

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

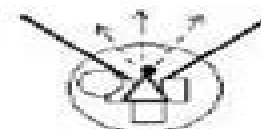
- Divide team into two groups - put one group at home, the other at second base.
- On the coaches' signal, the players on second sprint towards third, and then home, first, and back to second to tag their next teammate.
- The runners from home do the same thing, but round the bases in the correct order.
- 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.



Y 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



Y 0:15-0:55

HITTING STATION #2 - COLORED BALL TOSS

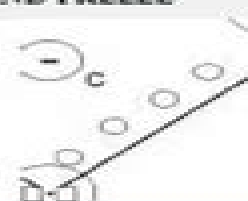
- Divide team into 3 stations and switch every 10 minutes
- Station 2 - Colored Ball Toss: Coach sets up in soft toss position with two different colored softballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball drives it into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



Y 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

Slowpitch Softball Practice Plans

John L. Kinsler



Slowpitch Softball Practice Plans:

Complete Guide to Slowpitch Softball Rainer Martens, Julie S. Martens, 2011 A comprehensive and original instructional guide to the unique sport of slowpitch Learn basic to advanced offensive and defensive techniques as well as expert advice on physical and psychological conditioning

Coaching Youth Softball American Sport Education Program, 2007 Fun safety and effective instruction are the focus of the fourth edition of *Coaching Youth Softball* helping you create an environment that promotes learning cultivates a love of the game and motivates your athletes to come out for the team year after year Numerous coaching books present the skills and drills of softball But here s a book that teaches you how to convey those skills to your athletes in an engaging and positive manner Endorsed by Babe Ruth Softball *Coaching Youth Softball* is focused on teaching offensive and defensive skills through gamelike drills which sets it apart from the current lineup of softball coaching books The fourth edition includes 12 new drills and 37 age specific coaching tips that are sure to jump start your practices all in a reorganized format geared for sequential learning and quick reference *Coaching Youth Softball* s double play of softball fundamentals and essential coaching skills like communicating with parents and officials motivating players and preparing for games and practices makes this book a must read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes

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

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 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

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 **Softball** Diane L. Potter,Lynn V. Johnson,2007

Improve your play at the plate on the base paths and in the field by mastering the essentials of the game Softball Steps to Success offers a comprehensive progressive approach that combines in depth instruction crisp illustrations and 127 drills Any player can become fundamentally sound and be ready to take the field You ll find detailed instruction on every individual skill necessary for success in the game catching throwing fielding pitching hitting and baserunning This updated edition also includes these features Responsibilities of each position on the field and every batter in the lineup Offensive and defensive tactics for specific game situations Emphasis on the short game covering five types of bunts and the running slap hit An expanded section on pitching that includes seven types of pitches for modified pitch slow pitch and fastpitch games Skill development drills with assessment scoring systems to gauge progress along the way Hits runs putouts and double plays are at your fingertips With Softball Steps to Success part of the popular Steps to Success Series that has sold more than 1 5 million copies your performance on the diamond will shine 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 *Coaching Youth Softball* Babe Ruth League, Inc.,2019-01-22

Congratulations on your commitment to coach youth softball If you re new to coaching you ll find Coaching Youth Softball invaluable in making your first season a success If you have previous coaching experience you re sure to discover tips and strategies that will help you improve on last year Coaching Youth Softball will help you manage your team with confidence This age specific and field tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach communicate with players officials other coaches and parents teach softball skills and strategies using a combination of 27 drills and 39 coaching tips minimize the risk of injury establish a safe playing environment and administer basic first aid plan and conduct efficient practices manage your team on game day and keep it all fun Written for coaches of

players ages 18 and under this book is a valuable component of the Coaching Youth Softball the Babe Ruth League Way online course the official certification course of Babe Ruth League the premier amateur baseball and softball program in the world With this book you will create and nurture an athlete centered environment that promotes player development enjoyment motivation safety and sportsmanship an environment that inspires players to perform at their best and come out for the team year after year

