

5 mins	<b>INTRODUCTION</b> – What we are focusing on today: 1. Hitting 2. Game situations 3. Having Fun	After reviewing the drills below, introduce the practice to your players by giving an overview of the practice plan in your own words  Take <b>water breaks</b> when changing station set ups or when players have completed their turns at stations	
20 mins	<b>WARM UP</b>	See <b>Softball Warm Up</b> document for reference, if needed. The Outlaws standard warm up should be used <b>before both practice and games</b> , at all age levels.	
10 mins Done at same time as Tee Drill below 2 stations	<b>HITTING</b> - Tee Drill: “High, Low, Middle” <ul style="list-style-type: none"> <li>• Use small groups (3-4)</li> <li>• Tee is set at high, then middle, then low strike position</li> <li>• Batter gets 5 swings at each position</li> </ul> <b>TAKE AWAY:</b> to adjust and effectively hit different strikes	<b>EQUIPMENT:</b> <ul style="list-style-type: none"> <li>• Telescoping tee</li> <li>• Net</li> <li>• 8 regular softballs</li> <li>• Player’s bat, helmet, batting gloves</li> </ul>	<b>KEYS TO WATCH FOR:</b> <ul style="list-style-type: none"> <li>• <b>Proper grip</b> - knocking knuckles, arms that form triangle “house arms”, finishes swing with lead hand facing up, back hand facing down</li> <li>• <b>Proper stance</b> -feet square, load on back leg, weight transfers to front</li> <li>• Batter is <b>re-setting</b> each time</li> </ul>
10 mins Done at same time as Tee Drill above 2 stations	<b>HITTING</b> – Tee Drill: “Keep Bat in the Zone” <ul style="list-style-type: none"> <li>• Use small groups (3-4)</li> <li>• Tee set at middle strike (belt)</li> <li>• Batters swing and freeze at different points – at contact, at extension, at full follow through</li> <li>• After freezing at points (3-5 swings), do full swing to bring it together</li> </ul> <b>TAKE AWAY:</b> focus on the ball	<b>EQUIPMENT:</b> <ul style="list-style-type: none"> <li>• Tee</li> <li>• Net</li> <li>• 8 Regular softballs</li> <li>• Batter’s gear (bat, helmet, batting gloves)</li> </ul>	<b>KEYS TO WATCH FOR:</b> <ul style="list-style-type: none"> <li>• <b>Head remains down</b> with swing, eyes on ball</li> <li>• <b>Proper grip and stance</b> (see above)</li> <li>• Batter is <b>re-setting</b> each time</li> </ul>
10 mins Done at same time as Soft Toss drill below 2 stations	<b>HITTING</b> Soft Toss Whiffle Balls <ul style="list-style-type: none"> <li>• Batter in batting stance about 8 feet from net</li> <li>• Coach kneels at 45 degrees from batter, soft tosses a 2 colour Whiffle ball towards player’s lead hip</li> <li>• Batter calls out colour they hit, at contact</li> </ul> <b>TAKE AWAY:</b> focus on the ball	<b>EQUIPMENT:</b> <ul style="list-style-type: none"> <li>• Net</li> <li>• 2 Tone Whiffle balls (black/yellow)</li> <li>• Batter’s gear (bat, helmet, batting gloves)</li> </ul>	<b>KEYS TO WATCH FOR:</b> <ul style="list-style-type: none"> <li>• Batter <b>calls correct colour</b></li> <li>• Batter <b>calls colour on contact</b></li> <li>• Batter is <b>re-setting</b> each time</li> </ul> <b>LEVEL UP OPTION:</b> Toss two Whiffle balls of different colours (solid colours), coach calls out the colour batter should hit, ignoring the other
10 mins Done at same time as Soft Toss drill above 2 stations	<b>HITTING</b> – Soft Toss Standard <ul style="list-style-type: none"> <li>• Batter stands in ready position 8’ from net</li> <li>• Coach kneels at 45 degrees from batter and tosses softball in towards batter’s lead hip</li> </ul> <b>TAKE AWAY:</b> hit a variety of pitches, improve hand/eye coordination	<b>EQUIPMENT:</b> <ul style="list-style-type: none"> <li>• Net</li> <li>• 10 regular softballs</li> <li>• Batter’s gear (bat, helmet, batting gloves)</li> </ul>	<b>KEYS TO WATCH FOR:</b> <ul style="list-style-type: none"> <li>• <b>Proper grip and stance</b></li> <li>• Batter <b>watches the ball</b></li> <li>• Batter is <b>re-setting</b> each time</li> </ul> <b>LEVEL UP OPTIONS:</b> Vary pitch locations; batter at home plate, have fielders receive hits and throw to first base

