

**Sample Practice Plan**  
**1 Hour**

Warm up - 5 minutes - 6:05

- Jog
- Dynamic Stretching
- Arm Stretches

Throwing & Catching - Warm Up - 5-10 minutes - 6:15

- Wrist Flicks
- 10 Toes - about 10 yards apart (adjust for age), feet stationary, rotate upper body to side, arm & elbow back and up, throw to partner
- Regular throwing - back up a few yards and progress to regular throwing back and forth
- Hammer home the fundamentals and technique

Zig Zag Throwing Drill - 10 minutes - 6:25

- Two rows of girls facing each other
- Start with ball at one end
- Girl throws to partner
- Next girls throws to girl across the row, but next to her partner
- Zig Zag down the line and then back and forth
- You can do this for 5-10 minutes to just practice throwing back and forth down the line

Water Break - 3-5 minutes - 6:30

Grounders - 10-15 minutes - 6:45

- Break team up into two groups
- Each group of girls line up in single file line
- Roll soft grounders one at a time, have girls field, bring up and in to belly, shuffle feet and throw to target
- Can work in different types of grounders as girls progress
  - Straight at them
  - Short - so they learn to charge the ball
  - Moving to fielders left
  - Moving to fielders right
  - Further to fielders right and field backhand

Pop Flies - 10-15 minutes - 7:00pm

- Break team up into two groups
- Each group of girls line up in single file line
- Throw short pop flies to each girl - can do this at close range with marshmallows (or water balloons)
  - Work on getting under the ball
  - Catch with two hands - glove, squeeze, then cover with throwing hand

End with a competition - 5 minutes

- Relay race -1/2 team at 2B, 1/2 team at HP
  - On go, lead girl from each team runs around the bases until they get back to starting point
  - Go through all girls and team who finishes first wins

## Drills / Competitions

### FIELDING DRILLS

#### Four Corners - Throwing Drill - 10 minutes

- Have girls split up and go to all four bases - 1B, 2B, 3B, HP
- Depending on age and how far they can throw - have all four groups take steps towards pitcher's mound to shorten the size of the square / diamond
- Very simply, throw around the bases just to work on throwing, catching, and footwork
- If girls get tired or bored, reverse direction, have them catch, tag then throw, have them throw and follow the ball (so if I'm at HP and I throw to 1B I then run to get in back of the line at 1B)

#### Star Drill - Throwing Drill - 10 minutes

- Same premise as Four Corners
- Have girls split up and go to the following positions - (not locations)
  - 1B
  - 2B - where 2B should stand
  - SS
  - 3B
  - Catcher
- Catcher throws to SS
- SS throws to 1B
- 1B throws to 3B
- 3B throws to 2B
- 2B throws to Catcher
- Repeat over and over
- If distance is too far, have everyone move in a little

#### Work with Catchers - 15-20 minutes

- Put girls in gear and throw tennis balls about 1-2' in front of them
- Bounce them into the girls belly's
- Teach girls to drop to knees, drop glove to ground and turn over to block ball - goal is to keep the ball in front of them
- Block ball with body - tuck chin and turn body into a C

#### Base Running Drill - 10-15 minutes

- Line girls up at home plate
- Have a coach at pitcher's mound pretend to pitch a ball
- Girl pretends to hit / swings a fake bat and runs to first base
- Teach how to run through 1B and turn into foul territory
- You can do the same and teach girls how to run to 1B and make the turn to 2B
- You can also turn this into a competition - time the girls to 1B - fastest wins

#### Base Running Drill - 10-15 minutes

- Put a girl on each base, and one at HP
- Put a coach at the pitcher's mound
- Simulate a pitch
- On the "release" (fake pitch), girls should take a lead off the base
  - Teach how to take a good lead - 4-6 steps off the base - keeping an eye on the ball
- As girls are 4-6 steps off the base - Yell "Go" assuming a passed ball
- Girls should go from "leading off" position to "stealing a base"

#### Pop Fly Drills - 10-15 minutes

- Split girls up into two groups
- Line girls up in each group in single file line
- Throw pop flies to girls off to the side - rotating to left and right
  - They should have to run to spot to catch
- Teach to tuck glove and run to the ball - then put glove up to catch

#### Grounder Drill - 10-15 minutes

- Line 1/2 team up at 2B / 1/2 team up at SS
- Two coaches hit ground balls one at a time, but across each other
- Coach on line between HP and 3B hits to 2B - throws back (have someone catch for you)
- Coach on line between HP and 1B hits to SS - throws back (have someone catch for you)

