



**INSTANT**

# **SOFTBALL PRACTICE**

**INFIELD SKILLS AND DRILLS**

5 Pre-Designed Softball Practice Plans

**Packed With 15  
Skill-Building Drills for  
All Ages**

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# JUMP PIVOT TRIANGLE

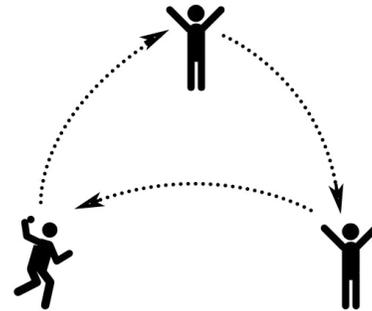


## PURPOSE:

To improve throwing speed and jump pivot technique.

## SETUP:

Group players into threes and have them stand in a triangle shape with 30 feet between each player. All players have a glove, one player has a ball.



*Players catch the ball, make a jump-pivot and throw to their teammate*

## INSTRUCTIONS:

1. To begin, player with the ball throws the ball in a clockwise direction to teammate.
2. Second player catches the ball and performs a jump pivot to get in proper position to throw to the next player. Ball is then thrown to third player
3. Players continue to quickly pass the ball around the triangle, executing a jump pivot after each catch.
4. After the ball moves around the triangle three times, reverse the direction and perform the drill going counterclockwise.

## COACHING TIPS:

- To make the jump pivot, hop slightly off the ground and make a quarter turn toward the target.
- Finish the pivot with the glove side shoulder pointing to the receiver and the throwing arm up in the “L” position.
- The receiver should make a target box at chest level using her glove and bare hand

### MAKE IT HARDER

- Have the coach dictate when to reverse the ball with a verbal cue. When coach yells “SWITCH!” the ball should change directions.

### MAKE IT EASIER

- Use a regular pivot instead of a jump pivot - leave the pivot planted while swinging the lead foot toward the target.



# CATCH-PIVOT-THROW RELAY



## PURPOSE:

To practice executing a catch, a quick pivot, and then a throw as quickly and accurately as possible.

## SETUP:

Line up 5 players in a line, each player about 30 feet apart. All players have gloves, one player at the end has a ball.



*Players practice catching a throw, then making a throw using the proper footwork*

## INSTRUCTIONS:

1. On the coach's whistle, the first player in the line throws the ball to the next player.
2. The second player must catch the ball, and execute a quick pivot in order to throw the ball to the third player in line.
3. The drill continues until the ball goes all the way down the line to player #5 and then all the way back to player #1 in line.

## COACHING TIPS:

- -After each round, rotate players so that the players on the ends of the lines get a change to practice their pivots in the middle of the line.
- -Time your relay drill to see if each group of 5 can beat their previous time each round.
- -If your players are new to using a pivot step, prior to the drill have them do a slow motion pivot to get into their throwing position so they know which direction they should be turning.



# PARTNER KNEE THROWS

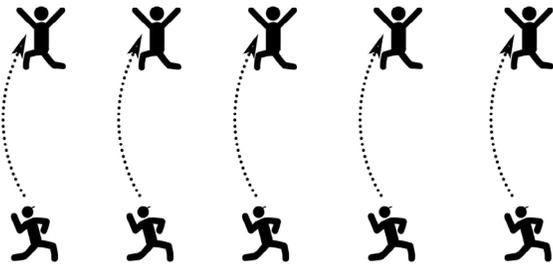


## PURPOSE:

To help improve throwing strength, arm mechanics, and accuracy.

## SETUP:

Group your players into pairs based on similar throwing/catching abilities. All players should have a glove, and one player in the pair should have a ball. Make two lines, with pairs facing each other about 15 feet apart (the distance can be adjusted based on age/ability of players). All players should kneel on their dominant knee (throwing side).



*Players throw to a partner from a kneeling position*

## INSTRUCTIONS:

1. On the coach's whistle, players begin to play catch with their partners from the kneeling position.
2. As players throw the ball, they should focus on proper throwing mechanics (brining their throwing side shoulder away from the target and brining their throwing hand past the ear before starting the forward motion in the direction of the target)
3. When players are getting ready to catch, they should hold out their glove at shoulder height to make a good target for their partner to hit.

### MAKE IT HARDER

- Increase distance between each player to 20-25 feet.
- Move a step back for every 2 successful catches. See which pair can move back the farthest without dropping a throw.

### MAKE IT EASIER

- For players that are not bringing their arm up past their ear- you can help them by placing a short batting tee next to their throwing side arm. The player needs to lift their arm high enough, so the elbow does not hit the batting tee. This gives a visual and physical reminder to the player to execute proper form.



# KNOCK DOWN



## PURPOSE:

To improve throwing technique and arm strength.

## SETUP:

Arrange 3 batting tees in a row about 10 feet apart from each other. For beginner players, place a large ball on each tee (playground ball, soccer ball, etc.). For more experienced players, place a softball on each tee. Group players into three lines about 20 feet in front of each batting tee. All players should have a ball and glove.



*Players work on their throwing accuracy by trying to knock a target off a tee*

## INSTRUCTIONS:

1. The object of this drill is for players to try and hit the ball off the tee with a square throw.
2. First player in each line throws ball at the target.
3. If they hit the target, they need to run out and reset the batting tee with the ball for next player in line then return to the end of their line.
4. If they do not hit the target, they should return to end of the line and wait for their turn again.

### MAKE IT HARDER

- The smaller the target on the batting tee, the harder this drill becomes. Another way to increase the difficulty is to have players throw from farther back.

### MAKE IT EASIER

- Increasing the size of the ball on the batting tee makes this drill easier. For example, a beach ball can be used for little ones! Alternatively, you can move players closer to the batting tee.



# AROUND THE HORN

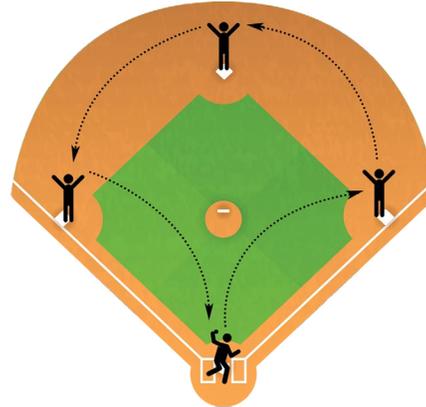


## PURPOSE:

To improve throwing and catching in the infield.

## SETUP:

You will need 4 players to perform this drill. You can run it in the infield, or set up four bases in the outfield at the appropriate distance apart. Place one player at each base and home plate, all should have a glove. Player at home plate has a ball.



*Players throw the ball around the horn, from home to first to second to third and back to home*

## INSTRUCTIONS:

1. The drill begins when the player at home throws the ball to first base.
2. First baseman catches the ball and pivots to throw to second base.
3. Second baseman catches the ball, pivots and throws to third base
4. Third baseman catches the ball, pivots and throws home
5. The drill continues with ball being thrown “around the horn” moving from home - first - second - third. Repeat.

## COACHING TIPS:

- Make it competitive by trying these variations
- Throws in 1 Minute: Count the number of successful throws around the horn in 1 minute.
- Throws Until a Drop: Count the number of successful throws around the horn until a drop or poor throw is made.

### MAKE IT HARDER

- Move the fielders closer to the middle of the infield to make the throws shorter. Then progress to full distance throws over time.

### MAKE IT EASIER

- Put all 9 fielders in the field and try this advanced version of the drill: pitcher - catcher - shortstop - right field - third base - left field - shortstop - center field - third base - second base - first base - catcher.



# GRUNDER GOALIE

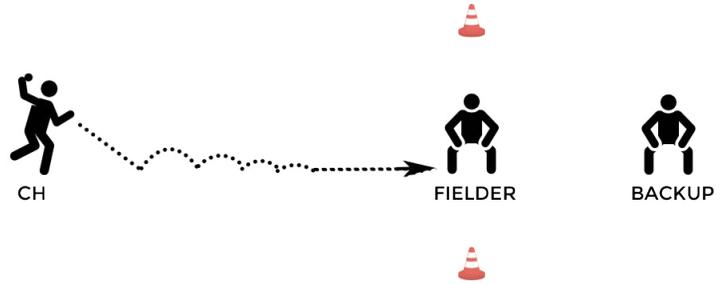


## PURPOSE:

To help players learn to stop a ground ball and keep the ball in front of them.

## SETUP:

Create a “goal” with two cones spaced out about 10 feet apart (can increase or decrease size of goal based on player ability). One player serves as “goalie” and stands between the cones with a glove on. One player stands behind the goalie serving as backup. Coach stands in front of goalie with bucket of balls.



*Coach tries to “score” on the fielder by throwing a ground ball into her goal*

## INSTRUCTIONS:

1. Coach throws grounders toward the goal.
2. Goalie must stop the ball with their glove before it gets behind them, just like a hockey goalie sweeps away the puck.
3. Goalie gets a point for every ball that is stopped.
4. Each goalie should try to stop 3 balls before moving to the back of the line, at which point the backup becomes new goalie.

## COACHING TIPS:

- This drill teaches players to STOP a ball and keep it in front of them. Many balls are hit too hard to catch, but this drill helps players realize that stopping the ball and keeping it in front of them are a second best option.

### MAKE IT HARDER

- Move the cones farther apart to test the fielder’s range
- Throw ground balls that force the fielder to make a diving play

### MAKE IT EASIER

- Move the cones closer to create a smaller goal
- Throw only forehand ground balls to start. Then only backhands. Then mix it up.



# BACKHAND DRILL



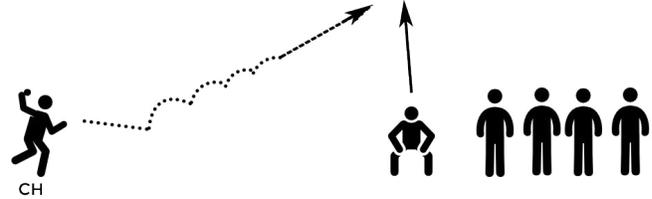
## PURPOSE:

To practice fielding the ball with a backhanded catch. (Note: a backhand catch is when a player has to cross their body with the glove hand in order to catch the ball. This is a critical defensive skill all infielders must master)



## SETUP:

Divide your players up into single file lines based on how many coaches you have available. If you have two coaches, make two lines. All players should have a glove. Coach should stand 15 feet in front of each line.



*Coach rolls the ball out to the fielder for a backhanded catch*

## INSTRUCTIONS:

1. Drill begins with coach throwing a ground ball to backhand side of first player in line. Fielder should be in a good ready position prior to the throw.
2. Once ball is thrown, fielder should move in the direction of the ball while keeping the glove open.
3. After making the catch, the fielder throws the ball back to the coach and returns to the end of the line.
4. Coach repeats drill with each player in line.

## COACHING TIPS:

- As players take their turn in front of the line analyze their “Ready Position” to field the ball:

Feet should be shoulder width apart

Knees should be slightly bent

Both hands should hang between the knees loosely

Body weight should be on balls of the feet, with a slight forward lean

Players should keep their eyes on the ball & observe the ball going into the glove

### MAKE IT HARDER

- Mix it up with different types of ground balls - forehand, backhand and short hops

### MAKE IT EASIER

- Roll the ball slowly to an area marked by a cone



# SHORT HOP SHOWDOWN

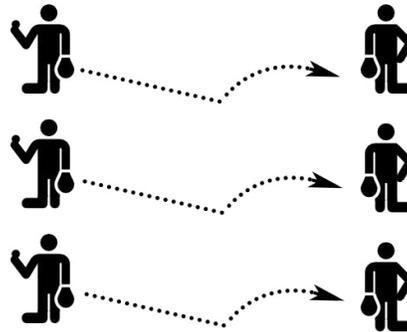


## PURPOSE:

To practice proper fielding technique for short hops

## SETUP:

Divide team into pairs, players line up across from each other forming two lines about 15 ft apart. Everyone kneels on two knees. For safety, each player should be about 5 feet from player next to them. All players have gloves, one player in each pair should have a ball.



*Players throw short hop ground balls to each other from their knees*

## INSTRUCTIONS:

1. On coach's command, the player with the ball must bounce it to their partner. The receiving player must field the ball on one hop.
2. Pairs continue to bounce the ball and field the short hop back and forth.
3. For added intensity, players can earn points for throwing beyond the receiver's reach on one bounce or for missing the ball. The first player to reach 5 points loses.

## COACHING TIPS:

- This drill is effective because it forces players to focus on the bouncing ball all the way into their glove. It reduces the tendency for players to look up before the short hop is securely in their glove.

### MAKE IT HARDER

- Move the players farther apart. Throw one-hoppers to either side

### MAKE IT EASIER

- Using soft sponge balls or whiffle balls will help players who are afraid of getting hit



# REVERSE RECOVERY DRILL

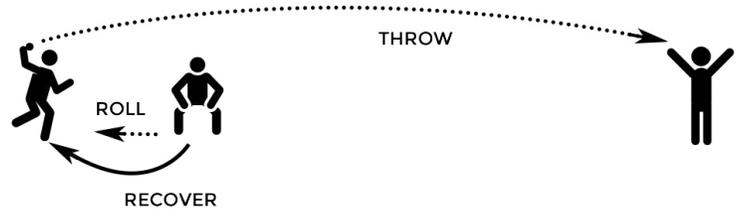


## PURPOSE:

To practice recovering the ball in back of the body after an error or bad bounce.

## SETUP:

Divide team into pairs, players line up across from each other forming two lines about 30 ft apart. For safety, each player should be about 5 feet from player next to them. All players have gloves, one player in each pair should have a ball.



*Fielders learn to recover a ball that bounces behind them, and make a calm, accurate throw*

## INSTRUCTIONS:

1. On the coach's 1st whistle, the player with the ball gets into a good fielding position.
2. On the coach's 2nd whistle, the player with the ball rolls the ball behind them. The same player, then goes to the SIDE of the ball, fields it, and throws it to their partner.
3. The partner catches the softball and immediately transfers the ball to get into a good throwing position.
4. On the coaches whistle, new player with the ball gets into their fielding position. On the next whistle, they roll the ball behind, field it, & throw to their partner.
5. Drill continues until each player has had 10 throws.

## COACHING TIPS:

- Make sure that players use proper fielding technique based on the ball movement on the ground:
- If the ball is ROLLING: Players should scoop up the ball with both the glove and the bare hand.
- If the ball is STOPPED: Players should bare hand the ball straight on top and push in into the ground to ensure they have a good drip.
- Players should never pick up the ball with the glove only.

### MAKE IT HARDER

- Make a live throw across the diamond from third to first

### MAKE IT EASIER

- Instead of rolling the ball out, place the it on the ground 5 feet in front of the fielder. She then scoops it up barehand and gets into throwing position.



# PIVOT AND THROW

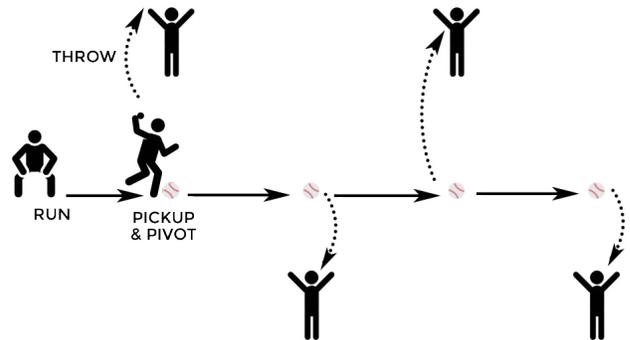


## PURPOSE:

To practice executing a quick pivot in both directions after fielding the ball.

## SETUP:

Line up 4 balls in a straight line, leaving 5 feet of space between each ball. Position 6 players as fielders, 15 ft from each ball as shown (2 should be on left side of ball, 2 on right). All other players form a line as shown with their gloves, these are the throwers.



*Players run to each ball, pick it up, pivot and throw to a waiting teammate*

## INSTRUCTIONS:

1. On the coach's whistle, the first player in the throwers line runs & retrieves the first ball. They then execute a quick pivot and throw the ball to the corresponding fielder.
2. The thrower then proceeds up the line, throwing each ball to the corresponding fielder as they go.
3. Immediately after the fielder has completed the catch, they should return the ball to the line and hustle back to their spot.
4. After the first thrower completes the gauntlet, coach should queue second player in line to go.

## COACHING TIPS:

- Players can pick up the ball barehanded by pushing it down into the ground and getting a secure grip
- - To pivot, keep the throwing side foot down and swing the glove side foot toward the receiver. Finish with the glove-side shoulder pointing toward the target

### MAKE IT HARDER

- Move the receiving players back several steps
- The thrower can complete 8-10 throws instead of 4
- Time the throwers through the drill and make it a contest

### MAKE IT EASIER

- Start by putting all four receivers on the left side. Then all four receivers on the throwing arm side. Then finish with two players on each side.



# THIRD TO FIRST TO HOME

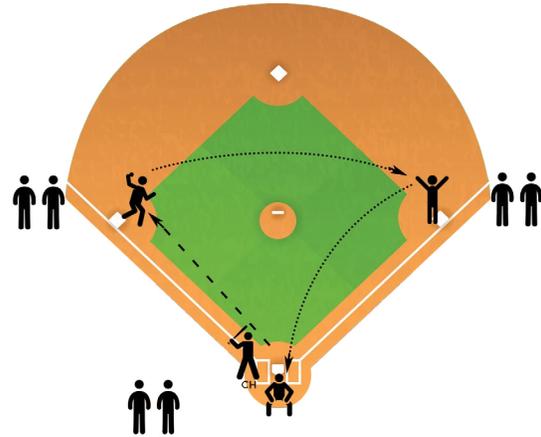


## PURPOSE:

To improve throwing accuracy and strength required to throw a ball from third base to first base.

## SETUP:

Divide team into three groups- station one line at third base, first base, and home. All players should have a glove. Coach stands just in front of home plate with a bat and bucket of balls.



*Fielders play a ground ball, then throw from third to first to home*

## INSTRUCTIONS:

1. Coach begins the drill by hitting a ground ball to third base. The first person in line at third fields the ball and throws the ball to first.
2. The first person at first base receives the ball and throws it quickly home.
3. Player at home puts the ball back in coaches bucket.
4. After player successfully throws the ball or returns the ball to the coach, they go to the end of their line and the drill begins again with the new players at the front.
5. After all players have had two throws from one position, groups rotate.

### MAKE IT HARDER

- Increase the throwing distance by having the third base fielding line start at the edge of the infield behind third base.

### MAKE IT EASIER

- Younger players can start by making the shorter throw from shortstop to first. Then progress toward third base over time to increase the throwing distance.



# UNDERHAND FLIP FORCE OUT



## PURPOSE:

To practice using the underhand flip to get force outs at second base.

## SETUP:

Make two lines of players- one line at the shortstop position, the other at second base position. Coach stands with a bucket of balls on the pitcher's mound.



*Fielders play a ground ball from a middle infield position, then flip it to a teammate covering second base*

## INSTRUCTIONS:

1. To begin, Coach rolls a ground ball to the first player in the shortstop line.
2. After the coach releases the ball, the first player in the second base line runs to the bag, puts left on the bag and holds up both hands at chest height as a target.
3. Shortstop fields the ball and performs an underhand flip to second baseman (making sure to keep hand up after ball is released)
4. The second baseman should take right foot to the ball and catch the underhand flip. After a successful catch, second base should throw the ball back to the coach.
5. Both players return to end of line, and drill begins with two new players.

(Note: drill can then be reversed: short stop runs to cover second base after second baseman fields the ground ball)

## COACHING TIPS:

- Get your glove out of the way before you toss, so the receiver clearly sees your throwing hand and where the ball is coming from.
- Step toward the target and continue moving in that direction after you release the ball
- Follow through by holding your throwing hand up at abdomen level. Avoid snapping back or finishing with a high follow through.
- Flip the ball firmly on a straight line, aiming for the receiver's chest. Avoid looping the ball up in the air.

### MAKE IT HARDER

- Have players practice completing a double play by throwing to a coach to teammate at first base after completing the catch at second.

### MAKE IT EASIER

- If your players still need help mastering the basics on the underhand flip, have players pair up and practice their underhand flip technique before taking it onto the field in this game situation drill. Make sure they are keeping their throwing hand help high after the flip.



# TRASH CAN RELAY

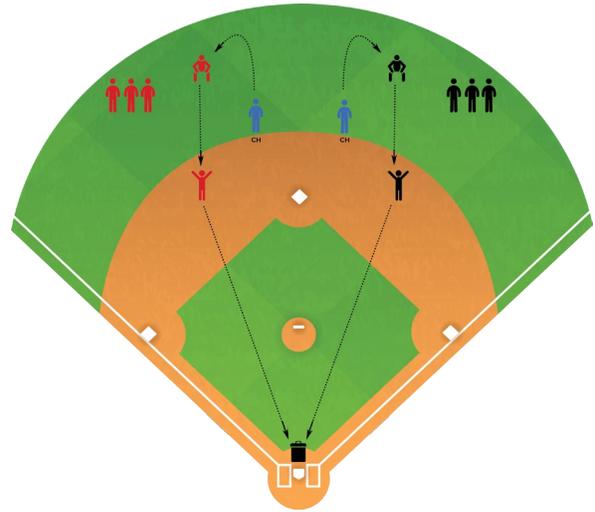


## PURPOSE:

To help improve throwing accuracy and ability to get a ball from outfield to the infield.

## SETUP:

Divide players into two teams. Position one team in a line in right center and another team in left center. One player from each team should take a position in the infield (as shown). Place a coach near each team with a bucket of balls to begin the drill. At home plate, position an empty trash can on it's side so kids can throw a ball inside (this is the target). All players should have gloves.



*Teams compete to relay the ball from the outfield to the infield, then make an accurate throw to the target at home*

## INSTRUCTIONS:

1. Teams take turns executing this drill. One coach begins the drill throwing a ball high and behind their outfield line. The first player in the outfield line must field the ball and throw it to the infielder.
2. The infielder should then pivot to their glove side and throw the ball toward the open trash can.
3. Team gets a point when ball hits the trash can.
4. After one team is done, the other coach immediately begins same drill with the other team. They alternate back and forth.
5. Players rotate positions, infielder goes to back of outfield line, outfielder moves to infield, and next player in line becomes outfielder.

## COACHING TIPS:

- Infielder must prepare to receive outfielders throw by creating a good target with arms extended at shoulder height.
- Outfielders should use a crow hop or shuffle step to build momentum for the throw

### MAKE IT HARDER

- Have the outfield line start all the way on the warning track

### MAKE IT EASIER

- Start with just the throw from the infield to the outfield. Then practice the throw from the outfield to the infield cutoff. Then progress to the complete drill including the relay and the throw to home



# WILD PITCH PREP

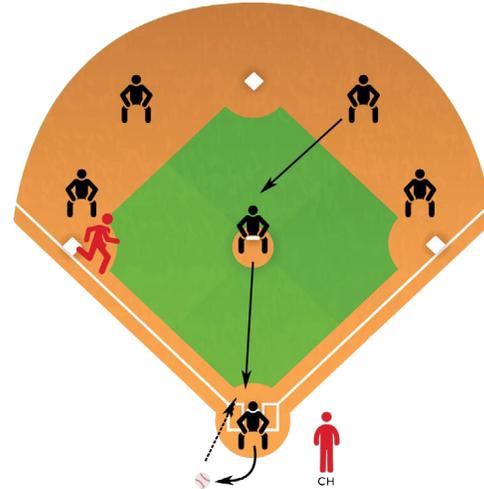


## PURPOSE:

To practice handling a wild pitch when a runner is on 3rd base.

## SETUP:

Place your infield players in their regular positions. Place a runner on 3rd base. Coach stands behind the catcher.



*Infield players must quickly react to a wild pitch and try to prevent the runner from scoring*

## INSTRUCTIONS:

1. To begin, coach secretly places a softball somewhere behind the catcher while catcher keeps her eyes on the pitcher. (the catcher should not know where ball is placed)
2. On the coaches whistle, the base runner sprints toward home plate. At the same time, the catcher must turn around and locate the softball while the pitcher runs to cover home plate.
3. When the catcher finds the ball, she tries to quickly toss the ball to the pitcher covering home. The pitcher then tags out the sliding runner.
4. When pitcher runs to cover home plate, second baseman should run to the mound as a backup in case the ball is overthrown to home plate by the catcher.
5. Rotate through the drill so everyone who plays catcher, pitcher, and second base has a turn running through this drill

## COACHING TIPS:

- Encourage your pitcher to help navigate the catcher toward the ball behind them as they run in to cover home plate.

