleanly.
5. Five Ball Fungo
 1. All infielders are in position.
 2. One player receives 5 consecutive balls which she throws to 1, 2, 3, 2, 1.
 3. Can add doing from a side toss fungo.
6. 6. 2-man infield fungo
 - a. 6-5/4-3 Switch
 - b. 4-6/5-3 Switch
 - c. 6-3/4-5 Switch
 - d. Turn two/ 2 to 5; Turn two/2 to 3.
7. Back hand drill: groups of 3 (need 2 buckets and 30 balls)
 - A. One player rolls balls from 20 feet
 - B. Player two is already done cross over step (stationary)and stays in that low position
 1. Bend knees
 2. Hip area bent-Back end should not be up in the air
 3. Head over glove
 4. Soft glove when you receive it
 5. Absorb the ball when you field it
 6. Toss the ball to player 3

C. Player three puts ball in bucket.

After 10 reps, rotate

At the same time the other infielders do a second station:

8. Using paddles, fielding drill. (can use tennis ball)

A. Player A rolls the ball from 20 feet

B Player B fields th ball

1. Ready position with knees and hips flexed, hands open, facing player A.

2. Using the paddles, concentrate on using two hands and have soft hands (give with the ball as it comes into the paddle)

3. After fielding, set up your footwork with feet in line with the target and ball into throwing position, being sure to finger the ball on your grip

C. Player C puts the ball in the bucket

After 10 reps, rotate

At the same time other infielders do a third station:

9. Charging a slow roller drill

A. two players alternate turns charging the ball while third player rolls balls to them.

1. Stay low as you charge the ball

2. pick up the ball with the bare hand (or pro-style)

3. Release the throw with a stiff wrist, not allowing hand to come higher than your shoulder as you stay low. Toss should be in a good position to tag a sliding runner

10. A. One player rolls grounders from 25 feet

B. Player two uses proper technique to field the grounder, feet in position, and throw the ball back

1. Glove foot is slightly forward

2. Head is down

3. receiving the ball hands are out in front of the body

4. turning and setting the feet up in line with the target in ready to throw position.

11. Load and Go Drill

A. Player A underhand tosss the ball to player B.

B. Player B catches the ball with weight on back foot

1. Balanced when transfer weight

2. Catch the ball with two hands, put the weight on back foot (throwing side foot) and set up to throw

3. Throw the ball to player C

C. Player C catches the ball and puts it in the bucket

12. Set up at their position and work on proper fielding mechanics and throw for all types of play that could come to them.

fungo hitter on first base side hits to the 3B who throws to 1b.

Fungo hitter on 3b side hits to 2b who works on the short throw to the SS.

Fungo on 3b is hitting to SS who throws to 2b.

Fungo hitter on 1B is hitting to 3B who again throws to 1B.

Fungo hitter on 3B hits to short stop who throws to 1B.
Fungo hitter on 1B hits to 3B and she throws to 2B.

Fungo hitter on 1B hits to Short stop who throws to 1B
Fungo hitter on 3B hits to 2B who throws to 3B.

Fungo hitter on 3B hits to 2B who throws to 1B.
Fungo hitter on 1B hits to SS who throws to 3B.

Fungo hitter on 1B hits to SS who throws to 2B.
Fungo hitter on 3B hits to 1B who throws to 3B

Fungo hitter on 1B hits to 3B who throws to First base with the 2B covering 1.
Fungo hitter on the 3B hits to 1B who throws to SS covering 2B.

Fungo hitter on 1B hits to 3B who throws to SS covering 3B.
Fungo hitter on 3B hits to the 1B who throws to the 2B covering 1B.

Fungo hitter on 1B hits to short stop with a runner at 2 running to 3. SS does not throw the ball. She must focus on fielding and line up to throw. The runner does not have to go all the way to 3.
Fungo hitter on 3B hits to the 2B with a runner on 1 running to 2. 2B does not throw the ball. She must focus on fielding and then line up to throw. The runner does not have to go all the way to 2.

13. Repeat the previous drill and try to have the runner run right in front of the fielder.
4 fungo hitters: One (A) is between home and 3B, one (B) is on the 3B side of home, one (C) is on the 1B side of home, and one (D) is half way between Home and 1B.

