

5 mins	<p>INTRODUCTION – What we are focusing on today:</p> <ol style="list-style-type: none"> <li>1. Fielding</li> <li>2. Base running</li> <li>3. Having Fun</li> </ol>	<p>After reviewing the drills below, introduce the practice to your players by giving an overview of the practice plan in your own words</p> <p>Take water breaks when changing station set ups or when players have completed their turns at stations.</p>	
20 mins	WARM UP	See Softball Warm Up document for reference, if needed. The FURY standard warm up should be used before both practice and games, at all age levels.	
10 mins	<p>FIELDING – Bare hand grounders</p> <ul style="list-style-type: none"> <li>• Partners rolls grounders to each other</li> <li>• 10x straight</li> <li>• 10x forehand</li> <li>• 10x backhand</li> <li>• Players receive ball with two hands, bring up to throw position before rolling ball back to partner</li> </ul> <p>TAKE AWAY: receiving grounders with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> <li>• Regular softballs</li> </ul>	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> <li>• Start in ready position, balanced, butts down, hands low</li> <li>• Players charge the ball, use two hands, bring up to throw position</li> <li>• Forehand grounders received with glove foot forward</li> <li>• Backhand grounders, glove hand forward, body rotated</li> </ul> <p>LEVEL UP OPTION: partner rolls a mix of grounders (unpredictable)</p>
15 mins	<p>FIELDING - Infield</p> <ul style="list-style-type: none"> <li>• Have 2-3 players at each field position</li> <li>• Balls are hit/rolled to each position, players rotate turns</li> <li>• Players receive ball and throw to 1st</li> <li>• Each player receives 3 and then the whole field moves positions</li> </ul> <p>TAKE AWAY: receiving and throwing ball with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> <li>• Bases</li> <li>• Regular softballs</li> <li>• Player gear (fielding masks, glove)</li> </ul>	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> <li>• Players start in ready position</li> <li>• Players communicate</li> <li>• Players use good mechanics, watching the ball to the glove, throwing to targets</li> <li>• Teach “give up the base, save the ball” on errant throws to bases</li> </ul> <p>LEVEL UP OPTIONS: Double play scenarios; covering bases</p>
20 mins	<p>FIELDING – Outfield, fly balls:</p> <ul style="list-style-type: none"> <li>• Place 4 cones 20’ apart in a square</li> <li>• Players get in ready position on the outside of each cone</li> <li>• Each player gets 3 fly balls (sent to center of square) while at each cone, rotate through players</li> <li>• Players catch and throw back to designated receiver</li> </ul> <p>TAKE AWAY: receiving and throwing in fly balls with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> <li>• 4-5 cones</li> <li>• Softballs (softies or regular)</li> <li>• Player gear (fielding masks, gloves)</li> <li>• Pitching machine (optional)</li> </ul>	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> <li>• Players starts in ready position</li> <li>• Players use proper mechanics, drop step, eye on ball, run with glove down, two handed catches</li> <li>• Players communicate “mine”</li> <li>• Return throws are targeted and clean</li> </ul> <p>LEVEL UP OPTION: add a cone up front in the middle, simulate a hit over their head</p>

10 mins	<p><b>BASE RUNNING</b></p> <ul style="list-style-type: none"> <li>• Players in ready position on each base, watching pitcher</li> <li>• Stop/go on base coach directions</li> <li>• Practice sliding (where applicable)</li> <li>• Rotate through players</li> </ul> <p>TAKE AWAY: effective base running</p>	<p><b>EQUIPMENT:</b></p> <ul style="list-style-type: none"> <li>• Bases</li> <li>• Base coaches</li> <li>• Slide guards (optional)</li> </ul>	<p><b>KEYS TO WATCH FOR:</b></p> <ul style="list-style-type: none"> <li>• Runners are alert to other runners and coaches</li> <li>• Touching bases on inside corner</li> <li>• Running through 1<sup>st</sup> base (not slowing before it)</li> <li>• Observe player speed and confidence for making base running decisions in games</li> </ul> <p>LEVEL UP: Use signals</p>
5-10 mins	<p><b>TEAM MEETING and CLEAN UP</b></p> <ul style="list-style-type: none"> <li>• Review concepts from practice</li> <li>• Sandwich critique - what was done well, what needs work, conclude with another positive take away</li> <li>• End with TEAM CHEER</li> </ul> <p>TAKE AWAY: Practice ends on a positive note</p>	<p><b>EQUIPMENT:</b></p> <ul style="list-style-type: none"> <li>• Team cleans up – communal equipment, personal gear and trash</li> </ul>	<p><b>KEYS TO WATCH FOR:</b></p> <ul style="list-style-type: none"> <li>• NEVER LEAVE until all players have been picked up</li> <li>• All equipment and trash is taken away</li> <li>• Field equipment returned to lock box (if applicable)</li> </ul>

## NOTES: