



# 120 MINUTE SOFTBALL PRACTICE - OUTFIELD EMPHASIS

Required: 3 coaches, balls, bats, helmets, tees, bases, cones

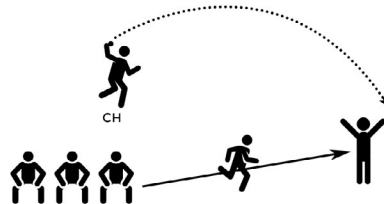


## Warmup: 20 Mins (Full Team)

### Dynamic Warmup: 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

### On the Run: 10 mins



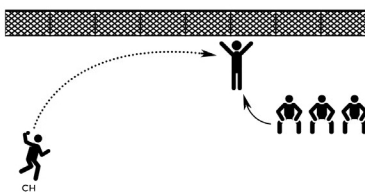
*Fielders sprint to catch fly balls on the move*

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

## Stations: 45 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 15 Mins)

### Fency Fly:

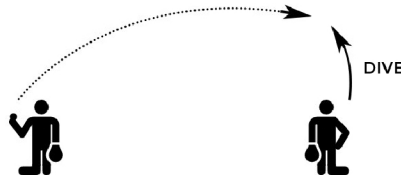
15 mins (Infield)



*Fielders practice catching fly balls in close proximity to the fence*

### Dive Drill:

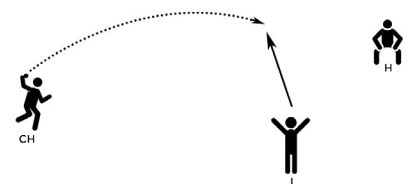
15 mins (Outfield)



*Fielders learn to make a diving catch from a kneeling position, then progress to more difficult dives*

### Interceptor Drill:

15 mins (Outfield)



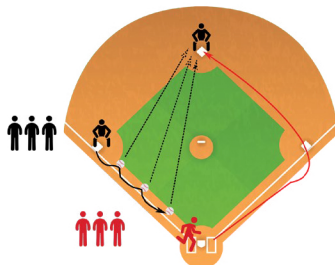
*Fielders practice using proper footwork and communication to catch line drives or fly balls in the outfield*

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 45 Mins (Full Team)

### 3 Ball Throw:

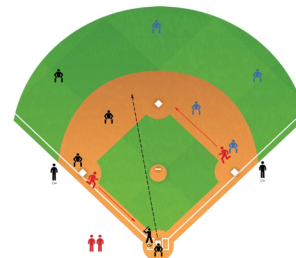
20 mins (Infield)



*Players compete to see who can make the longest throw*

### First and Third:

20 mins (Infield)



*Baserunners learn to react to the hit ball and advance*