Championship Slowpitch Softball Judy A. Blucker,JoAnne Graf,1984

Netter's Sports Medicine E-Book Christopher Madden,Margot Putukian,Eric McCarty,Craig Young,2017-02-15 Edited by past presidents of the American Medical Society for Sports Medicine Netter s Sports Medicine 2nd Edition is a superbly illustrated go to sports medicine resource for the outpatient office the training room on the sideline and for certification preparation Designed for quick reference this interdisciplinary reference by Drs Christopher Madden Margot Putukian Eric McCarty and Craig Young is organized by both topic and sport so you can find what you need quickly Whether you are a primary care physician managing a common or unique musculoskeletal injury in an ambulatory setting an orthopaedic surgeon gaining insight about a medical or psychological problem foreign to the cast or operating room an athletic trainer figuring out a diagnosis in the training room or a physical therapist pursuing further in depth sports medicine knowledge this reference gives you the guidance you need to keep athletes and other active patients at the top of their game More than 1 000 superb Netter graphics tables figures pictures diagnostic images and other medical artwork highlight the easy to read bulleted text Ideal for the sports clinician team physician and any health care professionals who provide care to athletes and active individuals New chapters on travel considerations for the athlete EKG interpretation cardiac disease diagnostic imaging and ultrasound injury prevention protocols equestrian sports and rodeo medicine mixed martial arts and many more Up to date coverage of nutritional supplements eating disorders sports and pharmacology for chronic conditions and behavioral medicine and extreme and adventure sports

Quality Lesson Plans for Secondary Physical Education Dorothy Zakrajsek,Lois Carnes,Frank E. Pettigrew,2003 Lesson plans for physical education including climbing walls lacross in line skating Includes 2 Copies of CD in Carousel 17 and 21

Softball Mario Pagnoni,Gerald Robinson,1995 Whether you coach your daughter s softball club or play with your friends after work Softball Fast and Slow Pitch will help you help your team make the most of its practice time Including information on team warm ups position specific drills and equipment selection this book covers the sport from the top of the first to the bottom of the seventh Mario and Gerry have parlayed their playing coaching and officiating knowledge into a very easy to read book for players of all ages The combination of slow pitch and fast pitch techniques usually as compatible as oil and water makes this book truly unique I recommend it to veterans and rookies alike

Frank Benjamin Sportscaster Curt Gowdy Broadcasting Ideal for coaches and players who want to learn the basic skills and techniques of the game Don E Porter Executive Director Amateur Softball Association

Baseball Drills for Young People Dirk Baker,2015-01-27 Written for coaches this work presents more than 180 baseball games and activities for young

children and adolescents focusing on teaching improvement of skills and enjoyment Games emphasizing baserunning 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 **Vintage Base Ball**

James R. Tootle,2011-07-25 Every spring thousands of ball players across the country step back to the nineteenth century to play vintage base ball using the equipment uniforms rules and customs of the game s early years A unique combination of athletic contest living history and outdoor theatre vintage base ball transports players and spectators alike to that fascinating and innocent time when athletes gathered on the diamond for recreation exercise and pure enjoyment This lore laden how to provides all the information needed to play this entertaining educational and fast growing game and to present it properly to the public covering everything from historically accurate equipment and etiquette to the rules of play and game day preparations Sylvia Hatchell Roberta Teague Herrin,Sheila Quinn Oliver,2021-07-02 As a young girl Sylvia Hatchell

longed to play little league baseball and later high school basketball but both were closed to her because she was a girl In college her world shifted when she discovered a passion for coaching that would lead her to become a Naismith Hall of Fame coach of women s basketball at the University of North Carolina at Chapel Hill In this book Coach Hatchell s life story unfolds against the backdrop of Title IX and women s struggle for equal opportunities in athletics She celebrates triumphs such as winning the 1994 NCAA Division I Women s Basketball Tournament and weathers sadness and failure such as the loss of her parents surviving cancer and being forced to resign from her dream job in 2019 The Softball Game John L.

