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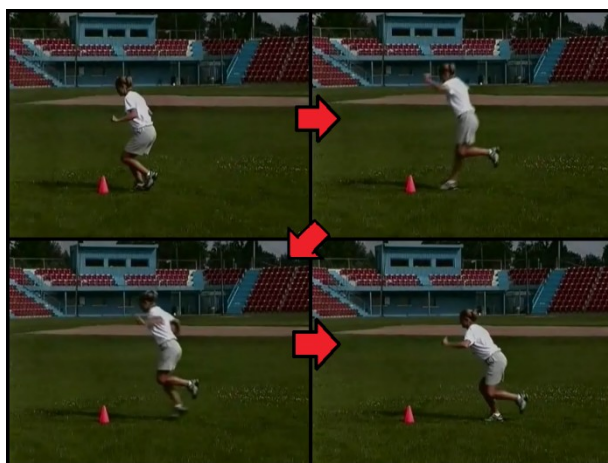
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Welcome to explosive softball. We want to share with you some ideas that are going to help make your athletes more explosive. If we can make better athletes, we can make better softball players. Athletic skills are important. Straight-ahead speed. Quickness. Agility. Balance. These are all skills that you need to have to play better softball.

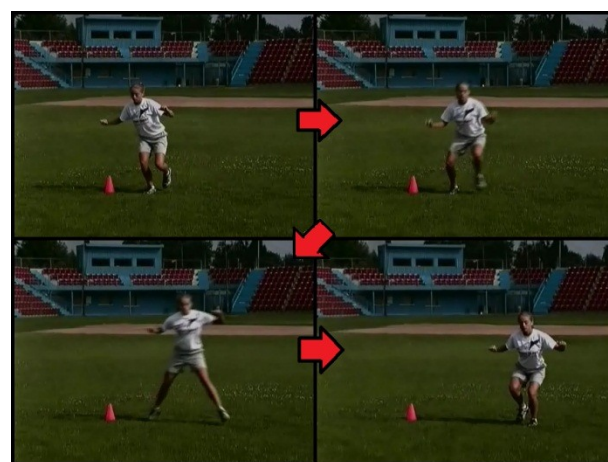
We're going to help design a program that's going to maximize all of these skills so that you have greater ability during competition.

If we make a better athlete, we're going to make a better softball player.



Linear and lateral jump and stick. Here we want to work on our joint stability and balance. First thing we're going to do is jump forward. One leg at a time, just hop forward, stick, and hold the position. Hold the landing. Flex that knee.

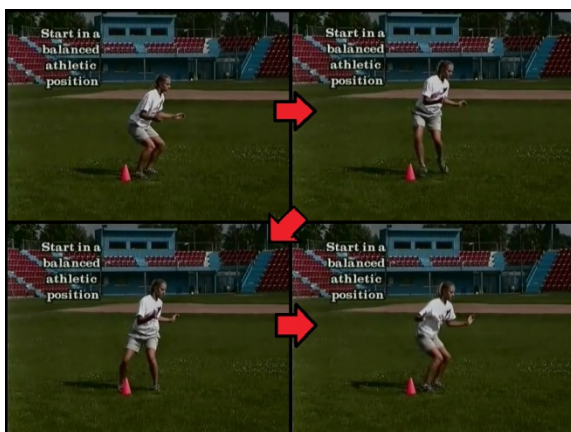
We want to try and get down to where we're at a 90-degree angle at the knee. Stick and hold that. We need this good balance and stability for softball explosion. Control the body. That's how we can control the bat, control the ball. Having control of the body first.



Make sure you work each leg equally. Balance out the right and left. Do three sets of five jumps with each leg.

Next, let's do them backward. You just need a moderate hop. This one's real difficult. But we have to have that ability to stop our body from moving one direction, get control so that we can go in a multiple of different directions.

React and go. Great defensive skill. That's what this is about. Get control of the body so that we can explode the direction we need to for greater success.



Three sets of five with each leg.

Now, let's go lateral. Simply balance on one foot, jump to the other. Hold it for a couple of seconds. Jump back. Over and back is one repetition. Do three sets of five repetitions.

Remember, it's body control, balance, stability. Stop that body from going one direction. Get it under control.



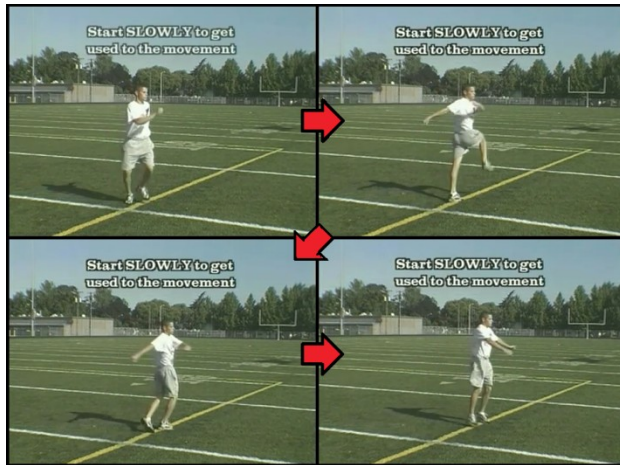
Now let's do quarter eagles. Start from a good balanced athletic position. Take a quarter turn to one side and return to the starting spot. Right and left is one repetition. Do three sets of five to 10 repetitions. These are great for hip control and body control and balance.

