

# Example Practice Plans

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Author/Person to Blame: Tom Kemp

# Agenda

- 6U-8U
- 10U
- 12U-14U

# Key Reminders

- Safety first!
- Plan too much and cut things out when you get on the field vs. plan too little and not have a plan for what to do next
- You should factor some time for stretching, which is not shown in these examples, typically after progressions and before any running
- Factor in time for water breaks by cutting short a particular drill or two

6U-8U

# Plan #1 – Intro to Throwing, Catching and Fielding, with a # of Games to Make it Fun

4:00-4:20	Progressions (Infield Drill B1) – focus on fundamentals
4:20-4:30	Hit the Stuffie Game (Infield Drill B15)
4:30-4:40	Self-Toss Drill (Outfield Drill 1) – no throw
4:40-5:00	Outfield Range Drill (Outfield Drill 2)
5:00-5:25	“Knock Out Game” (Infield Drill B14)
5:25-5:30	Relay Game (Running Drill 7)

# Plan #2 – Hitting-centric Practice

4:00-4:20	No Glove / With Glove Drills (Infield Drills B3 and B4)
4:20-4:30	Combo Infield Progress Drill (Infield Drill B9)
4:30-4:45	Turned Back Drill (Outfield Drill 4) – have multiple stations
4:45-5:15	Hitting Stations
Station #1	Hitting Stick (away from field of play) – 10 swings
Station #2	Ball hit off tee into Bownet (away from field of play) – 20 swings
Station #3	Live coach pitch on field with each girl getting 5-10 swings
Station #4	Marshmallow toss – keep it fun
5:15-5:30	“Beat Me if You Can” Drill (Infield Drill B16)

# Plan #3 – Add Scrimmage at End

4:00-4:20 Progressions (Infield Drill B1)

4:20-4:30 “W” Drill (Infield Drill B5)

4:30-4:40 Football Drill (Outfield Drill 6) – one coach on 1<sup>st</sup> base line and one on 3<sup>rd</sup> base line going into outfield

4:40-5:00 Zipper Game (Infield Drill B18)

5:00-5:30 Scrimmage with coach pitch (divide team in half, every player gets to bat at least twice)

# Plan #4 – Mainly Focused on Running

4:00-4:20	No Glove / With Glove Drills (Infield Drills B3 and B4)
4:20-4:30	Simple March Drill (Running Drill 1)
4:30-4:40	Timing to 1 <sup>st</sup> / Timing to 2 <sup>nd</sup> (Running Drills 2 and 3)
4:40-5:00	What to Do at 1 <sup>st</sup> Drill (Running Drill 9)
5:00-5:20	Beat Me if You Can Game (Running Drill 8)
5:20-5:30	Be Like Wall Game (Infield Drill B13)



10U

# Plan #1 – Focus on Fielding and Running

4:00-4:10 Progressions (Infield Drill B1)

4:10-4:15 Zipper (Infield Drill B18)

## *Group 1 – outfield*

Key goals is get girls to learn to start catching balls that are not hit to them

4:20-4:30 Self-toss and catch 5-10 each (Outfield Drill 1)

4:30-4:40 Zig Zags– 5 each (Outfield Drill 10)

4:30-4:50 Left to right then right to left – range drill (Outfield Drill 2)

## *Groups 2 – infield*

Key goals: (a) teach proper form for fielding grounders, including thumbs up/triangle/alligatoring/butt down; and (b) teach second base coverage between 2B and SS.

4:20-4:30 Infield progressions (Infield Drill B3, B4 and A4)

4:30-4:40 Basic SS to 1<sup>st</sup> base progression (Infield Drill B6)

4:40-4:50 Who covers 2B drill with SS and 2B (Infield Drill B11)

## *Switch Groups*

## *All Groups*

5:20 – 5:30 Base running (Running Drill 2 and 3)

# Plan #2 – More Hitting Focused

4:00-4:10	Progressions (Infield Drill B1)
4:10-4:20	“W” Drill (Infield Drill B5)
4:20-4:30 into outfield	Football Drill (Outfield Drill 6) – one coach on 1 <sup>st</sup> base line and one on 3 <sup>rd</sup> base line going
4:30-5:00	Hitting Stations
Station #1	Hitting Stick (away from field of play) – 10 swings
Station #2	Ball hit off tee into Bownet (away from field of play) – 20 swings
Station #3	Live coach pitch on field with each girl getting 5-10 swings
5:00-5:30 twice)	Scrimmage with coach or girl pitch (divide team in half, every player gets to bat at least

# Plan #3 – Focus on Throwing and Catching Accuracy

4:00-4:10	Progressions (Infield Drill B1)
4:10-4:30	3x3 Drill (Infield Drill I14)
4:30-4:55	Infield Cross Drill (Infield Drill I1)
5:00-5:20	“Beat Me if You Can Game” (Running Drill 8)
5:20-5:30	Relay Game (Running Drill 7)

# Plan #4 – Game Scenarios

4:00-4:20	Infield progressions (Infield Drill B3, B4, A3 and A4)
4:20-4:40	Infield Crossfire Drill (Infield Drill I1)
4:40-5:00	Outfield Relay Drill (Outfield Drill 11)
5:00-5:15	Wait Wait Go Drills (Running Drills 10a/10b)
5:15-5:30	Hold the Runner to a Single Drill (Outfield Drill 12)

12U-14U

# #1 – Focus on Infield and Outfield

4:00-4:10

Progressions (Infield Drill B1)

4:10-4:15

... with Outfield Safety Stop (Outfield Drill 7)

4:15-4:20

... with Outfield Crow Hop (Outfield Drill 8)

4:20-4:25

Zipper (Infield Drill B18)

Group 1

4:30-4:40

Star Drill (Infield Drill I5)

4:40-4:50

Expanding 4 Corners Drill (Infield Drill I11)

4:50-5:00

Infield Loop Drill (Infield Drill I13)

Group 2

4:30-4:40

Drop Step Drill (Outfield Drill 5)

4:40-4:50

Quarterback Drill (Outfield Drill 15)

4:50-5:00

Two Cone Drill (Outfield Drill 16)

[then switch groups]

5:30-5:45

Stretching a Single to a Double Drill (Running Drill 14)

# #2 – Hitting and Running Focused Practice

4:00-4:10	Progressions (Infield Drill B1)
4:10-4:20	W Drill (Infield Drill B5)
4:20-4:30	3x3 Drill (Infield Drill I14)
4:30-4:40	Timing to 1 <sup>st</sup> /2 <sup>nd</sup> Base Drills (Running Drills 2 and 3)
4:40-4:50	Overthrow at 1 <sup>st</sup> Base Drill (Running Drill 12)
4:50-5:10	Stretching a Single to a Double Drill (Running Drill 14)
5:10-6:00	Hitting Stations, use Bownets and Whiffle Balls, as well as Batting Cage One Knee Drill (Hitting Drill 7) – with whiffle Walk Through (Hitting Drill 11) – into BowNet Batting Cage(s)



# #3 – Game Scenarios

4:00-4:20	Infield progressions (Infield Drill B3, B4, A3 and A4)
4:20-4:40	Infield Crossfire and Bunt Drill (Infield Drill A1)
4:40-5:00	Outfield Relay Drill (Outfield Drill 11)
5:00-5:15	Wait Wait Go Drills (Running Drills 10a/10b)
5:15-5:30	Hold the Runner to a Single Drill (Outfield Drill 12)
5:30-6:00	Scrimmage with Live Pitching