



90 MINUTE SOFTBALL PRACTICE - ALL AROUND SKILLS

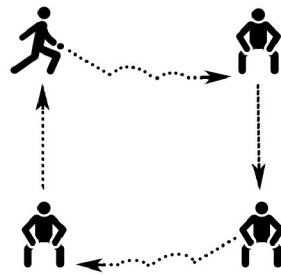
Required: 2 coaches, balls, bats, helmets, tees, bases, cones



Warmup: 20 Mins (Full Team)

Dynamic Warmup: 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Buttckickers. Walking Lunges.



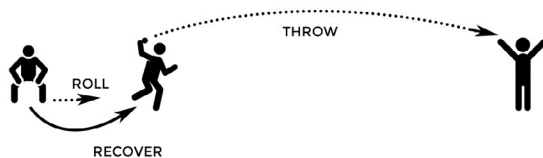
Four Square: 8mins

Players roll ground balls to each other in a square pattern

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)

Recovery Drill: 10 mins (Infield)



Fielders learn to recover and make a calm, accurate throw after bobbling the ball

Basketball Power Drill: 10 mins (Outfield)

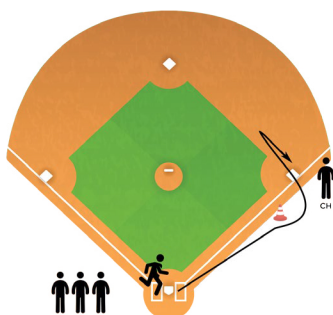


Batter hits a basketball or other large ball off the tee

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

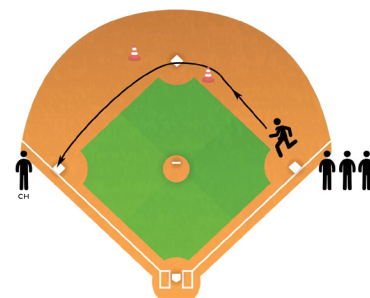
Game Preparation: 40 Mins (Full Team)

First Base Decision: 20 Mins



Baserunners listen to the first base coach and decide whether to take second

Second Base Decision: 20 Mins



Baserunners watch the third base coach and decide whether to take third