

60 MINUTE SOFTBALL PRACTICE #1

Team

Date

0:00-0:10

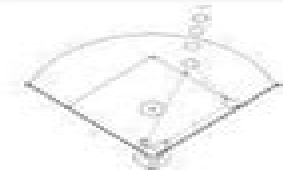
DYNAMIC WARMUP

- Trunk Rotation - twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles - loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart and practice 4-seam grip and showing a target box

0:10-0:15

FIELDING - BALL TO FIRST DRILL

- Fielders line up at second base position. First baseman or coach stands on first.
- Coach hits grounders to players, who take turns fielding the ball and throwing it to first.
- You can run this drill from any position on the infield, and throw to any base.
- Keep the throw length reasonably short (shortstop to 2nd or 3rd, 1st to 2nd etc.) for younger players



0:15-0:35

BASERUNNING - RUN THROUGH FIRST DRILL

- Divide players into two groups.
- One group goes to home plate, the other to third base.
- Players practice running to first base.
- They should run through the bag so that they don't slow down before reaching it.
- Make sure players are running through the bag instead of pulling up as they draw near.



0:35-0:40

WATER BREAK

0:40-0:45

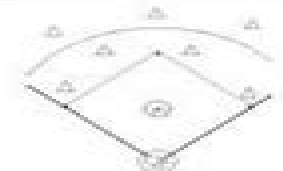
HITTING - DRY SWING DRILL

- Spread the players out across the field without at least 5 strides of space in every direction
- Each player has a bat and faces the coach
- Coach leads players through the phases of the swing one at a time (relax > ready position > stride > swing)
- Focus on a smooth, controlled swing. Be short to the ball and long after it

0:50-1:00

HITTING - FROM THE TEE DRILL

- Players take turns hitting off the tee against a full defense.
- Look for proper mechanics and concentration on each swing
- Try moving the tee to simulate inside, middle and outside pitches
- Switch to soft toss or live pitches for more advanced players



Fastpitch Softball Practice Plan Templates

**National Fastpitch Coaches
Association**



Fastpitch Softball Practice Plan Templates:

Coaching Fastpitch Softball Successfully Kathy J. Veroni, Roanna Brazier, 2006 Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend *Coaching Fastpitch Softball Successfully* provides the guidance and technical expertise you need in order to build and maintain a competitive team covering every facet of leading a squad on the field and developing a program off of it Hall of Fame coach Kathy Veroni who has won more than 1 250 fastpitch games in her career and pitching expert Roanna Brazier share their insights and experiences in this authoritative comprehensive guide to coaching fastpitch softball From developing a coaching philosophy and planning for the season to teaching the skills and tactics of the game you will find proven formulas for success within these pages With practice and conditioning plans administrative forms sample scouting charts tactics for dozens of game situations and more than 130 drills *Coaching Fastpitch Softball Successfully* is the most complete resource available for aspiring and experienced coaches alike Take advantage of the authors expertise to gain a winning edge over your competition **Defensive Softball Drills** Jacquie Joseph, 1998 66 drills for improved individual and team fielding **The Softball Coaching Bible Volume I** National Fastpitch Coaches Association, 2002-02-07 Now for the first time in the sport of fastpitch softball you can learn from successful coaches and apply their approaches to your own program In *The Softball Coaching Bible* 28 of the top U S coaches share their principles insights strategies methods and experiences to help you enhance the experience and development of your own athletes Developed in cooperation with the National Fastpitch Coaches Association NFCA *The Softball Coaching Bible* was written by the greatest assembly of college and high school softball coaches ever The text provides the finer points of coaching softball presented in an engaging manner that makes the contents easy to apply to your own ball club The topics range from teaching the best skills and drills to subjects rarely written about such as developing responsible athletes and building character and loyalty in players Find out how Mike Candrea develops productive hitters at the University of Arizona and follow the advice of Fresno State University's Margie Wright for competing in tournaments and playoffs This landmark work covers all the bases from recruiting players to attracting fans *The Softball Coaching Bible* also contains information on professional development moving through the coaching ranks making use of other coaches and professional organizations avoiding coaching burnout and attending and running camps and clinics Chapter after chapter this book provides the game plan for building a winning program *The Softball Coaching Bible* is filled with insights and expert advice to help you learn and grow Soak it up enjoy the stories and discover the wisdom of the sport's finest mentors Contents Introduction Learning From the Best by Jacquie Joseph Part I Coaching Priorities and Principles Chapter 1 Sharing a Love for the Game Dianne Baker Chapter 2 Making Softball Fun Margo Jonker Chapter 3 Competing With Class Carol Bruggeman Chapter 4 Out Hustling Your Opponent Teresa Wilson Chapter 5 Coaching With Integrity Marge Willadsen Part II Program Building and Management Chapter 6 Organizing and Orchestrating a Winning Program Joanne Graf Chapter 7 Mentoring Within Your

Staff Gayle Blevins Chapter 8 Building a Recruiting Network Brian Kolze Chapter 9 Marketing and Promoting Your Program Yvette Girouard Chapter 10 Establishing a Successful High School Program Denny Throneburg Part III Creative and Effective Practice Sessions Chapter 11 Organizing Indoor and Outdoor Practices Bill Edwards Chapter 12 Conducting Innovative Practices Deb Pallozzi Chapter 13 Using Practice Drills Effectively Betty Hoff and Jacki Wright Part IV Individual Skills and Team Strategies Chapter 14 Developing Productive Hitters Mike Candrea Chapter 15 Manufacturing Runs Jay Miller Chapter 16 Producing Elite Pitchers Cheri K Kempf Chapter 17 Charging Up the Battery Lori Sippel Chapter 18 Playing Situational Defense Linda Wells Chapter 19 Competing in Tournaments and Playoffs Margie Wright Part V Player Motivation and Leadership Chapter 20 Winning the Mental Game Jeff Janssen Chapter 21 Building Team Chemistry Rhonda Revelle Chapter 22 Developing Responsible Athletes Elaine Sortino Chapter 23 Building Loyalty and Tradition in Players Carol Hutchins Chapter 24 Inspiring Today's Players Mona Stevens Part VI Off the Field Opportunities Challenges and Pressures Chapter 25 Learning and Developing As a Professional Rayla J Allison Chapter 26 Conducting Camps and Clinics Judi Garman Chapter 27 Beating the Burnout Factor Sharon J Drysdale and Karren J Drysdale

Baseball and Softball Drills Dirk Baker, 2018-11-26 Written for coaches this book in its expanded third edition presents more than 200 baseball and softball games and activities for preschoolers through college age focusing on teaching improvement of skills and enjoyment Games emphasizing base running bunting catching fielding hitting throwing and pitching are covered Each section reviews fundamentals introduces creative skills and drills for group practice and details the age group objective equipment and rules for each activity

Practice Perfect Softball National Fastpitch Coaches Association, 2016-06-24 The road to a championship season begins long before the first pitch of the opening game It begins before a player even steps onto the field In Practice Perfect Softball the game's premier coaches share their approaches experiences and philosophies of every aspect of practice This authoritative guide goes beyond the stretches and drills straight to the heart of winning effort and attitude From structuring sessions to evaluating practice performance you'll find proven and practical recommendations from the all star lineup of contributors Julie Lenhart Rachel Hanson Beverly Smith Rachel Lawson Lisa Sweeney Van Ackeren Dot Richardson Ken Eriksen Connie Clark Celeste Knierim Bill Gray and Melissa Chmielewski Lonni Alameda Jo Evans Jen McIntyre Donna Papa JoAnne Graf editor Inside you'll identify and establish practice ethics assess team strengths and develop players skills in the field on the mound and at the plate Developed by the National Fastpitch Coaches Association Practice Perfect Softball is your guide to developing champions on and off the field

