

FISHERS-HSE YOUTH SOFTBALL -- MASTER PRACTICE PLAN (2016 season)

DYNAMIC WARMUPS	6U	8U	10U	12U	14U/HS	https://www.youtube.com/watch?v=y6WgKxXa73w
Light jog down and back (between bases or to a foul pole)						
Toe touch with 2 arm circles (see youtube video) / quad pullback with leg raise						
Knee raises out to in / knee raises in to out						
high knee jog down; skip (high) back						
butt-kick jog down / sprint back						
Karaoke						
Lateral lunges / walking lunges with a reach (reach under, then up)						

Note to coaches – use the same warmup routine before all practices / games

THROWING PROGRESSION	6U	8U	10U	12U	14U/HS	
Wall taps						http://www.youtube.com/watch?v=-vhlpl-iMBM
Wrist flips						https://www.youtube.com/watch?v=8drv7RrkUNA
Knee Drill						
Parallel Throws						
Perpendicular Throws						
Figure 8 throws						https://www.youtube.com/watch?v=ugbf3nIMKAE&list=PL2EuSXODKvRPEM455EBQervp4gs3M_HTL
Mini Crow Hops						https://www.youtube.com/watch?v=zs6p1ZJ9fc
Get low in a tag stance, throw to glove side of partner, tag and come up throwing						
Full Distance Throws						
Long Toss						
Competition (1st to 10)						

COACHES NOTE: Correcting sidearm throwing

<http://www.youtube.com/watch?v=epluA6pzObM>

PARTNER GROUNDERS (prefer to run this drills on the knees, but if it's too muddy just have players roll ball to each other in defensive stance)

Straight						scoop up a "bowl of soup"
Forehand						
Backhand						
Short Hops						

CATCHING DRILLS (use tennis balls for younger ages)

Basic catching "around the clock"						https://www.youtube.com/watch?v=uOwC9wmhd0Y
No glove; Catch tennis ball on the run (forehand and backhand)						
With glove; "Up" drill						girls start facing away from coach who throws ball up in the air, player turns and finds it when coach yells "up"

INFIELD

Look the ball into the glove (maximize touches by having 2 lines)						https://www.youtube.com/watch?v=CTWKholbzm4
2 lines: one line rolls ball to the other line (straight)						https://www.youtube.com/watch?v=RQ8JBQ1qnM
2 lines: one line rolls ball to the other line (forehand)						https://www.youtube.com/watch?v=CtfV2MHGS8
2 lines: one line rolls ball to the other line (backhand)						https://www.youtube.com/watch?v=Jg6-ixwiYsE
2 lines, one at SS and one at 2nd base; throw/toss to 1B (coach or player)						
4 Corner Drill (with communication) Clockwise, counterclockwise, left/across						https://www.youtube.com/watch?v=Da6IFUatfq4

OUTFIELD

Tennis ball drills (with and without gloves)						Note: younger ages should use tennis balls or wiffle balls to practice catching popus / fly balls
DROP STEP, TUCK & RUN: Get under the ball, don't meet the ball at the spot						https://www.youtube.com/watch?v=8G7ilrPEwrc
3 ball drill (one up; one to right, one to left... each progressively further)						https://www.youtube.com/watch?v=eBC_yX6awNo
Getting "big" on grounders						https://www.youtube.com/watch?v=ryWAF9kJPt

HITTING (remember -- SAFETY first...helmet, screens, etc.)

T-drills: contact; extension; full swing (girls load for each other)						http://www.youtube.com/watch?v=0orODxtklPA&feature=c4-overview&list=UUPDXvk4t0w_Vvg4QqC7BXnw
Basketballs or soccer balls (off a tee or side toss, hit into a net)						https://www.youtube.com/watch?v=Z7EuDBL-Ck
Side toss: into a net (don't worry about inside/outside pitches; do try top/bottom)						https://www.youtube.com/watch?v=leDfLWdAZQk
Front toss (in a cage, use a screen to protect the coach pitching)						

FUN DRILL TO END PRACTICE

- Bucket drill
- Name game
- Race around the bases - time each girl

COACHES NOTE:

Add a "quote" before or after practice to have the girls focus on a certain concept. Many team ask each girl to provide an inspirational quote, and then explain it to the team.

ADDITIONAL DRILLS TO WORK INTO PRACTICES

Baserunning stations (5 minutes per station and then switch)

1st base – getting of the base (foot position), straight steal, “breakdown” for dangerous lead

2nd base – advancing to 3rd when ball hit to left side (3-5 steps off bag, freeze until fielder makes a play, then either go back to 2nd or sprint to 3rd on throw to 1st)

CONE DRILLS

Hour glass (4 cones in a square) – backpedal, sprint diagonal, backpedal, sprint diagonal and catch

Figure 8 drill – start between 2 cones. Field a ball, shuffle around cone on left, field a ball, shuffle around cone on right, field a ball to end it

Line jumps - stay on toes, go for speed

GENERAL NOTES TO REMIND GIRLS OF BEFORE GAMES

Pitchers:

- cover home! Run to the plate (no jogging).
- know the situation and move out of the circle and back up a base with runners on.

Catchers:

- extend the glove and meet the pitch.
- on a pitch in the dirt... Stay big!
- need to turn the glove over.
- wild pitch... Locate the ball. Make eye contact with the pitcher before throwing to home!

Outfield:

- Know the situation before every pitch! (Where should I be positioned? What is the pitch count? How many outs? Where am I throwing if the ball is hit to me?)
- Hit the cut-off!
- Can not "airmail" throws into the infield.
- Block/ get big on balls hit on the ground.
- BE AGGRESSIVE! Go after the ball!

Infield:

- Know the situation before every pitch.
- CHARGE EVERY BALL!
- Communicate with each other.

All:

- MUST... Watch the ball the entire way into the glove. (Catchers, 1st base, fielders).
- Base runners... Know the situation and listen!

No one gets in trouble for trying. If someone dives at a ball but misses and it rolls to the fence then that's OK.

If someone stares at a ball and it rolls to the fence then that's bad. Be aggressive everywhere on the field. Leave it all on the diamond and remember... it's a *GAME* !