- A. Hits it to the 1B who fields and puts it in bucket
- B. Hits it to the 2B who fields and puts it in bucket
- C. Hits to the 3B who fields and puts it in bucket
- D. Hits to the SS who fields and puts it in the bucket

Individual Defensive Drills-All Positions

1. Chicken Drill:
 1. Partners-no gloves and one ball.
One person stands in defensive stance with feet apart. Partner stands, with ball, 7 feet away. The thrower tries to bounce the ball between the feet of the defender. The defender is working on looking the ball in, quick reactions, and defeating fear of ball. Key is good defensive position with hands out in front; and soft hands.. Cleanly field as many balls in a row as possible.
2. EJ's Drill: "Purdue"...
You set up 2 cones on each side (like your making a soccer goal). Then you have 2 players on each team and they have to bounce the ball off the floor and try to make it between the 2 cones. If a team scores then the losing team is out and the winning team stays in until they lose. If you catch a line drive then that team is out and the next 2 players go in against the winning team. Use squishy softballs.
3. Blind Drill: to work on reaction and judgment
Defender stands with back to coach. At the sound of the ball hitting the bat, she turns around, finds the ball, and makes the catch.
4. Coach vs. two works on reactions and defensive skills
Partners
6-10 feet wide and 25 feet deep.
Coach gets 5 tries to hit the ball past the 2 fielders (use a flexiball indoors.
5. Falcon- good agility and conditioning and eye hand coordination.
Player with partner. Partner has 2 balls and is 5 feet apart. Partner tosser tosses balls one after another. Defender must stay in defensive stance and slide back and forth catching each ball and tossing it back.
6. Quick reaction drill
One defender in infield stance vs. one thrower. The thrower tries to throw to back hand, fore hand, and between the feet. All throws are one hoppers.
7. Rapid Fire:
Coach hits to fungo player, fungo player flips it to someone with a bucket, feeder feeds coach. Take 10 consecutive hot shots and try to field them all cleanly.
8. Lay Down
Player lays on belly 70 feet from the fungo hitter. Fungo hitter hits, player jumps up and fields the ball. Good for agility and quick reactions.
9. Slap Drill (to work on slap placement).
Slap as many balls behind pitcher and 3B as possible in 10 pitches. Repeat between pitcher and 1B.

10. Up and Back

Fielder faces Coach. Coach throws it over fielder's shoulder. Fielder turns and sprints to catch the fly, fires it back to coach. Coach then throws a short pop up. Fielder sprints in and catches it. Then repeat (so that the player goes back 2X and up 2X). Switch fielders.

Base running

1. *Rounding the bases.* Player should leave the batter's box in a straight line toward first base. Approximately 2/3 of the way to first the player should slightly bow their approach to allow them drive off the corner of the base and head toward second in a straight line. *Hint: The player should hit the very edge or corner of the base. If the player isn't headed directly at second base there needs to be a slightly more exaggerated arc going into first.*
2. *Lead offs.* The player should catch the edge of the base with the cleats on the ball of their left foot. The right foot should be next to the base and behind the left foot. Their knees should be bent and their arms should be bent and in front of them. When the pitcher begins her wind up the player should rock back putting all her weight on her right foot. As the pitcher's arm begins to come down from the twelve o'clock position, the player should shift her weight to left foot and then drive off the left foot directly toward the next base. The player should get 1/3 the way to the next base. When leading off the player should be looking in over her left shoulder. The player's shoulders should face the next base until she plants to head back to the base she left. *Hint: The player should not turn and shuffle as is common baseball.* When changing direction the player should sink her hips plant her right foot and head directly back to the base – never turning her back to the ball! When returning to the base the players should be taught the head first slide. Reach the right hand to the left corner of the base. The players body should be to the left of the base far enough to be out of the reach of the defensive player, but close enough to reach the base.
3. *Sliding.* It is imperative that all players learn to slide properly for competitive and safety reasons. *Hint: A great time to practice is on wet grass or on a slip and slide.*
 - a. *Hook Slide.* The player should be running at full speed. The slide itself will slow the player. While running at full speed the player should launch themselves by hooking their right leg behind the left knee. The left leg should leave the ground with the toes pointed upward. (We slide with the left leg forward to allow the player to turn her head and avoid being hit in the face.) The player's hands should be extended overhead throughout the slide to prevent hand and wrist injury.
 - b. *Head First.* The player should be running at full speed. The player should dive head first with their fists clinched with the objective of sliding on their bellies. Their backs should be arced and their head up to see the defender and avoid the tag when possible.
 - c. *Goals*
 - i. Get to the base as soon as possible.
 - ii. Protect the player.
 - iii. Avoid the defense.
 - iv. Teach the player when and how to slide in different situations.
4. *Stealing.* The player should drive off the base exactly like she is leading off. The difference is they are not looking in over the left shoulder the entire time. Halfway to second or third the player should look in once for a split second to ensure the hitter is

not popping the ball up. If the ball is popped up, the player must return to prevent the double play.