The Softball Coaching Bible, Volume II National Fastpitch Coaches Association, 2013-11-05 In The Softball Coaching Bible Volume II the NFCA has assembled a stellar lineup of coaches who share the insights that have helped them establish successful programs This book presents the most comprehensive information on fielding hitting training forming a coaching staff and helping develop well rounded student athletes

Coaching Girls' Softball Kathy Strahan, 2001-08-07 Coach Girls for Success on and off the Field

Coaching girls softball can be a wonderful experience Witness the intensity of a batter connecting with a ball a runner digging for home or a fielder making a great catch and you can't help but be inspired The effort pride and enjoyment on players faces are great rewards for parents and the sign of a good coach the type of coach you want to be So how can you get there Perfect for coaches of girls up to age 13 Coaching Girls Softball includes everything you need to be an outstanding coach and mentor to your team Whether you are a seasoned coach looking to fine tune your skills or a rookie looking to take the field running you'll discover techniques for success that are tailored specifically to the needs of girls including Drills and strategies for coaches new to the world of coaching softball Tips on what girls want and need from their softball experience Practical suggestions on how to motivate in a positive and encouraging way Advice for helping girls deal with their changing bodies And much more Now you can be a coaching winner and help bring out the best in your players both on the field and in the game of life

Fastpitch Softball Barry Sammons, 1997-02-01 The Windmill Pitcher is the most comprehensive book on fastpitch pitching that I have read It is an excellent reference for both coaches and pitchers Ernie Parker world renowned pitching coach I now have a comprehensive reference book to offer the people who contact me about pitching The chapter on increasing ball speed is outstanding There was an incredible need for this book and I thank Barry for writing it Sherry Werner PhD lead researcher International Olympic Committee's Submission on Biomechanics and Physiology One of the most comprehensive fastpitch instructional books on the market today A must addition for any coach's library Art Certosimo DuPage County Illinois Barry Simmons has been a pitcher in men's fastpitch softball leagues at all levels for 35 years Also a student of art and design Sammons used his knowledge to develop many of the illustrations used in the book He is an attorney for the Milwaukee Wisconsin firm of Quarles Brady

Athletic Administration for College, High School, Youth, and Club Sport Dina Gentile, 2019-03-28 The ideal text for many courses offered within the Sport Management curriculum Athletic Administration for College High School Youth and Club Sport incorporates the analysis of prominent issues that administrators are challenged to resolve in their specific sport setting Students looking for careers outside of professional sports will learn from both the content supplied throughout the text and through the highlighted practical case studies Topics covered include Role of Athletic Administrators Facility Management Fundraising Risk Management Staff Management and more

Dedicated to God Abbie Reese, 2013-12-05 As a subculture cloistered monastic nuns live hidden from public view by choice Once a woman joins the cloister and makes final vows she is almost never seen and her voice is not heard her story is essentially nonexistent in the historical record and collective public history From interviews conducted over six years Abbie Reese tells the stories of the Poor Clare Colettine Order a cloistered contemplative order at the Corpus Christi Monastery in Rockford Illinois Seldom leaving their 25 000 square foot gated enclosure members of this community embrace an extreme version of poverty and anonymity a separation that enables them to withdraw from the world to devote their lives to prayer This removal they contend allows them to have a greater impact on humanity than if they maintained direct contact with

loved ones and strangers *Dedicated to God* explores individual and cultural identity through oral history interviews with several generations of nuns focusing on the origins and life stories of the women who have chosen to become members of one of the strictest religious orders But the narrative is also one of a collective memory and struggle against extinction and modernity a determination to create community within the framework of ancient rules The author's stunning photographs of their dual worlds religious and quotidian add texture to the narrative This artistic and ethnographic work highlights the countercultural values and dedication of individuals who at incredible personal cost live for love of God and humanity out of faith in what cannot be seen and with the belief that they will be rewarded in the afterlife

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