

60 MINUTE SOFTBALL PRACTICE #1

Team

Date

0:00-0:10

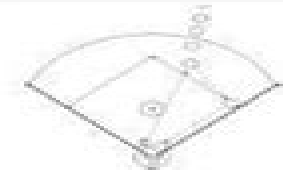
DYNAMIC WARMUP

- 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 and practice 4-seam grip and showing a target box

0:10-0:15

FIELDING - BALL TO FIRST DRILL

- Fielders line up at second base position. First baseman or coach stands on first.
- Coach hits grounders to players, who take turns fielding the ball and throwing it to first.
- You can run this drill from any position on the infield, and throw to any base.
- Keep the throw length reasonably short (shortstop to 2nd or 3rd, 1st to 2nd etc.) for younger players



0:15-0:35

BASERUNNING - RUN THROUGH FIRST DRILL

- Divide players into two groups.
- One group goes to home plate, the other to third base.
- Players practice running to first base.
- They should run through the bag so that they don't slow down before reaching it.
- Make sure players are running through the bag instead of pulling up as they draw near.



0:35-0:40

WATER BREAK

0:40-0:45

HITTING - DRY SWING DRILL

- Spread the players out across the field without at least 5 strides of space in every direction
- Each player has a bat and faces the coach
- Coach leads players through the phases of the swing one at a time (relax > ready position > stride > swing)
- Focus on a smooth, controlled swing. Be short to the ball and long after it

0:50-1:00

HITTING - FROM THE TEE DRILL

- Players take turns hitting off the tee against a full defense.
- Look for proper mechanics and concentration on each swing
- Try moving the tee to simulate inside, middle and outside pitches
- Switch to soft toss or live pitches for more advanced players



Fastpitch Softball Practice Plan Templates

**National Fastpitch Coaches
Association (NFCA)**



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