

SOFTBALL PRACTICE PAD

Quick Start Guide

Congratulations on purchasing the Softball Practice Pad!

In this quick start guide we'll show you exactly how to get the most out of your practice planning sheets.

Each sheet is broken down into 4 main sections:

The diagram illustrates the layout of the Softball Practice Pad, which is divided into four main sections:

- DAILY GOALS:** Located on the left side, it contains three boxes for "Technical Skill Goals", "Tactical Skill Goals", and "Announcements".
- FIELD DIAGRAMS:** Located in the top right, it features four softball field diagrams arranged in a 2x2 grid, each with a central circle and a square in the center.
- PRACTICE SCHEDULE:** Located in the bottom left, it is a table with two columns: "TIME" and "DRILL". The "TIME" column has eight rows, each with a time slot (e.g., 1:00-1:15, 1:15-1:30, etc.).
- PRACTICE REVIEW:** Located in the bottom right, it contains two sections: "Today's Wins" and "How We'll Improve", each with a large text area for notes.

Icons for each section are provided: a target for Daily Goals, a softball field for Field Diagrams, a clock for Practice Schedule, and a lightbulb for Practice Review.

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1. Daily Goals

This section has three boxes to complete:

Technical Skill Goals: These are the fundamentals and mechanics needed to play a particular sport. For example, bunting, running from home to first, or fielding a short hop.

Tactical Skill Goals: This involves applying technical skills in a game situation. For example, stealing second base, or turning a double play.

Announcements: Use this box to list any important announcements for the day, such as game schedules, changes to practices, or special team events.

2. Practice Schedule

Once you've decided on your technical and tactical skill goals for the day, you can plan out the specific drills you'll be running.

Start with a dynamic warmup or active game to get your athletes physically and mentally ready to play. Then list out the name of the drill, instructional reminders, and any specific coaching points you want to emphasize.

3. Field Diagrams

To assist with your practice schedule, use this section to draw up specific drills or strategies you'll be working on.

4. Practice Review

At the end of practice, take 5 minutes to review your team's performance. Did you accomplish your technical and tactical skill goals for the day? What drills worked? What drills didn't work? What can you do better next time?

This will help you track your improvement over time, and highlight your areas of focus for future practices.