



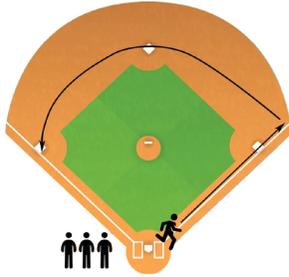
# 60 MINUTE SOFTBALL PRACTICE - ALL AROUND SKILLS

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

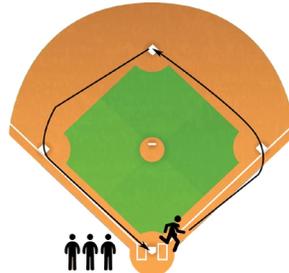


## Warmup: 15 Mins (Full Team)

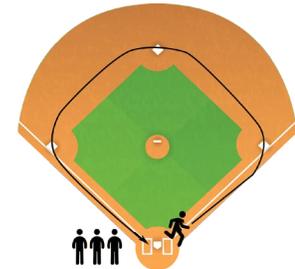
### Baserunning Circuit: 15 mins



1st Circuit



2nd Circuit

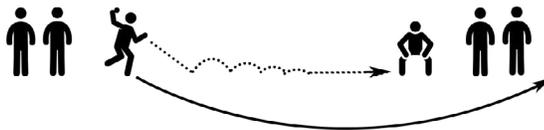


3rd Circuit

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

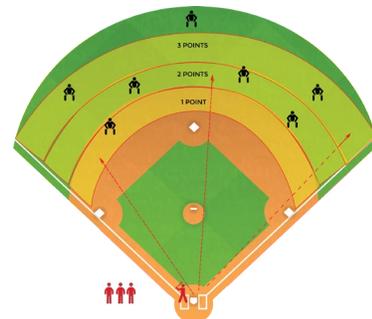
## Stations: 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

### Ground Ball Faceoff: 10 mins (Infield)



Players take turns throwing ground balls to each other across two lines

### Tee Derby 10 mins (Outfield)



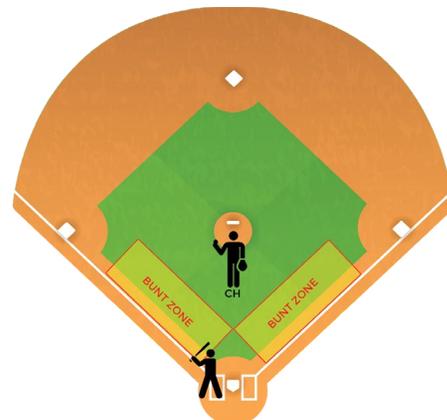
Hitters load up and swing for the fences in this hitting contest

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

## Game Preparation: 20 Mins (Full Team)

### Bunt Off: 20 Mins

Players compete to lay down bunts into scoring zones





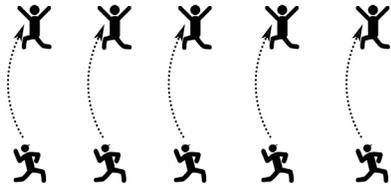
# 60 MINUTE SOFTBALL PRACTICE - ALL AROUND SKILLS

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



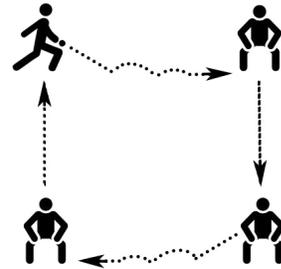
## Warmup: 15 Mins (Full Team)

**Partner Knee Throws:** 7 mins



Players throw to a partner from a kneeling position

**Four Square:** 8mins

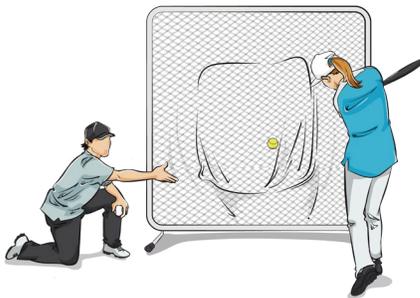


Players roll ground balls to each other in a square pattern

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

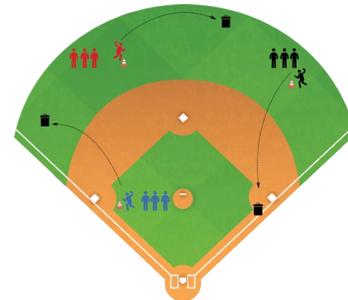
**Stations:** 20 Mins (Split Team Into Two Groups and Rotate Through Each Drill For 10 Mins)

**Rapid Fire Soft Toss:** 10 mins (Infield)



Partner quickly soft-tosses 5 balls to hitter in rapid fire fashion

**Softball Golf:** 10 mins (Outfield)



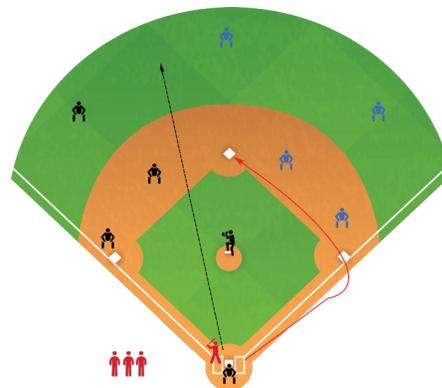
Set up a series of golf holes to practice throwing on different parts of the field

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

## Game Preparation: 20 Mins (Full Team)

**4 Point Game:** 20 Mins

Batters are awarded extra points for every base they reach without making an out





# 90 MINUTE SOFTBALL PRACTICE - ALL AROUND SKILLS

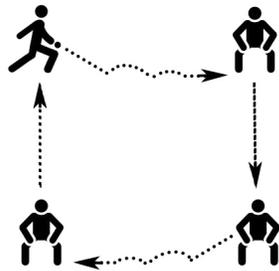
Required: 2 coaches, balls, bats, helmets, tees, bases, cones