Baserunning Drills

1. Base running Warm up – done at the beginning of every practice to teach base running fundamentals.

A. Player walks to first simulating proper running form. Arms pumping, hands cheek to cheek, and knees high. The player goes through first as though they are running out a close play and then jogs back to the end of the line at home plate.

B. The players run $\frac{3}{4}$ speed and properly round first base and return to first base.

C. The players practice lead offs at first base and slide back into first base head first.

D. Still at first the players go first to third, rounding second properly, slide into third, and jog back to home plate. Still $\frac{3}{4}$ speed.

E. The player runs home to home at full speed, rounding each base properly, and sliding into home. Teach them to slide around catcher blocking the plate.

2. Hitting and Base running isolation combination

A. During batting practice, a base runner occupies each base and reacts to each ball hit as if she is the only runner on base. Establish expectations at each base so the athlete can specifically react or execute the offensive situation at each base.

3. Base running execution and reads

A. Divide into groups of 4; one group taking turns at each base; one group hitting.

B. Designate what the runner's responsibility will be at each base

i. Runners on first working on leads and reading and reacting to the bunt (advancing on good bunts, returning on pop-ups, etc.)

ii. Runners on 2B work on straight steal on pitcher's release and sneaking a peek to see if ball is popped up.

iii. Runners on 3B work on aggressively reacting to the ball's angle off the bat. Break for home on any ball that comes off the bat and heads downward. They don't need to read fair or foul, just the ball's angle off the bat and trying to get an aggressive jump.

iv. Runners advance to the next base and go to the back of the line at each base or at home plate to await their turn as batter.

Baserunning Fundamental Drills:

1. Take the Extra Base

1. Purpose: To work on baserunning techniques
 - a. (first know running through first-chop-look; rounding base technique, diving back in and looking toward foul territory; picking up the coach on the way to 3B; sliding, stealing with the pitch.)
2. To set up: Bucket of balls with a player at 1B and same at 3B; pitcher on the mound, player in Batter's box, player running at first, player running at third (line at each place). Coach at 3B.
3. Coach simulates a pitch, runner at home runs to 1B as if an infield hit (runs through base, chops and looks toward foul territory). Player with bucket of balls rolls a ball toward fence, and runner takes off for 2B and slides. At same time the runner at 1B has a hit and run on. She visualizes the ball hit behind her and picks up the coach at 3B who is waving her around and signaling her to slide or to stop on the base. The runner who started at 3B, takes a lead off on the pitch in foul, acts like the catcher throws down to pick her off. The runner dives back into the base with her head facing foul territory. She picks up the player standing in foul territory to see if this player tosses a ball off to the side to simulate a ball glancing off the glove of the 3Bman. If so she gets up and scores.

2. Take a Lap

1. Purpose: Warm up Drill
2. Players jog around the bases 5-10 times working on proper turns at each base and accelerating through each turn. Use proper running form, and hit each base in the perfect spot.

3. Times

1. Home to 1b X 3-5 reps
2. 2B to Home X 2-3 reps
3. Home to Home X 1-2 reps

4. One Base

1. Divide into 4 groups, one at each base including home.
2. First runner at each base sprints to the next base; As soon as player crosses base, next runner in line takes off. Time the take-off to be as soon as the runner passes in front of them.
3. Repeat for 5 minutes.

5. Work-up the line

1. Place cones 60 feet apart (starting line and finish line)
2. Players line up on a foul line in the order of their running speed from Home to 1B.
3. On command, all sprint through cones.
4. Goal: to be sure you don't get beat by the person to your slow side. If you get beat by a slower runner, you must run again (a sprint by yourself). Repeat X # of times.

5. or Goal: If you beat someone, you switch places on the line with them; try to work your way up the line as far as possible toward the fastest player seeing how far up the line you can get.

6. Leads and returns

1. Divide into 3 groups, one at 1, 2, 3. Pitcher on rubber goes through a pitching motion or actually pitches a ball.
2. One runner on each base assumes a lead off stance. The pitcher throws the ball, the runner works on her timing, trying to get off base as soon as ball released. Runners take a 2-3 step lead and then stop and return to the base, avoiding a tag (the next player in line steps up and simulates a tag).
3. Can add:
 - a. Straight steals
 - b. Delayed steals
 - c. Hit and run execution where runners "sneak a peek" toward home plate (only turning head, not shoulders) and round the next base.

