

120 MINUTE SOFTBALL PRACTICE #1

Team

Date

0:00-0:15

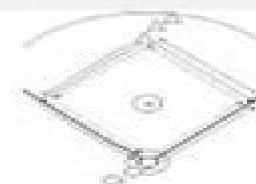
DYNAMIC WARMUP

- 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

0:15-0:15

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.



0:15-0:55

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



0:15-0:55

HITTING STATION #2 - COLORED BALL TOSS

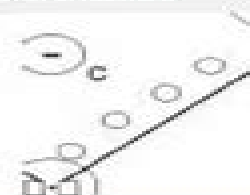
- Divide team into 3 stations and switch every 10 minutes
- Station 2 - Colored Ball Toss: Coach sets up in soft toss position with two different colored softballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball drives it into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



0:15-0:55

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

Softball Practice Plans For 16u

Bob Swope

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Softball Practice Plans For 16u:

Youth Baseball and Softball Drills, Plays, and Situations Handbook Bob Swope, 2007-08 Swope presents 147 drills plays and diagrams all numbered for easy reference between coaches He covers all the basic offensive defensive and situation fundamentals one needs to get started

The Complete Book Of Softball Drills Gary Leland, 2013-12-16 Great practice drills for fastpitch softball players This book has drills for base running pitching hitting catching and fielding Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network Gary's teams won the 14 and under and the 15 and under Texas USSSA State championships back to back His teams came in fourth and fifth in the USSSA National Championships for 14 under and 15 under Now he shares some of the drills his team used while training his fastpitch softball team It seems like a lifetime ago but I still remember when I started coaching my daughters fastpitch softball team I had played a little baseball growing up and some slowpitch softball along the way too I soon found out two things One is that fastpitch softball was a sport of its own While so many things are the same There are many things that are different in fastpitch softball than baseball or slowpitch softball Two is that I knew nothing about coaching fastpitch softball players at all Playing sports had not really taught me how to coach One of the main things new coaches are looking for is information This book is my attempt to provide another source for that information While I admit I did not come up with these fastpitch softball drills Many of them have probably been used for years and years What I did was find many of the great drills I used with my players while coaching Then I wrote them in an easy to understand format Trying to make them easy to learn and use While this may be a guide for coaches to help their young players this is also be a great resource for parents hoping to help their daughters become better fastpitch softball players

Winning Softball Drills Dianne I. Baker, Sandra S. Cole, 1989-01-01

The Softball Drill Book Kirk Walker, 2007 The Softball Drill Book contains the same drills that 14 elite U S softball coaches have used to help their teams capture 13 NCAA Division I titles and dozens of NCAA regional championships Margie Wright Yvette Girouard and Carol Hutchins each of whom have amassed more than 1 000 career wins along with contributors from legendary programs such as UCLA and Florida State team up to share the most authoritative collection of softball drills ever assembled This comprehensive collection features 180 drills for individual and position specific fundamentals as well as warming up training and team tactics Each drill is presented with a description of purpose organization execution variations and coaching points along with photographs and diagrams to enhance instructional clarity The progressively arranged sequence of drills further optimizes learning and helps readers make the most of every practice

Defensive Softball Drills Jacquie Joseph, 1998 66 drills for improved individual and team fielding

What's the Count? Tom Dodd, 2014-09-19 What's the Count provides mental plans for pitchers and hitters to help them succeed in the game of fast pitch softball It teaches players how to think the game and sway the odds of success to their favor If you play baseball the plans and principles presented in What's the Count will help you succeed also because the mental plans for the pitcher and hitter are

the same in both sports This book guides players towards success in softball and baseball by providing plans for them to gain an advantage in the on going battles between the pitcher and the hitter A victory in these battles is the key to an individual s success at the game It is also typically the key to a team s success because the outcome of any game is usually determined by who wins most of these battles What s the Count gives players plans to consistently gain the advantage in these battles This book is about getting the advantage knowing when you have it and using it to succeed It provides a mental map for players to succeed in softball much like a road map provides people with a way to succeed in finding an unknown destination Without this map or plan you can easily get lost whether it s on the road or in a softball competition The mental plans in this book guide players towards success in softball by showing them methods to gain this advantage If you are a pitcher they show you how to keep and increase the advantage you start with at the beginning of each at bat If you are a hitter they show you what is required to take the advantage away from the pitcher and gain it for yourself Whether you are a pitcher or a hitter knowledge and execution of the mental plans provided in What s the Count can be the difference maker in separating you from the competition Using these plans will help you raise your level of play attain your highest potential and provide you with an edge to consistently prevail over your competition on the field regardless of your age or ability level *Complete Book of Softball Drills* Gary Leland,2014-05-15 Great practice drills for fastpitch softball players This book has drills for base running pitching hitting catching and fielding Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network Gary s teams won the 14 and under and the 15 and under Texas USSSA State championships back to back His teams came in fourth and fifth in the USSSA National Championships for 14 under and 15 under Now he shares some of the drills his team used while training his fastpitch softball team It seems like a lifetime ago but I still remember when I started coaching my daughters fastpitch softball team I had played a little baseball growing up and some slowpitch softball along the way too I soon found out two things One is that fastpitch softball was a sport of its own While so many thing are the same There are many thing that are different in fastpitch softball than baseball or slowpitch softball Two is that I knew nothing about coaching fastpitch softball players at all Playing sports had not really taught me how to coach One of the main things new coaches are looking for is information This book is my attempt to provide another source for that information While I admit I did not come up with these fastpitch softball drills Many of them have probably been used for years and years What I did was find many of the great drills I used with my players while coaching Then I wrote them in an easy to understand format Trying to make them easy to learn and use While this may be a guide for coaches to help their young players this is also be a great resource for parents hoping to help their daughters become better fastpitch softball players *Survival Guide for Coaching Youth Softball* Robert B. Benson,Tammy L. Benson,2009-10-16 You volunteered to coach the softball team but are you ready How will you teach the fundamental skills run effective practices and harness the energy of your young team Fear not *Survival Guide for Coaching Youth Softball* has the answers Longtime coaches Robert and Tammy Benson share their