Next, let's go on a coach's command. I say right or left, the athlete has to respond. Right. Right. Left. Left. Right. Left. Left. Right. Good. Great job. They have to react to the stimulus. Just like reacting to the ball in a game. That's a great job.



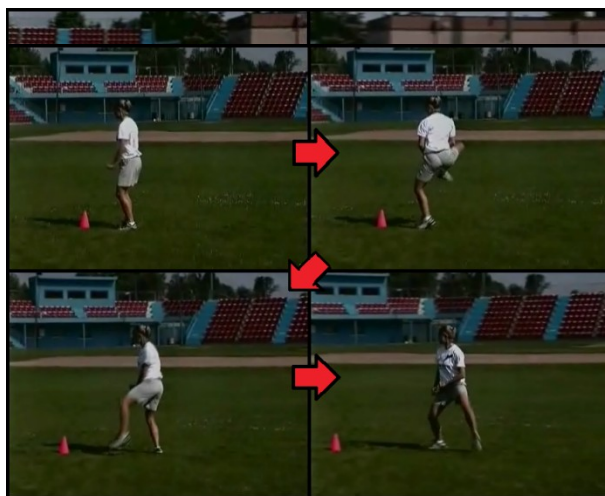
Balance pick-up game. Here's a great strength and stability drill. Balancing on one leg, you're doing a single-leg squat. Keep the foot flat on the ground, squat down, pick up a ball. It's about three to five seconds on the down for each one. Nice and easy down. Slow, good balance and body control. Balance up by doing each leg an equal number of repetitions. These are great for balance and body control. The power you need for great offensive and defensive explosion.

Skip and crossover. This is great for that explosive crossover step that we need for base stealing and defensive skill. Simply bring the knee up and rotate the hip. Keep the foot right underneath the hamstring. Don't reach with the feet. That's bad positioning. We want to stay in power as much as possible.



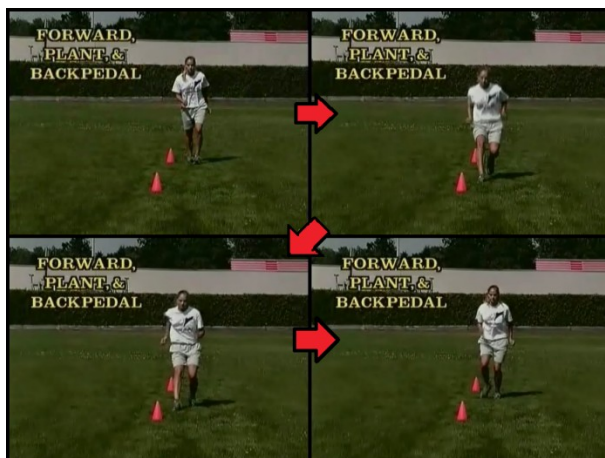
Down and back with each leg is one repetition. Do three sets of three repetitions. Keep the core solid. Suck in the belly button and tuck in the back. Stabilize that core. Use the arms for good balance. Generate great force by driving that knee across the body as you rotate the hip.

PART 2



Carioca. This isn't the old standard. This is full range of motion body control carioca. Go slow as you begin. Take the behind the step, lift and rotate. Control your feet by rotating the hip and the knee across the body. This'll give great body control, balance, agility. Stay on the front part of the foot. Bounce as you go. Don't bend over at the waist. Stabilize that core. Keep the head up.

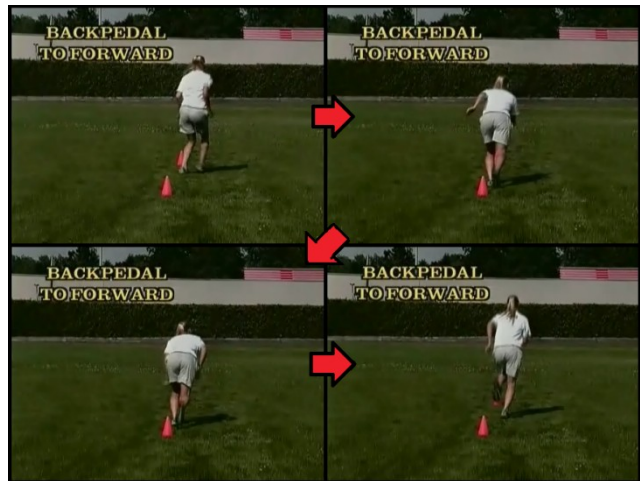
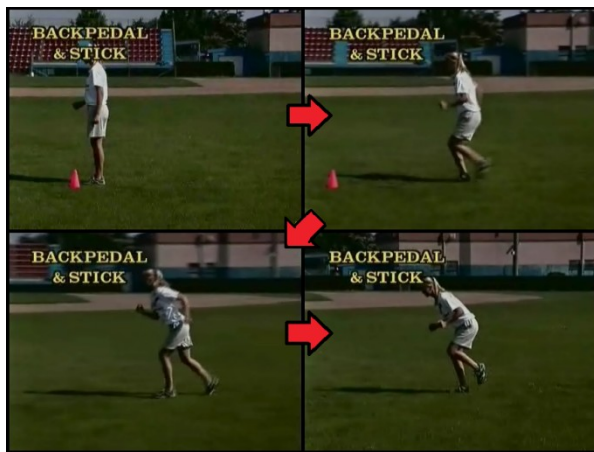
Work for 10 yards. Down and back is one repetition. Do three sets of three to five repetitions.