7. 4-3-2-1

1. Purpose: Perfection
 - a. Running to first hit front outside corner running through/chopping/head turn;
 - b. on turns hit inside corner perfectly
2. All players start at home plate and line up ready to run bases
3. The first player runs from home to 1B; after she touches 1B, the next in line runs to 1B, etc. They return to the line. Repeat X # of times. Then they run to 2B, then 3B, then HR.
4. Variations: 4 X to 1B...3X to 2B...2 X to 3B... and 1 X to HR. or 4-3-2-1-2-3-4; or 8-6-4-2... or 10-1-1-1

8. Two at a time

1. Purpose: working on verbal and physical signals for communicating in game situations
2. All players line up at home with a pitcher on mound and 1B and 3B coach.
3. On the pitch, the first two runners from home take off, the first runner runs through 1B, while the second runner rounds 1B and heads to 2B. Coaches now communicate to the runner what they want runner to do. When runners have stopped, pitcher goes through motion again, and runners work on their jumps and score. The next two runners start at home and do the same as the first two.

9. Tag Ups

1. Divide into 3 groups: 1B, 2B, 3B
2. Coach at Home with bucket of balls and bat. OF in each position.
3. First player at each base should stand in her lead position, coach hits fly to OF or foul territory.
4. Each player tags up or leads off, depending on base and the hit. (CLEARLY DEFINE).
5. Each player tags up or advances.

- a. Tag up only on balls that you can advance on if the catch is made. If you wouldn't be able to advance on the catch, get off as far as safely can if ball falls. Avoid jeopardy of double off. Always tag on foul balls.

10. 4 Baserunning stations:

1. Run throughs at 1B. Swing at imaginary pitch, run through, look to right and chop step.
2. Lead off, dive back, get up and go to next base on the overthrow.
3. 2 players coming from opposite sides running at same base. They both must round on the inside corner as if it is first base.
- or 3. Star Drill: 4 players all running to first base and make the appropriate turn. They don't do this one at full speed... just learning body angles and turns.
4. Base runner works on sliding home

11. Baserunning:

First step out of the box should be with back foot. And first 3 steps are crucial. Runner should stay low on these first 3 steps. Can have an extra player hold a bat horizontal at shoulder height to make sure they stay low.

Can also drill whiffle ball hit, and focus on first step being with back foot (not a false step or stutter step)

12. Leading off: Left foot on the front of the outside corner. Use a rocker step with hips low to the ground to get an explosive start.

13. 3 different leads:

1. Straight steal: go when ball is at 12:00
2. Bunt lead: See the ball released and then go... so you have momentum going forward on the bunt.
3. No sign lead: When the ball is at 9:00 lead off.

14. 4 people per base

Home: Pretend to hit, take off with back foot taking first step, run through, chop and lower center of gravity, look toward foul territory

First: Straight Steal (or lead off mid point, dive back into corner.

Second: Lead off, delayed steal; or lead off getting proper angle to score.

Third: late lead, tag up, score.

15. Have everyone start at home. You have a leader that everyone follows.

Home to first : pretend to hit, take off with back foot taking first step, run through, chop, and lower center of gravity, look toward foul territory. Then do form running from 1st across the diamond to third: (heeling or high knee), at 3B come home-late lead, score on wild pitch; At home, form run diagonal to second base. At 2nd, take proper angle to score. Re-start.

16. Conditioner: Run H to 1.

Continue down the line to the fence,.

Jog back,

Do work to second (bunt lead), continue on to the fence, jog back, do work 2 to 3, go to the fence, and then

Hitting

The style of hitting we are teaching is a linear start with a rotational finish. The linear start gives our players extra power at contact.

