

5 mins	<p>INTRODUCTION – What we are focusing on today:</p> <ol style="list-style-type: none"> 1. Fielding 2. Pitching/Catching 3. Having fun 	<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>Get pitchers through drills first so they can practice pitching. Utilize players or parents as catchers.</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"> • Partners rolls grounders to each other • 10x straight • 10x forehand • 10x backhand • Players receive ball with two hands, bring up to throw position before rolling ball back to partner <p>TAKE AWAY: receiving grounders with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Regular softballs 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Start in ready position – balanced, butts down, hands low • Players charge the ball, use two hands, bring up to throw position • Forehand grounders received with glove foot forward • Backhand grounders, glove hand forward, body rotated <p>LEVEL UP OPTION: partner rolls a mix of grounders (unpredictable)</p>
10 mins	<p>FIELDING – Infield grounders</p> <ul style="list-style-type: none"> • Have 2-3 players at each field position • Balls are hit/rolled to each position, players rotate turns • Players receive ball and throw to 1st • Each player receives 3 and then the whole field moves positions <p>TAKE AWAY: receiving and throwing ball with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Regular softballs • Player gear (fielding masks, glove) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players start in ready position • Players communicate • Players use good mechanics, watching the ball to the glove, throwing to targets • Teach “give up the base, save the ball” on errant throws <p>LEVEL UP OPTIONS: Double play scenarios; covering bases, e.g. work coverage of 2nd base player covering 1st base when 1st has to make the throw</p>
10 mins	<p>FIELDING - Double play drill</p> <ul style="list-style-type: none"> • Players in defensive ready position • Ball is hit, working all positions • Players work double play scenarios • Rotate players through positions <p>TAKE AWAY: double play awareness and skill</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Regular softballs • Player gear (fielding masks, glove) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players are in ready position • Players communicate • Players charging ball and using proper mechanics • Players are rotating positions <p>LEVEL UP OPTION: work in covering bases on throws</p>

<p>15-20 mins</p> <p>This can be done as a station along-side other drills</p>	<p>PITCHING</p> <p>Break out pitchers and catchers to work separately</p> <p>10 wrist flicks 6-8' away from catcher</p> <p>10 throws, using 9 o'clock arm position, 20' away</p> <p>10 throws using 9 o'clock position with step, 20' away</p> <p>10 full windmills, with step, standing sideways to catcher, 25' away</p> <p>10-15 full wind-up windmills, full distance - 30' (U10), 35' (U12), 38' (U14)</p>	<p>EQUIPMENT:</p> <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) 	<p>KEYS TO WATCH FOR:</p> <p>Full and proper warm up</p> <p>Proper grip, arm mechanics</p> <p>Strong, fast arm</p> <p>Correct release point at hip (too soon goes low, too late goes high)</p> <p>Follow through</p> <p>Pitchers take time with each pitch, breathe, don't rush</p>
<p>10 mins</p>	<p>FIELDING - Tennis Ball Drill</p> <ul style="list-style-type: none"> Player stands in field, with helmet on, in ready position about 80' from coach <p>Coach "serves" a fly ball using tennis ball and tennis racket</p> <ul style="list-style-type: none"> Player runs under the ball and lets it hit their helmet Rotate through players, giving each a few turns <p>TAKE AWAY: build confidence and positional awareness for fly balls</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> Tennis racket Tennis balls Helmets 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> Players are watching the ball Players are moving quickly to position under the ball Players communicate "mine" <p>LEVEL UP OPTIONS: serve more challenging fly balls, requiring greater speed or movement</p>
<p>10 mins</p>	<p>FIELDING – Outfield, fly balls:</p> <ul style="list-style-type: none"> Place 4 cones 20' apart in a square Players get in ready position on the outside of each cone Each player gets 3 fly balls (sent to center of square) while at each cone, rotate through players Players catch and throw back to designated receiver <p>TAKE AWAY- receiving, then throwing in fly balls with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> 4-5 cones Softballs (softies or regular) Player gear (fielding masks, gloves) Pitching machine (optional) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> Players starts in ready position Players use proper mechanics, drop step, eye on ball, run with glove down, two handed catches Players communicate "mine" Return throws are targeted and clean <p>LEVEL UP OPTION: add a cone at the front of the square, in the middle, simulate a hit over their head</p>
<p>5-10 mins</p>	<p>TEAM MEETING and CLEAN UP</p> <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 <p>TAKE AWAY: Practice ends on a positive note</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> Team cleans up – communal equipment, personal gear and trash 	<p>KEYS TO WATCH FOR:</p> <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)