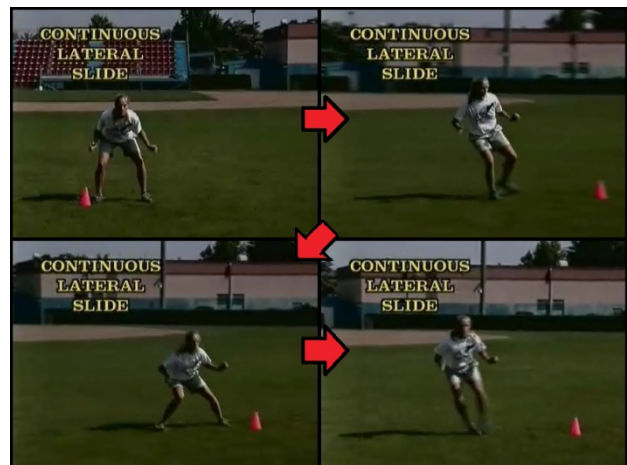
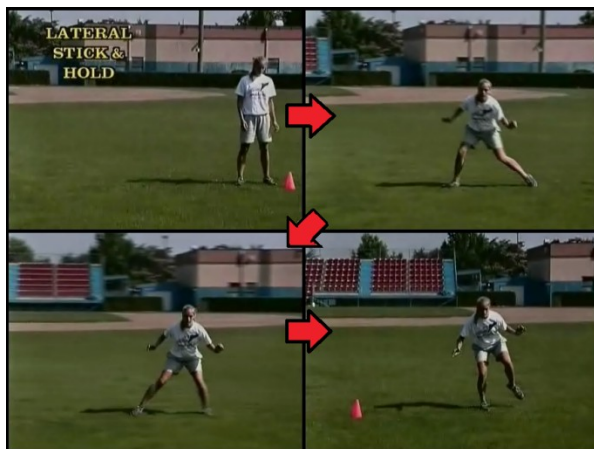
Drop skip. Here we want to work on loosening and opening up the hips. We bring the knee up and out as we step down and back. Maintain a good stable core. Down and back is one repetition. Do three sets of three repetitions.

Good loosening on the hips for greater ability and speed. These are great for agility and balance. Knee up and out. Pull the toe up toward the shin so you stay on

the front part of the foot as you step down to the ground. Keep a solid stable core by sucking in the belly button and tucking in the back.



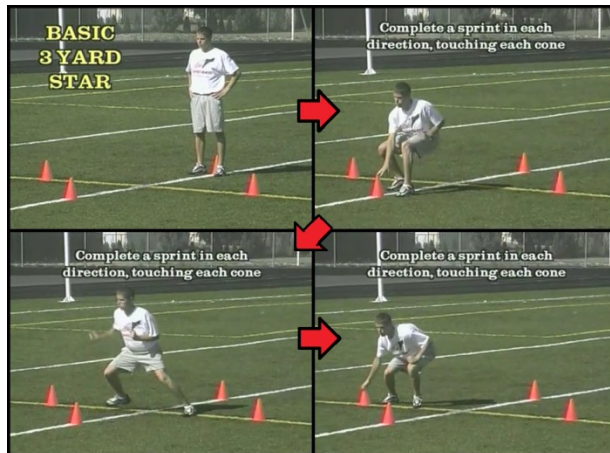
Linear and lateral run and slide with change in direction. Here we want to start with a forward to backward motion. We're going to run forward and stick and hold our position. We want to stop the body motion. Do it with the right, turn around, go back, and stick and hold with the left. That teaches the muscles what we want it to do. Stop the body and stabilize.



Now go straight into a linear run, plant, and backpedal. Run forward, plant with the other leg. Backpedal. Get used to stopping the body and changing direction. Come out, plant with the right. Push back. Come out, plant with the left. Push back. Great change in direction and body control skill.

Now let's go backward to forward. We start with a backpedal, stick and hold. Turn around, do the other leg. Backward, stick and hold. We want to teach the body how to stop its momentum so that we can change direction for greater skill and ability.