## Warmup: 20 Mins (Full Team)

**Dynamic Warmup:** 10 mins

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



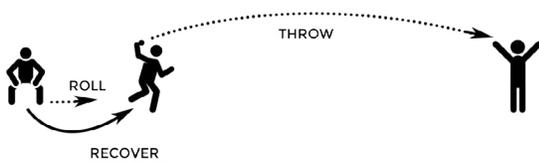
**Four Square:** 8mins

Players roll ground balls to each other in a square pattern

**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)

**Recovery Drill:** 10 mins (Infield)



Fielders learn to recover and make a calm, accurate throw after bobbling the ball

**Basketball Power Drill:** 10 mins (Outfield)



Batter hits a basketball or other large ball off the tee

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

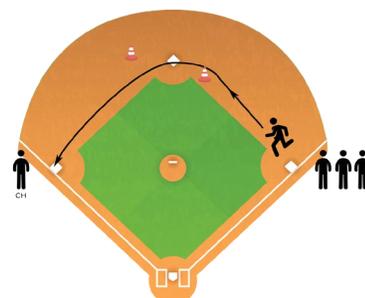
## Game Preparation: 40 Mins (Full Team)

**First Base Decision:** 20 Mins



Baserunners listen to the first base coach and decide whether to take second

**Second Base Decision:** 20 Mins



Baserunners watch the third base coach and decide whether to take third



# 90 MINUTE SOFTBALL PRACTICE - ALL AROUND SKILLS

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

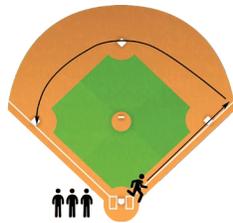


## Warmup: 20 Mins (Full Team)

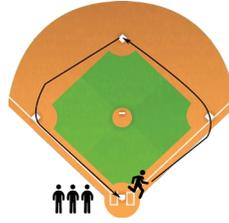
**Dynamic Warmup:** 10 mins

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

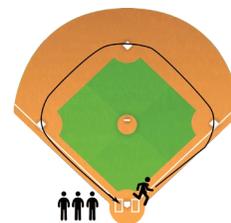
**Baserunning Circuit:** 10 mins



1st Circuit



2nd Circuit

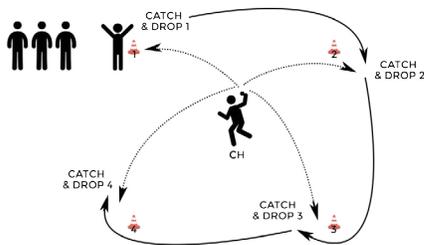


3rd Circuit

**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)

**Reaction Drill:** 10 mins (Infield)



Players make four consecutive catches, running around a four cone square

**High/Low Toss Drill:** 10 mins (Outfield)

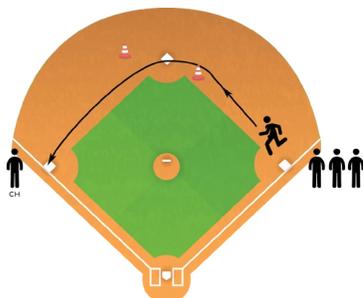


Partner soft-tosses two balls to hitter, who hits the high or low one

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

## Game Preparation: 40 Mins (Full Team)

**Second Base Decision:** 20 Mins



Baserunners watch the third base coach and decide whether to take third

**Line Drive Contest:** 20 Mins



Players compete to hit line drives into the scoring zone



# 120 MINUTE SOFTBALL PRACTICE - ALL AROUND SKILLS

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

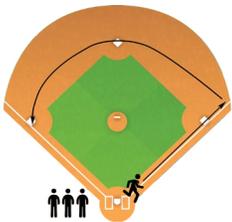


## Warmup: 30 Mins (Full Team)

### Dynamic Warmup: 10 mins

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

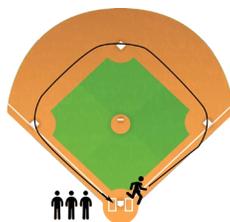
### Baserunning Circuit: 10 mins



1st Circuit

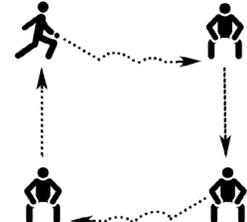


2nd Circuit



3rd Circuit

### Four Square: 10 mins



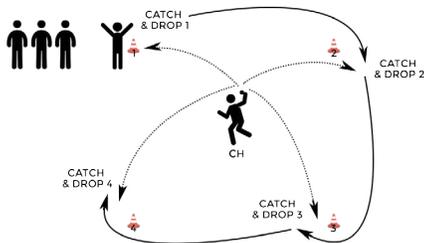
Players roll ground balls to each other in a square pattern

### 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)

### Reaction Drill:

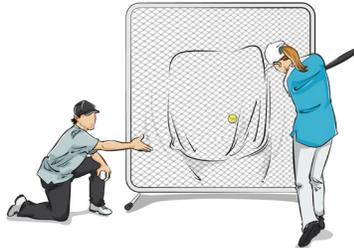
10 mins (Infield)



Players make four consecutive catches, running around a four cone square

### Rapid Fire Soft Toss Drill:

10 mins (Outfield)



Partner quickly soft-tosses 5 balls to hitter in rapid fire fashion

### Basketball Power Drill:

10 mins (Outfield)



Batter hits a basketball or other large ball off the tee

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

## Game Preparation: 40 Mins (Full Team)

### 9 Outs: 40 Mins

The defensive team must make 9 consecutive outs without making an error