### MAKE IT HARDER

- Throw a live wild pitch and have the catcher chase it down

### MAKE IT EASIER

- Position the baserunner farther away (even all the way to second base) so your pitchers and catchers have more time to practice the drill.



# GOOOOOAL!

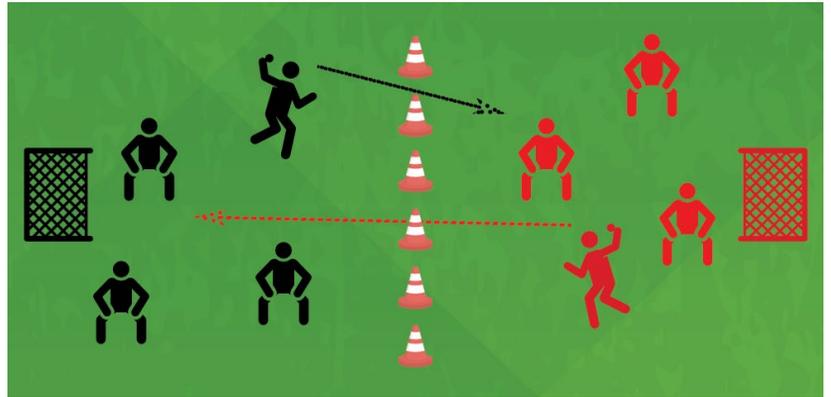


## PURPOSE:

A fun, competitive game that practices throwing and fielding

## SETUP:

Using cones, set up a small soccer field with a midline across the center. Create a goal on each side using cones, hitting nets, trash cans or anything similar. Divide your players up into two even teams – one on each side of the field. Give each team 2 or 3 tennis balls or softie balls.



*Players compete to throw ground balls into the other teams' goal*

## INSTRUCTIONS:

1. The object of the game is to throw the ball into the other team's goal.
2. The ball must bounce before going through the goal – no line drives or fly balls allowed
3. The other team uses their gloves to field balls and protect their goal
4. First team to score five goals wins

## COACHING TIPS:

- Make the size of the field and goals appropriate for the level of your team
- This game works best with a small pop-up soccer net, hockey net or lacrosse net
- If you are using cones, goals should only count if they pass through the cones at waist height or lower
- Encourage good ground ball fielding fundamentals – players should be in a ready position, use their feet to move their body into position, field the ball in a wide stance with the glove on the ground, gathering the ball into the belt buckle

### MAKE IT HARDER

- Players can score by throwing ground balls or line drives
- Add extra balls

### MAKE IT EASIER

- Coaches play “goalie” so the players can focus on throwing



# PICK FROM THE HELMET



## PURPOSE:

A fun drill that trains your players how to execute offensive strategies in game-like conditions.

## SETUP:

Split your players into three even teams. Two teams fill out the defensive positions while the third team is on offense. Write 5-10 offensive plays down on small pieces of paper. For example: hit and run, sacrifice bunt, squeeze play, double steal etc. Place the papers into a helmet.



*Teams pick a random offensive play out of the helmet, then execute it against a live defense*

## INSTRUCTIONS:

1. One player from the offensive team draws a piece of paper from the helmet and shares it with her team. Coach quickly reviews the play with the offensive team if necessary.
2. The defensive team is not allowed to know what play is coming
3. The batter and baserunners begin take to the field
4. Coach pitches to the batter and the offensive team executes their play, while the defensive team tries to make an out.
5. After each play, the offensive team picks a new paper from the helmet
6. The offensive team gets a point for each successful play . After 3 outs are made, the teams switch rotate and repeat

### MAKE IT HARDER

- Coaches are not allowed to help. Offensive players have 10 seconds to review the play and get into position.
- Use live pitching

### MAKE IT EASIER

- Instead of hiding the play from the defense, discuss it openly and practice it at half-speed. Then attempt to execute it at game-speed.
- Use soft-toss pitching or a pitching machine



# 60 MINUTE SOFTBALL PRACTICE - INFIELD EMPHASIS

Required: 2 coaches, balls, bats, helmets, tees, bases, cones



## Warmup: 10 Mins (Full Team)

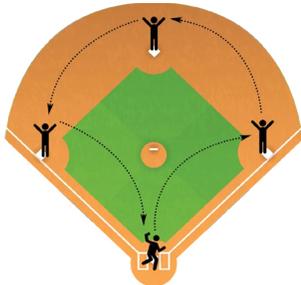
### Dynamic Warmup: 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

## Stations: 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

### Around the Horn: 10 mins (Infield)



Players throw the ball around the horn, from home to first to second to third and back to home

