

Practice schedule

6PM

Stretching

a. This warm-up should include cardiovascular and stretching activities

- All exercises will be done for a 10 count.
- Feet together toe touch
- Feet together reach for the sky
- Feet apart reach for the middle
- Feet apart reach to the right foot
- Feet apart reach for the left foot
- Stand on left leg, pull right leg back with heel touching hamstring or backside
- Stand on right leg, pull left leg back with heel touching hamstring or backside
- Right arm across the chest with the left hand pulling in arm to the body
- Left arm across the chest with the right hand pulling in the arm to the body
- Arms out small circles rotating forward
- Arms out small circles rotating backward
- Arms out big circles rotating forward
- Arms out big circles rotating backward
- Sitting on ground, Butterfly technique

2 Laps around the outside of the bases

Warm-ups

These exercises are done at each practice. The exercises are to emphasis throwing but also work on catching as well.

- Throw ball up in air to self low to medium height complete 10 tries, throw ball up in air high height complete 10 tries./ glove positioning –“hello” position/ belly position
- Wrist flicks/glove positioning
- Elbow throws/glove positioning
- 90 degree L throws with proper foot movement/glove out, hand in “hello” position, give thrower target, ready body stance
- Underhand throws from the side-arm straight down/ glove out, hand in “hello” position, give thrower target, ready body stance, emphasis on transfer of ball out of glove and into throwing hand.
- Grounders – middle, left side, right side
- Bat swing
 - Rest, ready, load, step, swing

Infield practice

The drills are shown by the coaches of what the drill is to look like. The throwing, catching, skills are emphasized.

Coach overhand throw

- Emphasis on ready position, glove position, foot movement body and arm throw. The drill is for individual instruction.
- Throw is completed between coach and player; throw is distance 5 feet, then 10 then 15 then 20 feet.
- Coach can have one, two, or three lines at once to keep the drill moving.

Coach Grounder throw

- Emphasis on ready position, glove position, foot movement body and arm throw. The drill is for individual instruction.
- Throw is completed between coach and player; grounder is 15 feet then 20, then 25 then 30 feet.
- Coach can have one, two, or three lines at once to keep the drill moving.

4 Square Small

- Emphasis on underhand toss to next player in a rapid motion.
- Emphasis on controlled throw, emphasis on glove position (hello and belly)
- 4 girls form a square position with others filling in behind. Distance between girls is 5-10 feet. First girl tosses the ball in one direction; catching girl is in ready stance, glove out. When girl tosses the ball she moves in the same direction for the next spot.
- Coach is to say STOP and say change directions.
- Coach is to say stop move further apart.
- The girls are to move the ball in a rapid session without dropping the ball.

4 Square big

- Emphases on overhand throw to next player in a rapid motion.
- Emphasis on controlled throw, emphasis on glove position (hello and belly)
- 4 girls form a square position with others filling in behind. Distance between girls is 15-30 feet. First girl throws the ball in one direction; catching girl is in ready stance, glove out. When girl throws the ball she moves in the same direction for the next spot.
- Coach is to say STOP and say change directions.
- Coach is to say stop move further apart.

The girls are to move the ball in a rapid session without dropping the ball.

2 Infield grounder and hop throw/ throwing to first base. (second, third, pitcher, catcher)

- Emphasis on fielding a fast grounder, transfer from catching to throwing, correct position throwing to first base.
- Drill can be done first base, second base, third base.
- 2 girls at a time for the drill. Extra girls behind the base position and ready to fill in. Girl on first moves to SB after drill, line girl fills in first base.
- Coach stands at home base and throws or rolls or hop throw to the area of first base and second base.
- First base and second base in are position and play the ball thrown to them. First base checks off if the ball is a direct to that position and plays the ball, or checks off that the ball is too far and allows SB to cover the ball.
 - The drill can be done for second base and SS.
 - The drill can be done for SS and third base.

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Outfield practice.

Direct Throw

- Emphasis on covering the ball and throwing to first available base.
- Emphasis on gauging ball distance.
- Emphasis on catching pop flies.
- Coach is to stand at pitcher's mound and throw overhand medium arc throws directly to outfield players.
- Coach is to stand at pitcher's mound and throw grounders directly to outfield players.
- Player is to catch the ball, transfer to throw to closest base and or Pitcher.

Overhead Throw

- Emphasis on covering the ball and throwing to first available base.
- Emphasis on gauging ball distance.
- Emphasis on catching pop flies.
- Coach is to stand at pitcher's mound and throw overhand medium arc throws over the head of outfield players.
- Coach is to stand at pitcher's mound and throw grounders to the left,right/ far left and far right to outfield players.
- Player is to recover the ball, transfer to throw to closest base and or Pitcher.

Short Throw

- Emphasis on covering the ball and throwing to first available base.
- Emphasis on gauging ball distance.
- Emphasis on catching pop flies.
- Coach is to stand at pitcher's mound and throw overhand medium arc throws short to outfield players.
- Coach is to stand at pitcher's mound and throw grounders short to outfield players.
- Player is to recover the ball, transfer to throw to closest base and or Pitcher.

Cover

- Emphasis on covering the infield base acting as a back up to throws within the infield and from the outfield.
- This drill is particularly good for throws to first base, having the right outfield position cover for the first base player.
- This drill is particularly good for throws to third base, having the left outfield position cover for the third base player.
- Ball is in line to the Short Stop field position and Second Base covers second base. Center (left center, right center) covers second base.
- Ball is in line to the Second Base field position and Short Stop covers second base.

Hitting

Rest – Grip – align the second knuckle on both hands. Aligning the third knuckle, promotes a downward swing.

Ready – stance, foot position, bat angle, hand close to chest, not all the way back for “chicken wing”

Load- lean to back leg

Stride – moving lead foot towards pitcher

Swing- Hips lead hands, eye on ball, follow through

T ball height should be waist height

Stride

- Emphasis on stride, not swing; keep thighs together, do not step out too far as to attempt a swing at a low ball.
- Emphasis on hip rotation
- Emphasis from Load to Stride
- Using a T or soft toss, player is to complete the motions into Stride but not swing.

Swing

- Emphasis on swing, second knuckle matched up
- Emphasis on hip rotation
- Emphasis on hips lead hands.
- Head down and looking into the ball
- Hands close to head, Chin shoulder to Shoulder
- Using a T or soft toss, player is to complete the motions into Swing.

Back foot rotation

- Emphasis on moving from Load, Stride, Swing, with the back foot making the correct pivot.

Soft Toss

- Emphasis on full swing
- Coach is off to the side, on the other side of batter box of the hitter. The ball is not thrown into the player, but soft tossed into the sweet spot for the bat to make contact.
- Player is to remain in relax position, Coach is to bring ball in one hand bring the ball down. When the ball is moved down, the player moves into ready position then load position.
- Stride and swing position is when the ball is at the sweet spot of the bat.

Swing Away

- Emphases on watching the pitcher go into rotation to match with the Hitter's movements.