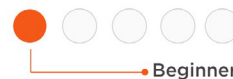




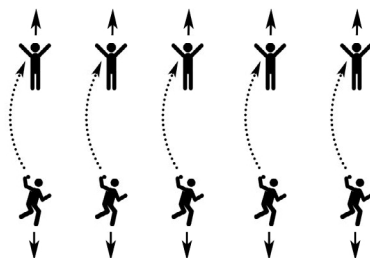
60 MINUTE SOFTBALL PRACTICE - HITTING EMPHASIS

Required: 2 coaches, balls, bats, helmets, tees, bases, cones



Warmup: 10 Mins (Full Team)

One Step Back Partner Throwing: 10 mins

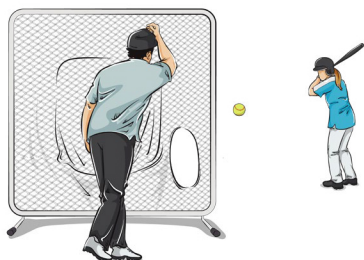


Players move back one step for each successful throw

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

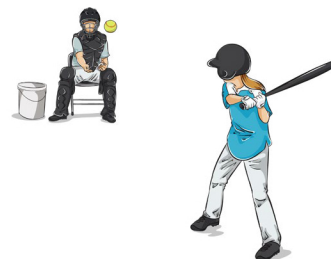
Stations: 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

Front Toss Drill: 10 mins (Infield)



Coach soft-tosses to hitter from directly in front

Coach Knockout: 10 mins (Outfield)



Batters try to knock over the (well-protected) coach with soft sponge balls

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

Game Preparation: 20 Mins (Full Team)

Carry the Team: 20 Mins

Each player gets an unlimited number of at-bats until she makes an out

