

5 mins	<p>INTRODUCTION</p> <p>1. Concepts to focus on</p> <p>2. Reminders (e.g., watch the ball to glove/bat, listen to base coaches, etc.)</p> <p>3. Have FUN</p>	<p>Pep talk, varies, but may include team strengths and concepts team should focus on during the game.</p> <p>Get pitchers through drills first so they can practice pitching. Utilize parents as catchers.</p>	
20 mins	<p>WARM UP</p>		<p>See Softball Warm Up document for reference, if needed. The Outlaws standard warm up should be used before both practice and games, at all age levels.</p>
10 mins	<p>HITTING - Tee Drill: “Keep Bat in the Zone”</p> <ul style="list-style-type: none"> • Tee set at middle strike (belt) • Batters swing and freeze at different points – at contact, at extension, at full follow through • After freezing at points (3-5 swings), do full swing to bring it together <p>TAKE AWAY: focus on the ball</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Tee • Net • 8 Regular softballs • Player bat, helmet, batting gloves 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Head remains down with swing, eyes on ball • Proper grip and stance (see above) • Batter is re-setting each time
10 mins Done at same time as Soft toss drill below (2 stations)	<p>HITTING – Soft toss Whiffle Balls</p> <ul style="list-style-type: none"> • Batter in ready position about 8 feet from net • Coach kneels at 45 degrees from batter, soft tosses a 2 coloured Whiffle ball towards player’s lead hip • Batter calls out colour they hit, at contact <p>TAKE AWAY- focus on the ball</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Net • 2 Tone Whiffle balls (black/yellow) • Batter’s gear (bat, helmet, batting gloves) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Batter calls correct colour • Batter calls colour on contact • Batter is re-setting each time <p>LEVEL UP OPTION: Toss two Whiffle balls of different colours (solid colours), coach calls out the colour batter should hit, ignoring the other</p>
10 mins Done at same time as Soft toss drill above (2 stations)	<p>HITTING - Soft Toss Standard</p> <ul style="list-style-type: none"> • Batter stands in ready position 8 feet from net • Coach kneels at 45 degrees from batter and tosses softballs in towards batter’s lead hip in rapid fire <p>TAKE AWAY: hit pitches at various locations; improve hand/eye coordination</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Net • 10 regular softballs • Batter’s gear (bat, helmet, batting gloves) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Proper grip and stance • Batter watches the ball • Batter is re-setting each time <p>LEVEL UP OPTIONS: -Vary pitch locations -If other team has not arrived, put batter at home plate, have fielders receive hits and throw to first base or pitcher</p>
10 mins	<p>HITTING - Bunting</p> <ul style="list-style-type: none"> • Batter gets in ready batting stance at a plate (in front of net or backstop) • Pitch from 20-30’ away • Batter shifts to bunt position and bunts <p>TAKE AWAY – proper mechanics in transition from ready batting stance to bunt position; targeting bunts</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Pitcher or pitching machine • Net or backstop • 8 regular balls • Plate • Batter’s gear (bat, helmet, batting gloves) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Batter resets stance; practice transition from ready position to bunt position • In bunt position, batter has balanced stance, front hand has control of bat, hands protected behind bat • Bat is out front of plate to keep bunts in fair territory; top of bat is angled to shoulder (top of strike zone)

			LEVEL UP OPTION: Call out bunt locations for batter (1 st , 3 rd)
15 mins This can be done as a station along-side other drills	PITCHING <ul style="list-style-type: none"> • Break out pitchers and catchers to work separately • 10 wrist flicks 6-8' away from catcher • 10 throws, using 9 o'clock arm position, 20' away • 10 throws using 9 o'clock position with step, 20' away • 10 full windmills, with step, standing sideways to catcher, 25' away • 10-15 full wind-up windmills, full distance - 30' (U10), 35' (U12), 38' (U14) 	EQUIPMENT: <ul style="list-style-type: none"> • Regular softballs • Player gear (fielding mask, glove, catcher gear) • Net (optional for pitching into net if not enough catchers) 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> • Full and proper warm up • Proper grip, arm mechanics • Strong, fast arm • Correct release point at hip (too soon goes low, too late goes high) • Follow through • Pitchers take time with each pitch, don't rush
Varies	DURING THE GAME <ul style="list-style-type: none"> • Net, tee, 8 softballs set up • Batter's warm up at tee • Pitcher's warm up with net (or with parent as catcher) TAKE AWAY: staying warm and prepared during game	EQUIPMENT: <ul style="list-style-type: none"> • Tee • Net • 8 regular softballs 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> • Right players are staying warm and prepared • Players are still attentive to game progress (ready to take field)
5-10 mins	TEAM MEETING/CLEAN UP <ul style="list-style-type: none"> • Review concepts from practice • Sandwich critique - what was done well, what needs work, conclude with another positive take away • End with TEAM CHEER TAKE AWAY: game ends on a positive note, no matter what the score	EQUIPMENT: <ul style="list-style-type: none"> • Team cleans up – communal equipment, personal gear and trash 	KEYS TO WATCH FOR: <ul style="list-style-type: none"> • NEVER LEAVE until all players have been picked up • All equipment and trash is taken away • Field equipment returned to lock box (if applicable)