



PRACTICE PLAN : 60 MINUTES

DYNAMIC WARMUP

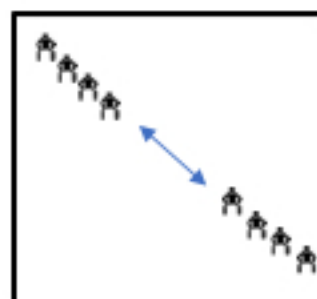
5-10 Minutes

Hip circles, arm circles, jog in place, high knees, sidesteps, hopping, Frankenstein's monster walks, heel-to-toe walk, step and lunge walk, exaggerated skip

WARMUP DRILL

UNDERHAND TOSS

5-10 Minutes



Players underhand toss the softball to one another. Once they toss the ball, they go to the end of the other line.

Split team into 2 or 3 groups. Assign each group to one station. Run the station for 10 minutes then rotate (30 minutes total)

STATION 1

SIDE TO SIDE



Coach will roll a softball left or right to each player in line and the player has to track the ball

STATION 2

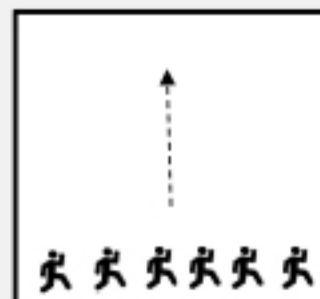
UNDERHAND TOSS



Coach will throw an underhand toss into the air for each player to catch, ensuring they squeeze their mitt and secure the ball with the non-mitt hand

STATION 3

SIDESTEP FIELDING DRILL



Players will sidestep without crossing their legs across a specific area to work on footwork

GAME SITUATION DRILL

SIMULATION TAG

15-20 Minutes



Players form a line behind second base. One at a time, the catcher will throw the ball to second base, where the fielder will have to catch the ball and apply an imaginary tag.