### Knock Down: 10 mins (Outfield)

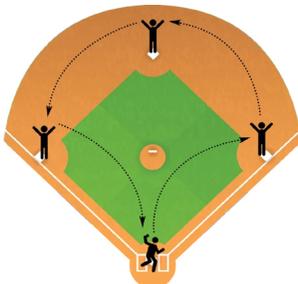


Players work on their throwing accuracy by trying to knock a target off a tee

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

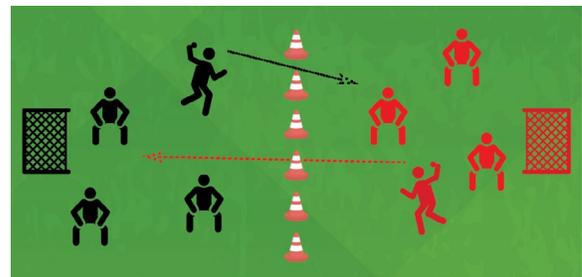
## Game Preparation: 20 Mins (Full Team)

### Around the Horn: 10 mins



Players throw the ball around the horn, from home to first to second to third and back to home

### Goooooal!: 10 mins



Players compete to throw ground balls into the other teams' goal



# 60 MINUTE SOFTBALL PRACTICE - INFIELD EMPHASIS

Required: 2 coaches, balls, bats, helmets, tees, bases, cones



## Warmup: 10 Mins (Full Team)

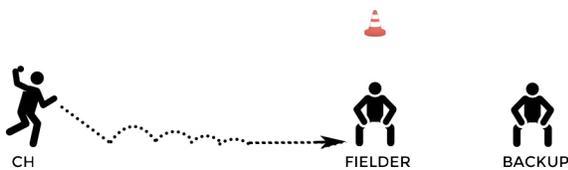
### Dynamic Warmup: 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

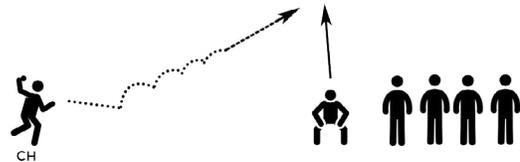
## Stations: 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

### Grounder Goalie: 10 mins (Infield)



Coach tries to "score" on the fielder by throwing a ground ball into her goal

### Backhand Drill: 10 mins (Outfield)

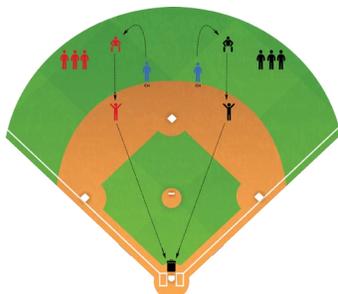


Coach rolls the ball out to the fielder for a backhanded catch

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

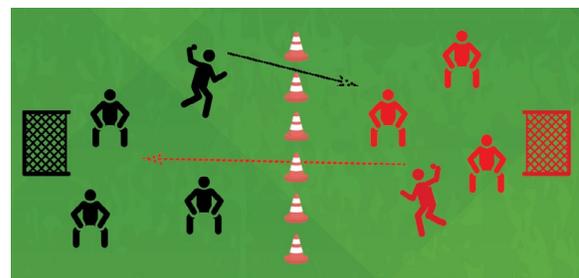
## Game Preparation: 20 Mins (Full Team)

### Trash Can Relay: 10 mins



Teams compete to relay the ball from the outfield to the infield, then make an accurate throw to the target at home

### Goooooal!: 10 mins



Players compete to throw ground balls into the other teams' goal



# 90 MINUTE SOFTBALL PRACTICE - INFIELD EMPHASIS

Required: 3 coaches, balls, bats, helmets, tees, bases, cones

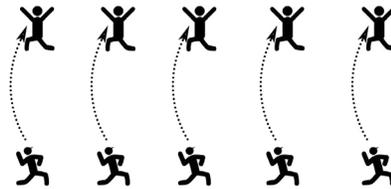


## Warmup: 20 Mins (Full Team)

### Dynamic Warmup: 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

### Partner Knee Throws: 10 mins

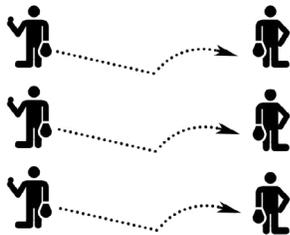


Players throw to a partner from a kneeling position

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

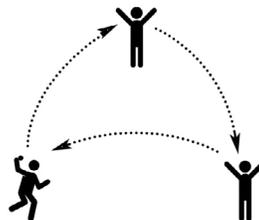
## Stations: 30 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 10 Mins)

### Short Hop Showdown: 10 mins (Infield)



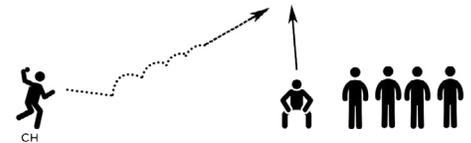
Players throw short hop ground balls to each other from their knees