Kinsler,2000-10-31 20 million men and women in this country play softball On the surface The Softball Game is about men and their need for battles Aggression is as coded in our DNA as is our need to reproduce It is a fun game with laughs recalled from years playing softball The old storyteller is reluctant to do battle He tells the confrontation in the first person singular episode by episode The game is a tribal struggle played by redneck bad guys and middle class semi affluent anti heroes Coming to the rescue is Beth a woman Beth reduces the male struggle to a farce The driving timbre is the storyteller s experiences with three females whose lives are indirectly obliquely and directly affected by his wars at softball The Softball Game is about these women Phaedra literally hands the young warrior his first sexual experience Entering the man world still a child he meets Bridgette his playtoy She is a transition to adulthood and the paragon of summer love Playing at sex with adult bodies and a child s maturity they both lose Then comes Beth If you read one chapter it should be 11 There has never been a hero like her Ted Conrad: Through It All Carl Conrad,2012-12-14 He was an ATHLETE playing varsity

sports in baseball football and basketball at Kelloggsville High School where he also captained each team while winning nine varsity letters in four years of high school The LEAD SINGER of the HERALDERS QUARTET a popular Southern gospel singing group that traveled to twenty two states and released fifteen albums over a forty two year period while ministering about Jesus Christ He was a COACH who started the football program at Calvin Christian High School where sportsmanship

fundamental skills and self confidence were understood to be an essential part of teamwork He was a BUSINESS OWNER who started as a gas station manager became a salesman and a food broker before building a multimillion dollar business that successfully spanned four states He became a CHURCH ADMINISTRATOR to help transform his struggling church from near financial foreclosure to a healthy and growing membership with an inspired and zestful group of leaders

Sociopolitical Perspectives on Language Policy and Planning in the USA Thom Huebner, Kathryn A.

Davis, 1999-11-15 This volume is the result of a colloquium on socio political dimensions of language policy and language planning held at the 1997 American Association of Applied Linguistics AAAL Conference The focus is on language planning and policy in the USA but the issues raised will be applicable to other parts of the world as well Three broad issues are addressed general aspects case studies dealing with certain languages or ethnic groups and language planning in practice The first general part provides a historical analysis of language planning and language policy in the US and proceeds to deal with maintenance and loss of indigenous languages and the constraints imposed by current policies and how these constraints can be effectively dealt with The second part contains a number of case studies It discusses aspects of planning policies pertaining to pidgin languages gestural languages used by the deaf ASL and constraints in foreign language education this part also raises issues relating to ethnic groups concentrating on the position of Mexicans and Puerto Ricans in the US In the third part some practical issues are raised by looking into the role of language and culture in teaching reading foreign language policy in higher education Hawaiian language renaissance and gender neutralization in American English The book is a tribute to Charlene Junko Sato a sociolinguist and a language activist She died in 1996 and will be remembered for her work not only in linguistics but also for her dedication in advancing Hawaiian Pidgin influencing language policy through various publications and court room appearances

The Peanut Butter Promise Steve

Rose, 2021-01-26 Read this book and read it slowly to take it all in You will not be disappointed in The Peanut Butter Promise If you have been living in the land of almost almost making the changes you need to make almost living a life of meaning and purpose it is time you went from almost to all in The Peanut Butter Promise will show you how and encourage you as well as inspire you to do it Stephen Arterburn New York Times Bestselling Author and Host of the Nationally Syndicated program New Life Live Of the 7.7 billion people inhabiting the earth there's only ever been and will only ever be one exactly like you You're an original not a copy You can never be replicated or replaced You're essential What if you were told there was a book that had the potential to turn your life upside down for good Through The Peanut Butter Promise you'll learn that We're each born with every talent ability gift and the necessary desire to fulfill a meaningful and unique God-given purpose Just as peanut butter was destined to find jelly and make a great sandwich Peanut Butter Promise Partners come into our life to help us achieve our DreamGoals and fulfill our purpose The dreams and desires of our heart those that are in agreement with our purpose are meant to come true at the right time The time for action is now You have nothing to lose but everything to gain

by opening this hope and encouragement filled book *Psychosocial Strategies for Athletic Training* Megan D. Granquist, Jennifer Jordan Hamson-Utley, Laura J. Kenow, Jennifer Stiller-Ostrowski, 2014-05-28 Be prepared to offer not only the physical rehabilitation regimen injured athletes need but also the psychological and psychosocial support they need to recover from injuries Here s a user friendly introduction to the application and practical use of psychosocial theories and techniques You ll develop an understanding of the research that underlies practice and see how sports psychology is applied in clinical practice Practical examples and suggested activities teach you how

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