



COACH PRACTICE PLAN

SNAPSHOT

PRACTICE LENGTH: 1 hour & 30 minutes

AGE GROUP:

12-15 years old

PRACTICE TYPE: **Balanced**

SPORT & LEVEL: **Softball - Intermediate**

RECOMMENDED EQUIPMENT:



PRACTICE OVERVIEW:

Warm-up (20 min)

Static & Dynamic Stretching

Full Circles

Quick Hands, Quick Feet

Baserunning (15 Min)

Tennis Ball Drops

Baserunning Circuit

Water Break (5 min)

Station Work (45 Min) *Split Team Into 3 Groups

Hitting (15 min).

Positional Breakdown (15 Min Each)

Soft Toss Hitting

Outfield: GB/FB Communication

Infield: Goalie Stops

Water Break (5 min)

Team Game (15 Min)

Bunting Target Practice

Recap (5 Min)

COACHES BOX

PRACTICE GOALS:

COACH NOTES:

Equipment Needed:
(none)

WARM-UP



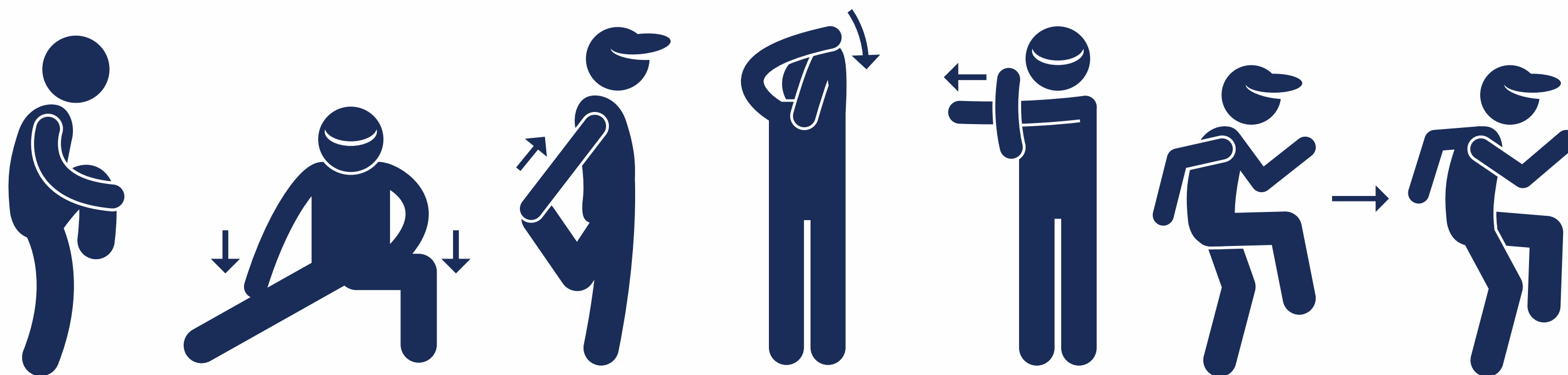
STATIC + DYNAMIC STRETCHING

Prior to any practice or activity, players should stretch and warm up. Stretching and warming up should be used at all levels and will vary depending on age group. Younger groups can use more active and moving activities while older groups should focus on fully stretching muscles.

POTENTIAL GROUP STRETCHES AND ACTIVITIES:

- Jumping jacks (count of 10-15)
- High Knees (5-10 seconds)
- Arm circles gradually increasing from small to large (forward and backward)
- Posterior Shoulder Stretch (10-15 seconds and switch arms)
- Reverse shoulder stretch (15-20 seconds)
- Assisted triceps stretch (10-15 seconds and switch arms)
- Trunk twists (5-10 seconds)
- Standing quad stretch (10-15 seconds and switch legs)
- Standing hamstring stretch (10-15 seconds)
- Leaning thigh stretch (10-15 seconds and switch legs)
- Sitting butterfly (5-10 seconds)
- Standing or laying down knee to chest (5-10 seconds and switch legs)

Warming up should also include some light throwing to warm up the player's arms.