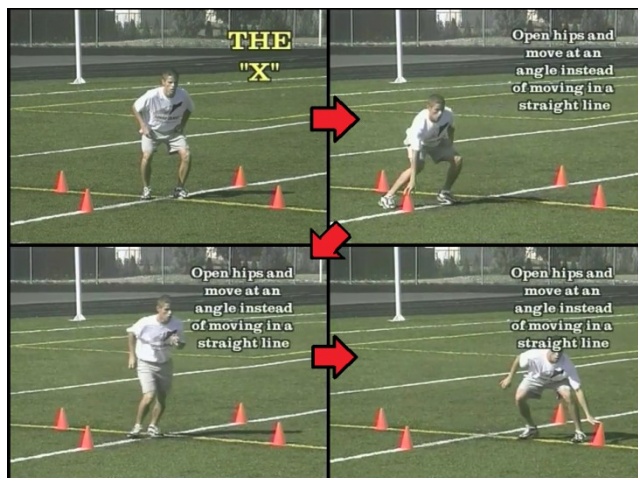
Now let's go right into backpedal to break forward. We come back, plant, explode forward. Balance out by using each leg equally. Do as many with the right as you do with the left. Try not to take those false or negative steps. Step down, push away.



Now let's go side to side. Let's work on our lateral motion. Lateral slide, stick, hold the position. Work both directions equally. Stopping and getting control of the body. A good lateral slide by pushing away from the direction we want to go.

Now let's go right into lateral slide with change in direction. Down and back is one repetition. Do three sets of three repetitions.

The three-yard star. This is a basic drill using some cones. Make them three yards apart. You're going to start with a sprint forward, then go lateral side to side, and finish with a backpedal. Stay on the front part of the foot.

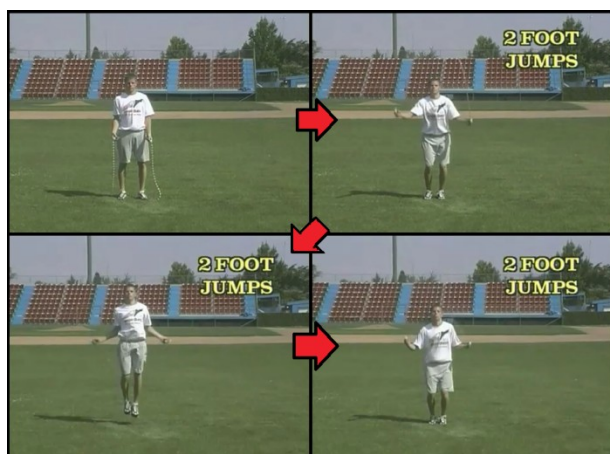


Push away from the direction you want to go. Push forward, push side to side, push back. This is just simple quickness, pushing away with quick feet, pushing the hips, keep the core solid.

The X. Start in a good athletic position right in the center. You can start forward or back, it doesn't matter. You're opening up your hips now as you go through the motions.

Open that hip. Open that hip and step forward. Open and drop back. This is great for opening up the hips for your athletic multidirectional speed and agility.

You've got to stay on the ball of your foot, pushing away from the direction you want to go. Develop that all-around skill, multipurpose direction.



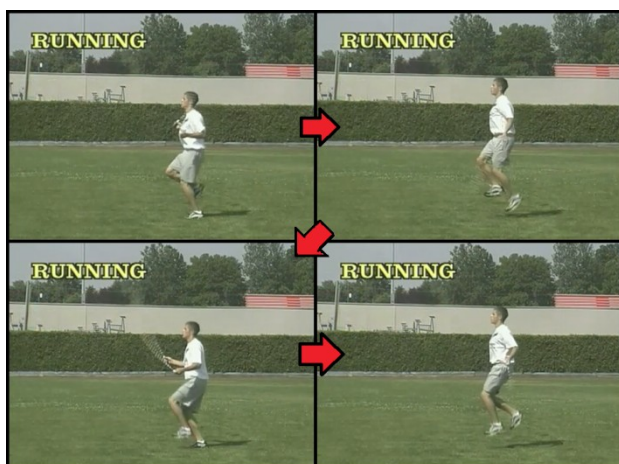
PART 3



Jump rope. This is great for teaching the quickness and athleticism that we need. Start with two foot jumps. Pull the toes up toward the shins and spring off the ground.

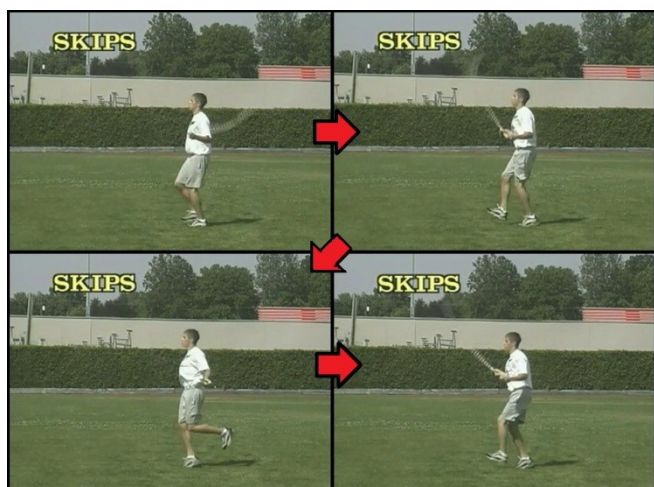
Don't stab the ground with the toes. Keep the core tight and stable. Suck in the belly button and tuck in the back.