1. The Grip – We want take our glove hand and spread our fingers as far apart as they will go. *Hint: It should look like you are showing someone five with your hand from a distance.* Then you want to take the knob of the bat and rest it against your hand at the spot where your hand and arm meet. You want to line the bat up with your index finger, so the bat is laying diagonal across your hand. Your fingers should wrap around the bat from this position with your thumb wrapping around the bat and resting on your index finger. Then lay across your throwing hand in the same diagonal position and grip the bat the same way. The knocker knuckles on both hands should be lined up. *Hint: If the grip is correct there should be a very defined V shape created between the players thumb and index finger on both hands.* The wrists of both hands should be in the cocked back to generate bat speed.
2. The Stance – The player's feet should be slightly wider than shoulder width and the player should be on the balls of their feet. The knees should be slightly bent in a comfortable position and the back should be straight. The player should not lean forward. The bat should rest on the bump of the shoulder with the top or throwing hand even with the top of the shoulder. The elbow of the bottom or glove hand should rest in a comfortable position by allowing the arm to fall until it rests against the body. The top or throwing hand elbow should not rest all the way against the body, nor should it be all the way up. It should be in a comfortable position approximately in a 45 degree angle to the ground.
3. The Linear Start – This is a two part step simultaneous process. We will call the first step the drive. It takes place by rotating the back foot while driving the back knees at the pitcher. The knee cap should be pointed straight ahead. If driving the knee forward correctly, the player should finish with at least 5 inches under the back heel. The second part of the process is the stride or step with the front foot. The step should be a 6-8 inch step. When the player strides the foot should not open. The player should step and lead with the heel. The goal is to keep the front shoulder in and hit against a firm front side.
 - a. BALANCE =POWER!
 - b. *The player should not over stride.*
 - c. *The player should keep both knees inside their feet.*
 - d. *The front knees shouldn't bend.*
 - e. *The hands do not come forward during this phase.*
4. Rotational Finish – The key is that this phase doesn't start until the player sees the ball leave the pitcher's hand. If this phase starts to soon the player will be susceptible to off speed and breaking pitches. The first step in the rotational finish is to point the knob on the handle of the bat at the ball. This will allow the player to get their hands through the zone. The next step is to uncock and snap the wrists while exploding the hips and fully extended the arms. The goal is to keep the barrel of the bat through the hitting zone as long as possible. The player should finish with their shoulders square or parallel to the shoulders of the pitcher.

Hitting

Individual Hitting Drills

1. One arm swing with a mini bat
 - a. Back knee down on ground, front knee is up
 - b. Front foot is closed (under 45 degree)
 - c. 24 inch bat (mini bat) held in front hand
 - d. Focus: front elbow coming forward/knob to ball (without shoulder opening)
 - e. (Short, quick, and then long)
 - f. Add hit a ball off of the T (whiffle)
 - g. Could add double T and hit first T with knob, second ball with
2. Board Drill for balance in swing
 - a. Balance beam off floor 2 inches tall, 6 inches wide
 - b. Emphasis: Keeping weight on balls of the feet and balanced through out a full swing.
 - c. Can combine with soft toss/ machine
3. Chair Drill
 - a. Place a folding chair with back of chair next to hip.
 - b. Swing full swing. Hip should start touching chair and end touching chair.
 - c. Emphasis: Keeping weight back and not getting weight out on front foot. (Emphasize head staying directly above the middle of body.)
 - d. Can add batting T
 - e. Can use chair, balance beam and soft toss machine all at same time
4. Fence Drill
 - a. Face Fence, one bat length away (between belly and fence is one bat length).
 - b. Dry swings without hitting fence.
 - c. Emphasis: knob of bat straight to the ball without casting.
 - d. Emphasis: Stride length
5. Underloading
 - a. Using a dowel rod with foam (pipe insulation around the sweet spot) around the end,
 - b. Emphasis: developing bat speed with a light weight bat Emphasis is not about what you hit, it is about quick bat speed.
 - c. After they learn the bat speed we can possibly then add the little whiffle balls either soft tossing to them or bouncing to them. Do not sacrifice the bat speed to get the contact.
6. Bug Squish drill
 - a. Hold a bat or dowel (or extended bat) behind your back Hit the ball off the T using your stride, bug squish
 - b. Emphasis: Balance, L in back leg, no collapse on back leg
7. Stride Box (to prevent overstriding)
 - a. Use a 4 x 4 so the hitter won't step on it.
 - b. Drill 3 holes in it and nail it down. How long should stride be? Don't worry about it. Instead make sure weight stays centered.
 - c. We are looking for nice short compact swing. Stride box will help us minimize our motion.
 - d. Keep the stride soft, short, and soon enough.