experiences and provide advice you can rely on from the first practice to the final game Establishing realistic goals in game coaching tips drills strategies and fun it s all here Develop your team s fundamental skills fielding catching throwing and hitting with the Survival Guide s collection of the game s best youth drills Included is a section on pitching instruction and the ready to use practice plans will help you get the most out of every practice Survival Guide for Coaching Youth Softball has everything you need for a rewarding and productive season So step up and enjoy the experience It will be one that you won t forget

Practice Perfect Softball National Fastpitch Coaches Association (NFCA),2016-05-27 Add Practice Perfect Softball to your dugout and begin your journey to a championship season The National Fastpitch Coaches Association NFCA has put together an all star lineup of coaches including Connie Clark Jo Evans Rachel Lawson Ken Eriksen Donna Papa Julie Lenhart Lonni Alameda Dot Richardson and Beverly Smith

Coach's Guide to Game-Winning Softball Drills Michele Smith, Lawrence Hsieh, 2008-02-28 Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well confidence Michele Smith Two time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill building drills developed especially for coaches of fast pitch recreation league travel ball and high school softball players ages eight to eighteen Straight from the Michele Smith Gold Camps and Clinics these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball skills With Michele s expert guidance and instruction you ll coach your players to Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast pitch skills so they can windmill like Michele And much more

Championship Softball Practices and Plans Jerrard Hardin, 2018-02-20 This complete guide provides you done for you highly effective championship softball practice plans It s perfect solution for any coach who want to get new ideas make their practices more effective and turn their team into a championship team

The Softball Drill Book Kirk Walker, 2007-04-30 Packed with 175 drills straight from the practice sessions of the game s most successful programs The Softball Drill Book will add variety to your practices and precision to your game day performances The comprehensive collection covers every aspect of the game From warm up to conditioning throwing to hitting bunting to base running you ll find drills to improve position skill and team execution all from college coaches and programs that have won 13 NCAA Women s College World Series titles and dozens of NCAA regional tournament titles Contributors include Louie Berndt Florida State Carol Bruggeman Louisville Yvette Girouard Louisiana State Michelle Gromacki Cal State Fullerton Deanna Gumpf Notre Dame Carol Hutchins Michigan Kelly Inouye Perez UCLA Jay Miller Mississippi State Jennifer Ogee Nebraska Kim Sowder Long Beach State Heather Tarr Washington Michelle Venturella Iowa Kirk Walker Oregon State Margie Wright Fresno State One look at the names above and it is clear The Softball Drill Book is your blueprint for championship practices