10 mins	<p><b>HITTING - Bunting</b></p> <ul style="list-style-type: none"> <li>Batter gets in ready batting stance at a plate (in front of net or backstop)</li> <li>Pitch from 20-30' away</li> <li>Batter shifts to bunt position and bunts</li> </ul> <p><b>TAKE AWAY</b> – proper mechanics in transition from ready batting stance to bunt position; targeting bunts</p>	<p><b>EQUIPMENT:</b></p> <ul style="list-style-type: none"> <li>Pitcher or pitching machine</li> <li>Net or backstop</li> <li>8 regular balls</li> <li>Plate</li> <li>Batter's gear (bat, helmet, batting gloves)</li> </ul>	<p><b>KEYS TO WATCH FOR:</b></p> <ul style="list-style-type: none"> <li>Batter <b>resets stance</b> each time to practice transition from ready position to bunt position</li> <li>In bunt position batter has <b>balanced</b> stance, front hand has <b>control</b> of bat, <b>hands protected</b> behind the bat</li> <li>Bat is out front of plate to keep bunts in fair territory, top of bat is angled to shoulder (top of strike zone)</li> </ul> <p><b>LEVEL UP OPTION:</b> Call out bunt locations for batter (1<sup>st</sup>, 3<sup>rd</sup>)</p>
20 mins	<p><b>LIVE PITCH GAME</b></p> <ul style="list-style-type: none"> <li>Game play with players in field, pitcher pitching to a batter</li> </ul> <p><b>TAKE AWAY:</b> proper mechanics fielding in game situations</p>	<p><b>EQUIPMENT:</b></p> <ul style="list-style-type: none"> <li>Bases</li> <li>Balls</li> <li>Player gear (fielding masks, gloves, bats, helmets)</li> </ul>	<p><b>KEYS TO WATCH FOR:</b></p> <ul style="list-style-type: none"> <li>Players are <b>rotating through positions</b></li> <li>Players are using <b>proper mechanics</b></li> <li>Players are in <b>proper ready positions</b> in field and at bat</li> </ul> <p><b>LEVEL UP OPTIONS:</b> Have players cover bases; practice stealing or double play scenarios</p>
10 mins	<p><b>BASE RUNNING</b></p> <ul style="list-style-type: none"> <li>Players ready position on each base, watching pitcher</li> <li>Stop/go on base coach directions</li> <li>Practice sliding (where applicable)</li> <li>Rotate through players</li> </ul> <p><b>TAKE AWAY:</b> effective base running</p>	<p><b>EQUIPMENT:</b></p> <ul style="list-style-type: none"> <li>Bases</li> <li>Base coaches</li> <li>Slide guards (optional)</li> </ul>	<p><b>KEYS TO WATCH FOR:</b></p> <ul style="list-style-type: none"> <li>Runners are <b>alert</b> to other runners and coaches</li> <li>Touching bases on <b>inside corner</b></li> <li>Running <b>through 1<sup>st</sup></b> base (not slowing before it)</li> <li><b>Observe player speed and confidence</b> for making base running decisions in games</li> </ul> <p><b>LEVEL UP:</b> Use signals</p>
5-10 mins	<p><b>TEAM MEETING and CLEAN UP</b></p> <ul style="list-style-type: none"> <li>Review concepts from practice</li> <li>Sandwich critique - what was done well, what needs work, conclude with another positive take away</li> <li>End with <b>TEAM CHEER</b></li> </ul> <p><b>TAKE AWAY:</b> practice ends on a positive note</p>	<p><b>EQUIPMENT:</b></p> <ul style="list-style-type: none"> <li>Team cleans up – communal equipment, personal gear and trash</li> </ul>	<p><b>KEYS TO WATCH FOR:</b></p> <ul style="list-style-type: none"> <li><b>NEVER LEAVE</b> until all players have been picked up</li> <li>All <b>equipment and trash</b> is taken away</li> <li><b>Field equipment returned</b> to lock box (if applicable)</li> </ul>