8. 2 X 4
 1. Done on a 2X4 in running shoes
 2. Focuses on being on balls of feet
 - A. If they are too far on toes, they fall forward
 - B. If they open up or don't put weight on toes, they will fall back (they did not swing.
9. Toe Touches
 1. Short quick stride is emphasis
 2. Make sure the player lands on the inside ball of her stride foot.
 3. Take a plastic cap with nail through it-pound it into the ground
 4. Batter sets up where they normally want to be, and they focus on stepping onto the plastic cap with a short quick stride.
Can add the swing
10. Deflated vb drill
 1. Put a deflated vb between your thighs (all the way up at the top!)
 2. Keep a short stride and remain balanced, the vb stays where it was placed. If your stride is too long, the ball drops.
11. Stride Drill with hanging bat (to stop overstriding)
 1. To work on a balanced stride. to work on maintaining balance when they are in their stride.
 2. Forearm touches hip and bat is in right hand with elbow at right angle.
 3. If their hips come too far forward, the bat swings.
 4. When they lunge at the ball, the bat swings
12. Tennis Ball Wrist Snap Drill (to work on last phase of the swing: Shoulders unlock, then the elbows, then the wrists)

Focus on wrist position upon contact

 1. Stand in front of the screen in batting stance with tennis ball in hands as if it were a bat
 2. Take a normal swing by: stride and unlock the shoulder, then the elbow, then the wrist and using the wrist snap, throw the ball into the net.
If you snap too soon, the ball will go off to the side.
13. To work on the stride-swing phase: Kick the ball Drill
 1. The batter takes a normal stance with softball by their back heel.
 2. Stride and use the back foot to pivot and snap their hips open.
 3. If they snap their hips open and pivot correctly, they will shoot the ball back away from themselves. If they don't, the ball doesn't really move.
14. Scarf drill: To work on keeping the front sidedown.
 1. Place a piece of material (sock or scarf) under front shoulder. (arm pit)
 2. If she drops back shoulder and flies open on the front shoulder, the scarf drops down.
 3. She should be able to swing all the way through, keeping scarf under arm pit.
15. Back Fence Drill-forces the player to be compact during her swing.-to eliminate casting out or dipping when they swing
 1. The batter takes her normal stance at a plate with a fence where the catcher normally is. They should measure the distance of their foot length, and that is how far away from the screen they should be.

2. They will get immediate feedback if they hit the screen (that they are casting and that their swing is not compact)
16. Front fence drill: To make sure the elbows and wrists don't unlock at the same time causing them to cast.
 1. Measure from the belly button-one bat length from the fence (which is in front of their belly button in their stance)
 2. Take normal form swing and should not hit the fence (or they are casting by unlocking the elbows and wrists at the same time).
17. Corner Fence drill:
 1. Stand in a corner in stance...one fence is where the catcher is, and body faces the other fence.
 2. Measure one bat length from the belly button to the corner of the 2 walls.
 3. This makes sure you don't cast.
11. Freeze drill: To remain balanced throughout the swing.
 1. Get in stance and swing.
 2. Too much weight forward is a common problem. So is opening up too soon on their front side and their weight goes away from the plate.
 3. If they remain balanced in the swing, they can freeze and hold their position throughout the follow through.
 4. If their weight is too far on ball of feet, they have a tendency to fall over the plate.
 5. If they open up too soon and their weight goes on their heels, they fall backwards or away from the plate.
18. Stride Guide Drill-enforces a strong back foot pivot. It emphasizes a short quick close lead stride foot
 1. Player gets on th wood, measures proper stride length, moves the wood to her proper stopping point, get back on the wood, and swing with proper step and proper pivot.
19. Stride line drill: encourages player to stride toward the pitcher-no matter where the pitch is.
 1. Draw a chalk line (or use line in gym)
 2. Work on striding directly towrd the imaginary pitcher.
 3. If the weight is back they will ope up too much causing them to stride away from the pitch.
 4. They also don't want to step insid because they are vulnerable to the inside pitch.
20. Dry swings:To remain balanced throughout the swing
 1. Batter takes a dry swing and remains balanced.
 2. Then she closes her eyes and repeats the swing, maintaining her balance.
21. 1 arm T Drill for front (bottom) hand-
 1. Player is down in right knee with left knee bent and left foot on the ground with knee up.
 2. Put a batting t so that it is just in front of you.
 3. Using a small bat in only your left hand,
 4. Start out just using wrist snap only so she can work on having wrist snap happen last.
 5. Then unlock elbow and then the wrist. (elbow first, and then wrist snap)
 6. Then add the last stage: unlock shoulder, elbow, and then wrist (with just one arm). (full swing with one arm only)
22. Repeat with the back arm. 1 arm T Drll for back (top) hand (using a youth bat)