

120 MINUTE SOFTBALL PRACTICE #1

Team _____

Date _____

0:00-0:15

DYNAMIC WARMUP

- Trunk Rotation - twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles - loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:15-0:35

BASERUNNING RELAY

- Divide team into two groups - put one group at home, the other at second base.
- On the coaches' signal, the players on second sprint towards third, and then home, first, and back to second to tag their next teammate.
- The runners from home do the same thing, but round the bases in the correct order.
- The teams will continue to do this, tagging the next player in line when they reach their team bag, until all players on a team have completed a circuit.



0:35-0:55

HITTING STATION #1 - EYE ON THE SPOT

- Divide team into 3 stations and switch every 10 minutes
- Station 1 - Eye on the Spot: Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing toward the backstop.
- Hitters focus on the spot and use proper mechanics to hit the ball into a fence or net
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus



0:55-1:15

HITTING STATION #2 - COLORED BALL TOSS

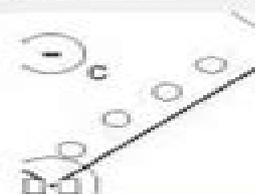
- Divide team into 3 stations and switch every 10 minutes
- Station 2 - Colored Ball Toss: Coach sets up in soft toss position with two different colored softballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball drives it into the fence or net.
- Add in fake tosses and change height and speed of the balls to further test the batter.



1:15-1:35

HITTING STATION #3 - CONTACT AND FREEZE

- Divide team into 3 stations and switch every 10 minutes
- Station #3 - Contact and Freeze: Batters line up with at least 5 feet of space in each direction. Coach stands in front of the batters.
- Coach calls out a certain pitch (for example, low and outside, inside high, down the middle, curve, slider, etc.) and batters immediately take the appropriate swing and freeze where they would make contact with the ball.
- Coach observes the swings and ending bat position and makes corrections



0:55-1:00

WATER BREAK

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Léo Pomar



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