### Jump Pivot Triangle: 10 mins (Outfield)



Players catch the ball, make a jump-pivot and throw to their teammate

### Backhand Drill: 10 mins (Outfield)



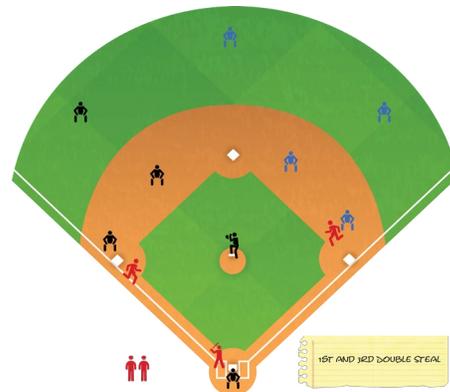
Coach rolls the ball out to the fielder for a backhanded catch

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 30 Mins (Full Team)

### Pick from the Helmet 40 Mins

Teams pick a random offensive play out of the helmet, then execute it against a live defense





# 90 MINUTE SOFTBALL PRACTICE - INFIELD EMPHASIS

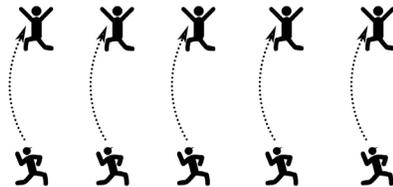
Required: 3 coaches, balls, bats, helmets, tees, bases, cones



## Warmup: 20 Mins (Full Team)

**Dynamic Warmup:** 10 mins  
Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

### Partner Knee Throws: 10 mins

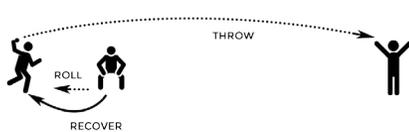


Players throw to a partner from a kneeling position

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

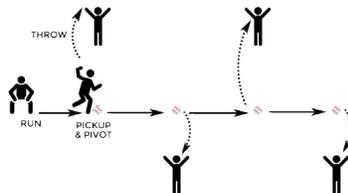
## Stations: 30 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

### Reverse Recovery Drill: 10 mins (Infield)



Fielders learn to recover a ball that bounces behind them, and make a calm, accurate throw

### Pivot and Throw: 10 mins (Outfield)



Players run to each ball, pick it up, pivot and throw to a waiting teammate

### Grounder Goalie: 10 mins (Outfield)

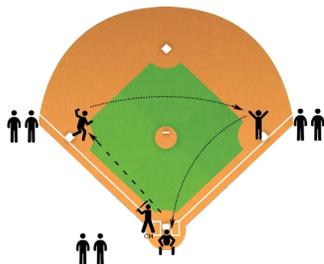


Coach tries to "score" on the fielder by throwing a ground ball into her goal

### Water Break: 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 40 Mins (Full Team)

### Third to First to Home: 20 Mins



Fielders play a ground ball, then throw from third to first to home

### Pick from the Helmet: 20 Mins



Teams pick a random offensive play out of the helmet, then execute it against a live defense



# 120 MINUTE SOFTBALL PRACTICE - INFIELD EMPHASIS

Required: 3 coaches, balls, bats, helmets, tees, bases, cones

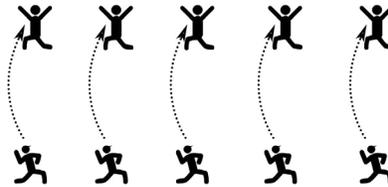


## Warmup: 20 Mins (Full Team)

**Dynamic Warmup:** 10 mins

Skip Forward and Backward. High Knee Runs. Carioca. Butt-kickers. Walking Lunges.

**Partner Knee Throws:** 10 mins



Players throw to a partner from a kneeling position

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

**Stations:** 45 Mins (Split Team Into Three Groups and Rotate Through Each Drill For 15 Mins)

### Underhand Flip Forceout Drill:

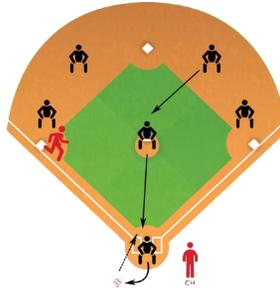
15 mins (Infield)



Fielders play a ground ball from a middle infield position, then flip it to a teammate covering second base

### Wild Pitch Prep:

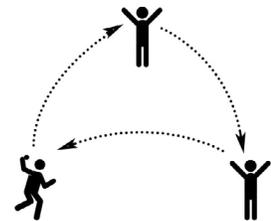
15 mins (Outfield)



Infield players must quickly react to a wild pitch and try to prevent the runner from scoring

### Jump Pivot Triangle:

15 mins (Outfield)



Players catch the ball, make a jump-pivot and throw to their teammate

**Water Break:** 3-5 Minutes (Coaches Set Up Stations)

## Game Preparation: 45 Mins (Full Team)

### Pick From the Helmet: 45 Mins

Teams pick a random offensive play out of the helmet, then execute it against a live defense