Next, do one foot hops. These are unmatched for developing balance in each of the body. Agility, balance, power, everything we need for athleticism is in this drill.



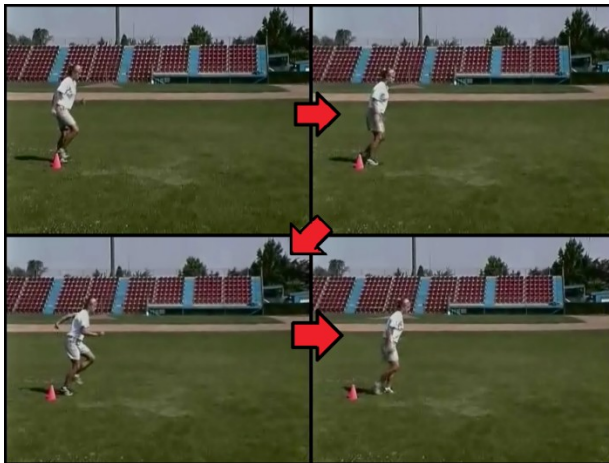
Now let's go to a running rhythm as we jump rope. Pull the knee up, heel up, toe up as you run in place. Get the synchronization of the arms and the feet to work together. Pull that knee up, heel up, and toe up as you step down to the ground with greater force and power.

Now let's challenge the neuromuscular system. We're going to do skipping. This forces the rhythmic action of the arms and the legs to work together. Sends messages from the brain to the muscles at a faster rate of speed. This is super for teaching quickness. You have to step down to the ground with the toe pulled up toward the shin. This keeps the ankle cocked and loaded, ready to explode off the ground.



Now let's increase the speed. Let's go back to our two foot jumps and let's add fast feet. Pop off the ground as quick as you can.

Single-leg hops as fast as you can go. Quickly, pop off the ground. Pull that toe up and bounce as fast as you can. Balance up by using each leg equal number of repetitions.



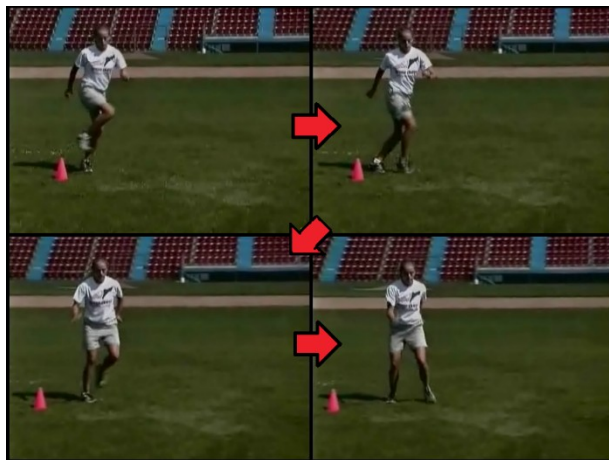
Now let's add the speed to our run. We want to get a more rhythmic, faster rhythm as we run jumping rope. This teaches the arms and the legs to work together. Pull those toes up so we bounce off the ground.

Now let's go to skipping. Get the rhythm, now increase the speed. The rhythmic action of the arms and legs working together is great for developing better quickness and power to the ground.



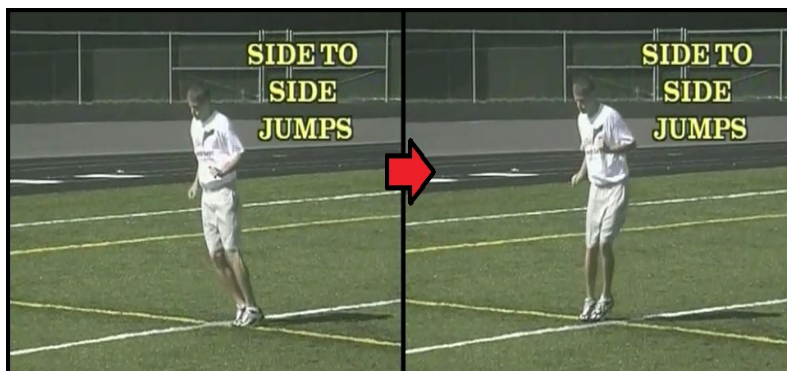
Quick skips. Now let's take our larger basic agility movements and let's take those down into a quick skipping action. Straight ahead, skip as quick as you can. Step down, down, down to the ground. We want to bounce off the front part of the foot.

Down and back is one repetition. Do three sets of three to five repetitions. Pop off the front part of the foot. Quickly step down to the ground. Down to the ground as you skip. This teaches that faster, quicker motion the muscles need to respond.



Lateral skip. Moving sideways, we don't want to cross the feet. Get your skipping rhythm, push away from the direction you want to go. Push to the right to go left. Push to the left to go right. Stay on the front part of the feet. Keep your core solid and locked in. Get that skipping rhythm, increase your speed as you go across. Down and back to the right and left is one repetition. Do three sets of three repetitions.