Softball Drills: Collection 1 The Art of Coaching

Softball,2020-08 Softball Drills Collection 1 includes over 150 drills for softball coaches and players of all levels The drills can be used to develop and improve skill technique and team performance in a variety of game situations drill diagrams and images for quick and easy comprehension Softball Skills & Drills Judi Garman,Michelle Gromacki,2011-02-14 Looking for the ultimate book to help you learn and master softball s essential skills Look no further than the guide that has helped develop the game s top players and most successful teams This new edition of Softball Skills Drills is completely updated with more skills more drills and strategies and more of the stellar instruction that have made it the top selling title on the sport Judi Garman one of the winningest coaches in NCAA history teams with Cal State Fullerton s Michelle Gromacki to share their secrets to developing and mastering every aspect of the game With step by step instruction full color photo sequences technique tips and unique insight into the game you ll learn every fundamental skill Hitting Bunting Slap Hitting Baserunning Sliding Fielding Throwing Pitching Catching And with over 230 of the game s best drills coverage of team offense and defense pitch selection pitch recognition and in game strategies Softball Skills and Drills is simply the most comprehensive and practical guide on the sport Whether striving to become a complete player or preparing your team for another championship run Softball Skills Drills is the one book you cannot be without *Slam for Life: The Story of a Girl's AAU Basketball Team* , **Softball Fundamentals** Rick Noren,2005-02-03 The United States has more than 2 million fastpitch softball participants 500 000 of whom are under the age of 12 Softball Fundamentals provides an easy way for beginners of all ages to learn the basic skills of the game Writer Rick Noren puts these skills together from the perspective of an award winning coach who has posted a 320 79 802 record in his 10 years at Pacific Lutheran University The 10th entry in the Sports Fundamentals series this book covers all the bases of fastpitch softball including throwing catching fielding hitting baserunning sliding and pitching in an engaging format that makes learning easy and practicing fun Each chapter presents a specific skill leading the player through a simple four step sequence You Can Do It A basic skill or tactic is introduced with sequential instructions and accompanying photographs or diagrams More to Choose and Use Variations and extensions of the primary skill are covered Take It to the Field Readers learn how to apply the skill in competition Give It a Go Drills and practice games gauge develop and hone the skill With its concise instruction supplementary photos and 48 skill sharpening drills Softball Fundamentals facilitates quicker comprehension by letting players spend less time reading and more time on the playing field **Teach'n Beginning Defensive Fast Pitch Softball Drills, Plays, Situations and Games Free Flow Handbook** Bob Swope,2014-03-28 This is a practical Handbook for beginning youth Defensive Softball coaches and parents It has 147 individual pictures and 59 illustration variations to look at All the skill activities and drills are numbered for easy reference between coaches and parents Complete with diagram illustration and explanation for each one It covers all the fundamentals you will need to get started in defensive youth softball It also has training games to play sample practice schedules situations drills stairstep guide for learning and many plays to run to get your team started Teach'n Beginning

Offensive Fast Pitch Softball Drills, Plays, Situations and Games Free Flow Handbook Bob Swope, 2014-02 This is a practical Handbook for beginning youth Softball coaches and parents It has 81 individual pictures and 31 illustration variations to look at All the skill activities and drills are numbered for easy reference between coaches and parents Complete with diagram illustration and explanation for each one It covers all the fundamentals you will need to get started in beginning offensive fast pitch Softball It also has training games to play sample practice schedules strategies stair step guide and many plays to run to get your team started

Baseball and Softball Drills Dirk Baker, 2018-11-26 Written for coaches this book in its expanded third edition presents more than 200 baseball and softball games and activities for preschoolers through college age focusing on teaching improvement of skills and enjoyment Games emphasizing base running bunting catching fielding hitting throwing and pitching are covered Each section reviews fundamentals introduces creative skills and drills for group practice and details the age group objective equipment and rules for each activity

Coaching Youth Softball Coach Education, 2018-11-15 Whether you re new to coaching or an experienced youth softball coach the fourth edition of Coaching Youth Softball is your handbook for a successful season Field tested age specific coaching information helps you communicate with players officials parents and other coaches teach softball fundamentals using gamelike drills provide basic first aid plan and conduct practices manage your team during games and keep it all fun Numerous coaching books present the skills and drills of softball But Coaching Youth Softball teaches you how to convey these skills to your athletes in an engaging and positive manner Endorsed by Babe Ruth Softball the book is focused on teaching offensive and defensive skills through gamelike drills which sets it apart from the current lineup of softball coaching books Ideal for coaches of players ages 14 and under Coaching Youth Softball helps you focus on the fundamentals and the 12 new skill teaching drills and 37 age appropriate coaching tips are sure to jump start your practices Experience the excitement as your players improve their skills fall in love with the game and come out for the team year after year

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Table of Contents Softball Practice Plans For 16u

1. Understanding the eBook Softball Practice Plans For 16u
 - The Rise of Digital Reading Softball Practice Plans For 16u
 - Advantages of eBooks Over Traditional Books
2. Identifying Softball Practice Plans For 16u
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Softball Practice Plans For 16u
 - User-Friendly Interface
4. Exploring eBook Recommendations from Softball Practice Plans For 16u

- Personalized Recommendations
- Softball Practice Plans For 16u User Reviews and Ratings
- Softball Practice Plans For 16u and Bestseller Lists
- 5. Accessing Softball Practice Plans For 16u Free and Paid eBooks
 - Softball Practice Plans For 16u Public Domain eBooks
 - Softball Practice Plans For 16u eBook Subscription Services
 - Softball Practice Plans For 16u Budget-Friendly Options
- 6. Navigating Softball Practice Plans For 16u eBook Formats
 - ePub, PDF, MOBI, and More
 - Softball Practice Plans For 16u Compatibility with Devices
 - Softball Practice Plans For 16u Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Softball Practice Plans For 16u
 - Highlighting and Note-Taking Softball Practice Plans For 16u
 - Interactive Elements Softball Practice Plans For 16u
- 8. Staying Engaged with Softball Practice Plans For 16u
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Softball Practice Plans For 16u
- 9. Balancing eBooks and Physical Books Softball Practice Plans For 16u
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Softball Practice Plans For 16u
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Softball Practice Plans For 16u
 - Setting Reading Goals Softball Practice Plans For 16u
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Softball Practice Plans For 16u

- Fact-Checking eBook Content of Softball Practice Plans For 16u
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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