

## Video Links for Softball Drills

### Hitting Drills

1. Player keeping their head and eyes in the hitting zone through contact  
<https://www.youtube.com/watch?v=8Re0wqzVPk4>
2. Player dipping during their swing  
<https://www.youtube.com/watch?v=wWifRMGH2-o>
3. Swing Mechanics  
<https://www.youtube.com/watch?v=9Jqyx8mDwkY>  
<https://www.youtube.com/watch?v=l73XZIQeyAA>  
<https://www.youtube.com/watch?v=HFXIONfyjek>
4. Preparing to hit at each at bat  
<https://www.youtube.com/watch?v=ON-hx6SuiEU>
5. One Arm Drill  
<https://www.youtube.com/watch?v=9xJVg9hXI6I>
6. Inside Pitch Drill off tee  
<https://www.youtube.com/watch?v=6ntloXM7f5A>
7. Sacrifice Bunt  
<https://www.youtube.com/watch?v=uAEMboJHKkY>
8. Bunting to specific areas  
<https://www.youtube.com/watch?v=pWsaNbPU2LI>
9. Slap Hitting (Left Handed Hitter)  
<https://www.youtube.com/watch?v=S1Ka4pfZqTM>

## **Infield Drills**

1. Good infield drills back to back  
<https://www.youtube.com/watch?v=XDwFdR4gluQ>
2. Catcher Position  
<https://www.youtube.com/watch?v=qwdeRteH3es>
3. Quick Hands Drill  
<https://www.youtube.com/watch?v=wjzrSDYzd2Q>
4. Soft Hands Drill  
<https://www.youtube.com/watch?v=-BgiappeTZk>
5. Ready Position to picking up grounder  
<https://www.youtube.com/watch?v=ccta-HWnXis>

## **Base Running**

1. How to Slide  
<https://www.youtube.com/watch?v=65GBpY6Cjno>
2. Running to First Base  
[https://www.youtube.com/watch?v=EqcDG9\\_oni0](https://www.youtube.com/watch?v=EqcDG9_oni0)
3. Rounding a base  
<https://www.youtube.com/watch?v=Hy5eE4Ac2mk>
4. More Base Running  
<https://www.youtube.com/watch?v=awBfD3Fm-y4>
5. Leadoffs  
<https://www.youtube.com/watch?v=fDGW8yymfiE>

## **Other Resources**

- In Motion Playbooks – Great resource for coverages during specific plays  
<http://inmotionplaybooks.com/videos.html>
- Youtube.com – search for specific drills or position specific drills or training