

Softball Drills

Warm up:

- Dynamic stretches
 - Ex: butt kicks, high knees, karaoke, toe touches, jog (75%), sprint
- Static Stretches
 - Stretch biceps, triceps, hamstrings, quads
- Fielding position holds
 - 10 to 15 second holds - adjusting the girls fielding position

Throwing Progression:

- Wrist snaps - holding their glove in front of their forearm
- Ts - glove pointed towards their target, elbow and wrist bent
- Full throwing – stepping toward their partner and working on their follow through

Outfield Drills:

- Change of direction – without the ball, having them practice the drop step
- Over the head – with their glove and a ball
- Lateral catches
- Crashing in catches
 - Variation – have the two players lay on the ground, roll over and hop up for the ball
- Calling the ball – in twos, throwing the ball in the middle and practice calling for it
 - Can work the same drill with infielders – designating a call for infield vs outfield
- Relay throws – groups of three, rotating through each position, hitting the cut off

Infield Drills:

- Rollers, without and then with gloves – making sure they stay in fielding position as the transition from one side to the other
- Short hop and back hand drills
- Four corners – around the bases and then diagonals (home to 2nd to 1st to 3rd to home)
- Footwork for fielders
 - 1st base, 2nd and short turning the double play

Base running:

- Straight through first
- Single to right and left
- First to 3rd – looking at the coach half way to second base
- 3rd to home
- Leading off

Batting:

- Work on batting stance
 - Make sure their weight isn't completely on the back foot
 - Elbow tucked
 - Barrel of the bat upright
- To contact drill – one palm up and the other down
- Bat behind the back drill
- Top hand only, bottom hand only
- Bounce drill – using tennis balls, to help with being patient at the plate

Pitching:

- Wrist snaps
- Power phase
- Three-quarters
- Full windup