Now let's go skip and crossover. Use the knee and the hip as fast as you can. Your feet will follow your hips. The faster you rotate your hips, the faster the crossover you get. Rotate. Bring the knee across. Don't reach with the heels and the feet. That puts us out of position. We want to stay in a power position by stepping down with the front of the foot.



Drop skip. Coming backward, turn the knees out and step down quickly. Again, the faster you move your hips, the faster your feet will go. Step down, down, down.

That's where quickness comes from. Put the foot

back on the ground as quick as you can. Keep the toes pulled up toward the shins so it's cocked and loaded, ready to push off. Down and back is one repetition. Do three sets of three repetitions.

Now let's go to skipping. Get the rhythm, now increase the speed. The rhythmic action of the arms and legs working together is great for developing better quickness and power to the ground.

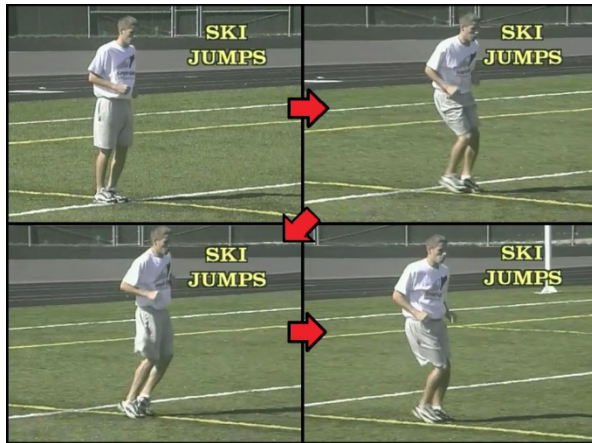
Line drills. These are simple. Find the line. Great training tool. Put both feet together so they're working at the same time. Do side-to-side jumps. Over and back is one repetition. Do 10 as quick as you can. Keep the toes pulled up toward the shins so you can respond to the ground as quickly as possible.



Now do one foot hops. Simply just start on one foot, do the same thing. Over and back is one. Do 10.

Three sets of 10 on each of these is great for increasing your speed and quickness.

Now let's face the line. Forward and back. Pop off the foot. Don't stab the toes into the ground. Pull the toes up so that you bounce off the ground. Do both feet then go to single-leg. Again, bounce off the front part of that foot. Don't stab the toe into the ground. We want to have positive force applied to the ground by stepping down.



Ski jumps. Both feet together, moving forward. Go side to side across the line. Both forward and then back. Good quickness off the ground and body control.

PART 4



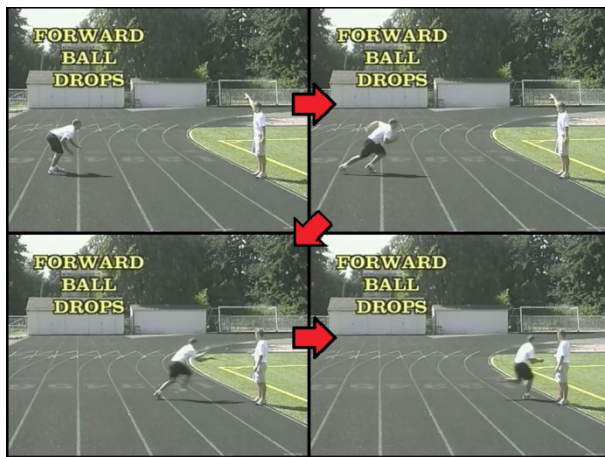
Now let's do turn-ons. Here we want to shock the system into accepting speed when we turn it on. Turn it on, turn it off. Start with a jog, go into quick feet. Jog, quick feet. Turn on and off that speed. We want the body to respond to the brain. Force the speed out of your system. Pull the toes up and bounce off the ground. Down and back is one repetition. Do three sets of three repetitions.

Now let's go skipping. This changes the rhythm, forces quicker action at the ground. We've got to really focus on step down, down, down as we skip. Have good body control. This one's difficult.

This'll challenge your speed and quickness system. You master this, you're going to have quicker feet.

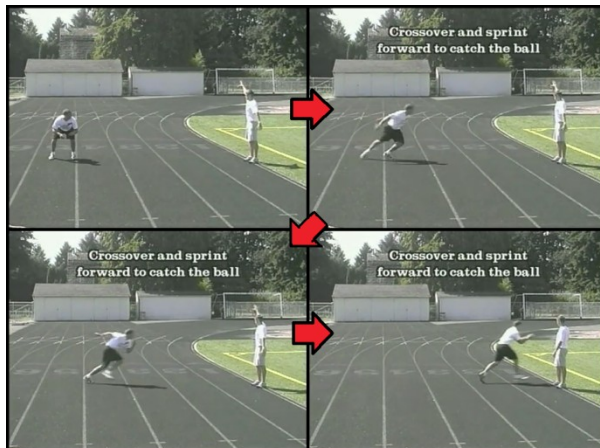


Down and back is one repetition. Do three sets of three repetitions, trying to get at least three changes of speed each time you do the drill.