#### Grounder Drill - 10-15 minutes

- 1/2 team at SS, 1/2 team at 2B
- Roll soft grounders to SS - have them toss or underhand to second baseman covering 2B
- Girls rotate - go from SS to 2B and from 2B to SS
- After a few rounds - rotate...
- Roll soft grounders to 2B - have them toss or underhand to SS who is covering 2B

#### Situational Work

- Put girls in positions around the infield
- Hit balls - working your way around the infield
- Have girls run from HP to 1B
- Put runner on 1B - do the same - hit around the infield

## HITTING DRILLS

#### Basic T Work

- Place balls on T and have girls swing through the ball
- Teach to attack the ball
- Keep eye on the ball
- Palm Up / Palm Down at contact
- Try to engage the hips - momentum forward towards the ball

#### Side Soft Toss

- Toss girls balls from off to the side and have them hit into a net

#### Front Toss

- If you have a cage - behind a net - throw front toss for girls to hit

#### Teach Bunting Technique

- Bunt strikes
- Bat starts at top of strike zone - anything high - pull the bat back
- Square around and bend knees
- Bat should be at around 2pm angle
  - 1pm is too straight up
  - 3pm is too flat
- Bunt with your legs - like an elevator move legs up and down to get the ball
- Watch the ball hit the bat
- Bat out front to bunt the ball forward

#### Pepper

- Line 3-4 girls up about arms distance apart
- Another girl (or coach) stands 5 or so feet away from the girls and softly tosses one ball at a time to each girl who gently hits the ball back to coach
- Work your way down the line and back
- Girls focus on contact with the ball

#### Wiffle Ball Circle

- Coach in the middle - circle of girls around coach
- Coach works their way around the circle pitching one wiffle ball at a time to each girl

### COMPETITIONS

#### Competition - Running Bases

- Set up two "bases" (anything that can represent a "base" will work) - 30' or so apart - longer for older girls
- Two throwers - one on at each base
- One Tennis Ball
- All kids start in the middle
- Coaches (throwers) throw the tennis ball back and forth over the kids head - 3 times (1-2-3)
- On the 3rd throw, the kids have to run to a base (presumably the base away from where the ball is)
- Kids have to run between the bases on each coaches throw
- Goal is to get back and forth between the bases without being tagged by a coach
- Kids cannot loiter - they cannot stand on a base for more than 2 throws - have to run on 3rd
- Last kid standing who wasn't tagged wins

#### Competition - Three Ball Throwing vs Runners

- Split team up - 1/2 team at 3B, 1/2 team at HP
- Put Coach at 2B
- Put down 3 softballs ranging from 5-10 feet from 3B down the line towards Home
- One girl at 3B / One girl at HP
- It's a race - the girl at 3B needs to get all three balls to coach on 2B before the girl running from HP gets to 2B
- You can place the balls further down the line depending on how easy or hard it is for the throwers to beat the runners

#### Competition - Hit the Bucket

- Line the girls up somewhere on the field
- Place a bucket a distance away - you decide based on age / throwing power of the girls
- Girls try to throw to hit the bucket
- Whoever hits the bucket wins (slurpee, ice cream cone?)

#### Competition - 3rd base drill

- Place 3 balls down the line between 3B and HP - 3' or so apart and no more than 10-15' down the line
- Girls line up at 3B
- One at a time - girls run to one ball - throw it to first, run back to 3B, run to 2nd ball and throw to first, run back to 3B, run to 3rd ball and throw to 1B, run back to 3B
- Time each girl
- Fastest time wins
- Must make a good throw to 1B - bad throw = 1 extra second added to time
- If 3B to 1B is too far - have the girls throw to the Pitcher, or to 2B - mix it up for whatever works for your team

#### Competition - Hitting / Teammate Game

- Split the team up into groups of pairs
- Place a tee at HP
- Start with two teams against each other
- Team 1 is up to bat - Team 2 is in the field
- Each girl from Team 1 gets to hit one ball off the Tee
- Each girl from Team 2 has to touch the ball to stop the play
- After girl hits she runs the bases
- Hitting team collects 1 point per base they get to before both fielders touch the ball
- Rotate through the entire team and whatever team finishes with most points wins

Competition - Fielding & Throwing

- Line all girls up at a shallow infield position - SS or 2B
- Hit or roll grounders - 1 girl at a time, but semi-quickly - should be a fast paced game
- Girls field & throw to 1B
  - 2 pts good throw to 1B
  - -1 bad throw to 1B
  - -3 its if throw goes past 1B
  - First girl to 11 wins