

5 mins	<p>INTRODUCTION – What we are focusing on today:</p> <ol style="list-style-type: none"> 1. Fielding 2. Base running 3. Having Fun 	<p>After reviewing the drills below, introduce the practice to your players by giving an overview of the practice plan in your own words</p> <p>Take water breaks when changing station set ups or when players have completed their turns at stations.</p>	
20 mins	WARM UP	See Softball Warm Up document for reference, if needed. The Outlaws standard warm up should be used before both practice and games , at all age levels.	
10 mins	<p>FIELDING – Bare hand grounders</p> <ul style="list-style-type: none"> • Partners rolls grounders to each other • 10x straight • 10x forehand • 10x backhand • Players receive ball with two hands, bring up to throw position before rolling ball back to partner <p>TAKE AWAY: receiving grounders with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Regular softballs 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Start in ready position, balanced, butts down, hands low • Players charge the ball, use two hands, bring up to throw position • Forehand grounders received with glove foot forward • Backhand grounders, glove hand forward, body rotated <p>LEVEL UP OPTION: partner rolls a mix of grounders (unpredictable)</p>
15 mins	<p>FIELDING - Infield</p> <ul style="list-style-type: none"> • Have 2-3 players at each field position • Balls are hit/rolled to each position, players rotate turns • Players receive ball and throw to 1st • Each player receives 3 and then the whole field moves positions <p>TAKE AWAY: receiving and throwing ball with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Regular softballs • Player gear (fielding masks, glove) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players start in ready position • Players communicate • Players use good mechanics, watching the ball to the glove, throwing to targets • Teach “give up the base, save the ball” on errant throws to bases <p>LEVEL UP OPTIONS: Double play scenarios; covering bases</p>
20 mins	<p>FIELDING – Outfield, fly balls:</p> <ul style="list-style-type: none"> • Place 4 cones 20’ apart in a square • Players get in ready position on the outside of each cone • Each player gets 3 fly balls (sent to center of square) while at each cone, rotate through players • Players catch and throw back to designated receiver <p>TAKE AWAY: receiving and throwing in fly balls with proper mechanics</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • 4-5 cones • Softballs (softies or regular) • Player gear (fielding masks, gloves) • Pitching machine (optional) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Players starts in ready position • Players use proper mechanics, drop step, eye on ball, run with glove down, two handed catches • Players communicate “mine” • Return throws are targeted and clean <p>LEVEL UP OPTION: add a cone up front in the middle, simulate a hit over their head</p>

10 mins	<p>BASE RUNNING</p> <ul style="list-style-type: none"> • Players in ready position on each base, watching pitcher • Stop/go on base coach directions • Practice sliding (where applicable) • Rotate through players <p>TAKE AWAY: effective base running</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Bases • Base coaches • Slide guards (optional) 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • Runners are alert to other runners and coaches • Touching bases on inside corner • Running through 1st base (not slowing before it) • Observe player speed and confidence for making base running decisions in games <p>LEVEL UP: Use signals</p>
5-10 mins	<p>TEAM MEETING and CLEAN UP</p> <ul style="list-style-type: none"> • Review concepts from practice • Sandwich critique - what was done well, what needs work, conclude with another positive take away • End with TEAM CHEER <p>TAKE AWAY: Practice ends on a positive note</p>	<p>EQUIPMENT:</p> <ul style="list-style-type: none"> • Team cleans up – communal equipment, personal gear and trash 	<p>KEYS TO WATCH FOR:</p> <ul style="list-style-type: none"> • NEVER LEAVE until all players have been picked up • All equipment and trash is taken away • Field equipment returned to lock box (if applicable)