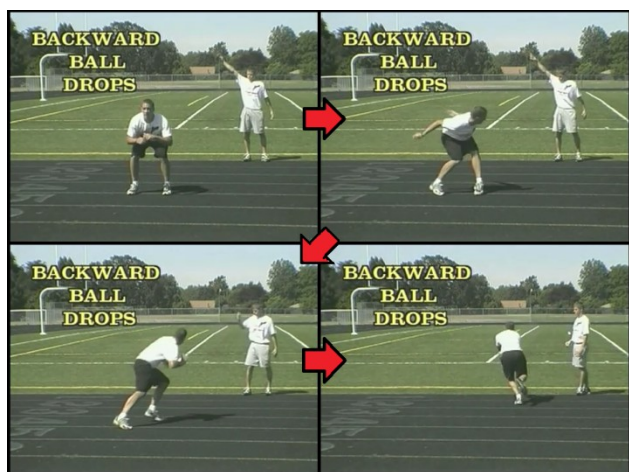
Ball drops. You'll need a partner and a ball to do this drill. Very simply, the person doing the explosive running is trying to get to the ball before it bounces twice. You'll need to adjust your distance according to your athlete's skill and ability.

Don't make it too easy, don't make it too difficult. We want to not have a false step. We want everything to be positive. Forward. Don't take that negative or backward step. Jump and explode into a full sprint.



Now let's start from a lateral position and do crossovers. Good balanced position. When the ball drops, cross over, explode into a sprint, catch the ball before it bounces twice. Make sure you work each direction to balance up your skill and ability.

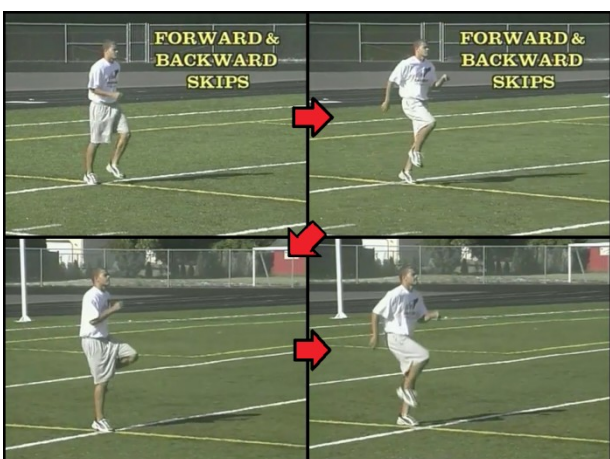
Now let's go backward. We're going to open up the hips, take a drop step, and go get the ball. This drill works off a verbal command. The partner with the ball says ball and drops it at the same time. Our athlete has to pivot and open the hip as they go backward. Open up those hips as you drop and sprint after the ball. Make sure to work equally right and left sides.



We want to do sets of three to five each direction. Do forward ball drops, crossovers each direction, and backward.

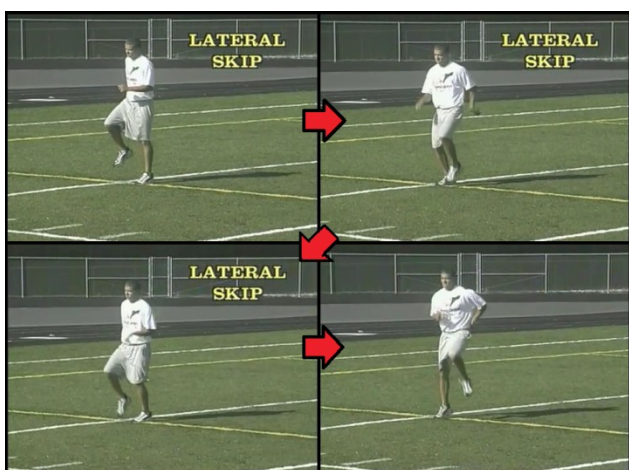
Linear and lateral skips with a change of direction. We're going to use a five-yard distance. Start with straight-ahead and backward. Skip straight ahead, pulling the knee up, heel up, toe up.

Good solid core. At five yards, push and come backwards. Step on the line, break forward. Backward. Push away from the direction you want to go. The skipping rhythm forces athletes to step down to the ground.



Now let's go lateral. Start by skipping in place so you get the skipping rhythm. Simply push away from the direction you want to go. Widen out your base of support.

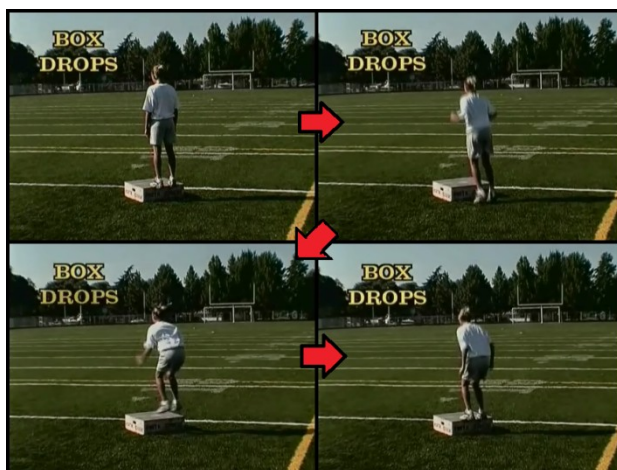
The knees come up in front of the body, toes up toward the shin so we're in a power position to step down and push away. Your core should stay solid. Suck in the belly button, tuck in the back.



Now let's do the same drill, skipping with a change of direction, except for I'm going to tell him when to change direction. He has to respond to me. Ready? Go. Back. Forward. Back. Forward. Back. Good.

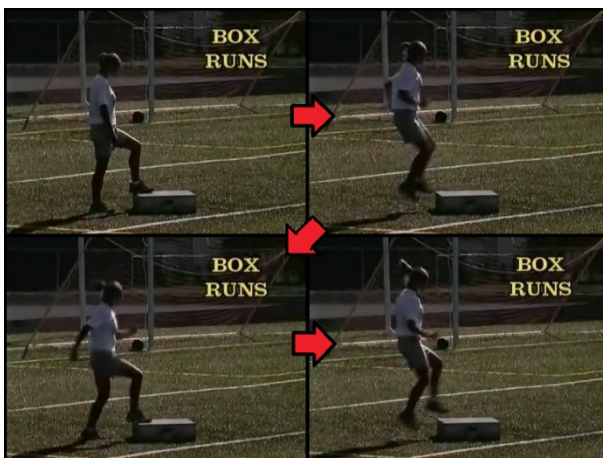
Now let's go laterally. Start by skipping. Get the rhythm. Start going side. Change. Change. Change. Change. Stop. The emphasis is step down to the ground. Push away from the direction you

want to go. That's the key to your change of direction.

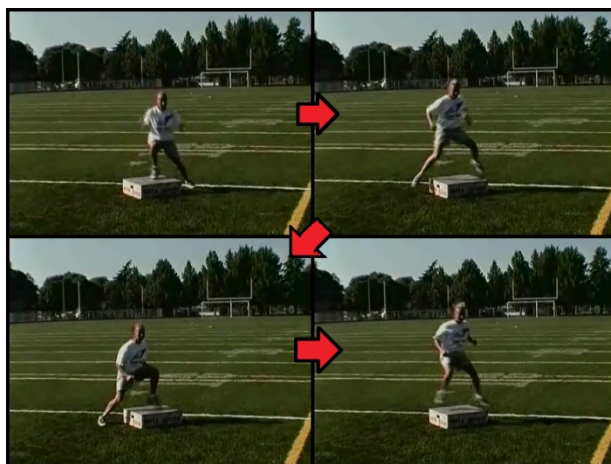


Some simple plyometrics. Here's a box drop. We start from the top, we drop down and respond to the ground and jump back up. It's not up down, it's down up.

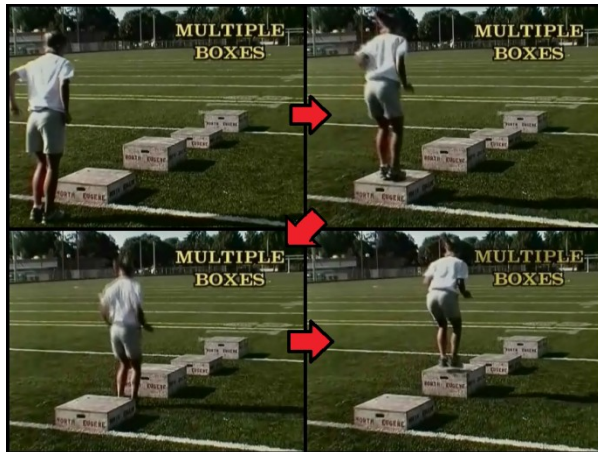
Keep the toes pulled up toward the shins so we respond by quickly pushing off the ground. Our ankle is cocked and loaded. We have good control of the core of our body as we bounce off the ground rapidly.



Box runs. Here we're simply going to switch feet touching the top of the box. It's quick response to the ground. Count your right leg 10 times. Do three sets of 10. Keep the toe pulled up toward the shin so the ankle is cocked and loaded and can quickly respond to the ground. Match the arm action to the running motion.



Now let's do side to sides. These are great for lateral movement and cutting. Keep the core stable, the chest up. Suck and tuck the belly button and back. That means suck in your belly button, tuck in your back to stabilize your core. Touch and go. Touch and go as we move laterally.



Now let's go to multiple boxes. We're going to go ahead, just go up, down, up, down, up, down. This is more like a pogo stick type jump. We just quickly respond to the ground, keeping the hips tall, the legs almost straight. We want the ankles and knees to be quick to respond to the ground. Pop off the ground like a pogo stick, bouncing off the ground. Use the arms and bounce. Pull the toes up toward the shins.

For greater difficulty, we can go to one foot hops. Use the right foot all the way down through. Bounce and lift. Bounce and lift. This is great balance, great agility. We need this strength. We need this explosiveness off of one leg at a time. Just like you run in a soccer game. Do five times through with your right and then five times through with your left.



Drop and sprint. Here we're going to use a 12" box. We're simply going to drop with both feet, land, and explode into a sprint. This is a simple five-yard drill. Drop, explode. First-step explosion. This is a great drill for that stretch reflex of explosive acceleration.