FENWAY FUNDAMENTALS

Stretching is a fundamental part to any practice, activity, or game. Stretching is typically followed up with light throwing to ensure the player's throwing arm is loose. Stretching and throwing will change due to the age group but for younger groups, keep it upbeat and fun!



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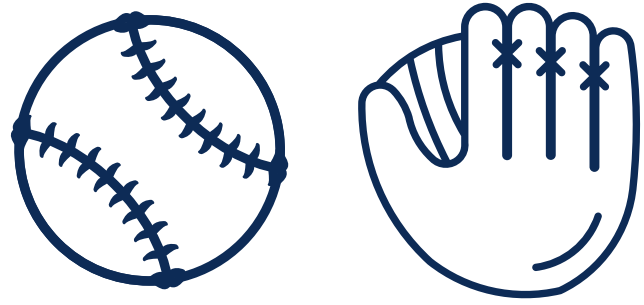


For More Resources

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Equipment Needed:

- Gloves
- Balls



WARM-UP



FULL CIRCLES (PITCHERS)

Setup:

- Players grab a ball and find any spot on the field
- Players start with their glove positioned at their front leg, throwing arm down, wrist in cocked position and fingers pointing towards the catcher



Instructions:

- Player rocks throwing arm back, then comes forward making sure to rotate wrist so the fingertips are towards the ground
- Player works their throwing arm forward and up to the sky (12 O' Clock)
- To complete the circle, players will drop their arm, let their elbow go into their waist and snap the ball into their glove with their wrist
- Repeat 2 sets of 10-15 reps

FENWAY FUNDAMENTALS

Remind your players to be athletic and work to find a good rhythm. Finding a good "Full Circle" rhythm will make it much easier to get the lower body/arm in-sync when your pitchers move to their full windup. Stay loose, relaxed and keep the wrist cocked throughout the circle motion, then snap it and let it fly!



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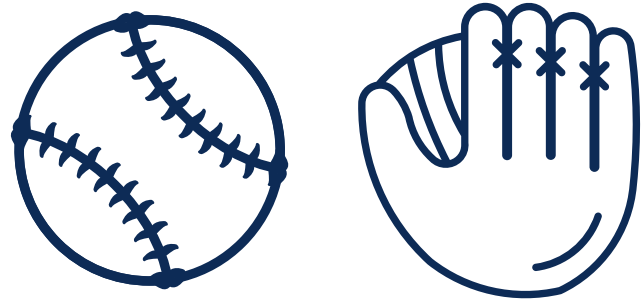


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Equipment Needed:

- Gloves
- Balls



WARM-UP



QUICK HANDS, QUICK FEET

Setup:

- Throwing partners stand facing each other about 10-15 feet apart. One partner starts with ball.



Instructions:

- With feet shoulder width apart and in athletic position, partners will take turns receiving the ball, transferring it to their throwing hand and making an athletic throw to partner
- Fielders should have their glove and throwing hands out in front of them (about chest height), keeping their feet active (light and bouncing like a boxer in the ring)
- Work to receive ball in center of body, make clean transfer, then complete the throw through target as process repeats back and forth

FENWAY FUNDAMENTALS

Players should visualize being held back by a rubber band as they wait to receive the ball. As they catch the ball, they should imagine that rubber band releasing. This to help athletes get in the mindset of exploding through the ball as they receive it so they can then secure, transfer, and throw it in one smooth motion.



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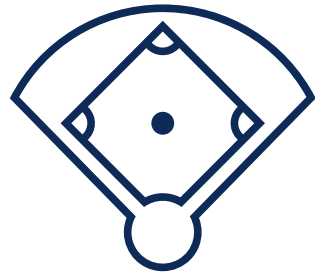


For More Resources

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Equipment Needed:

- Bases
- Tennis Ball



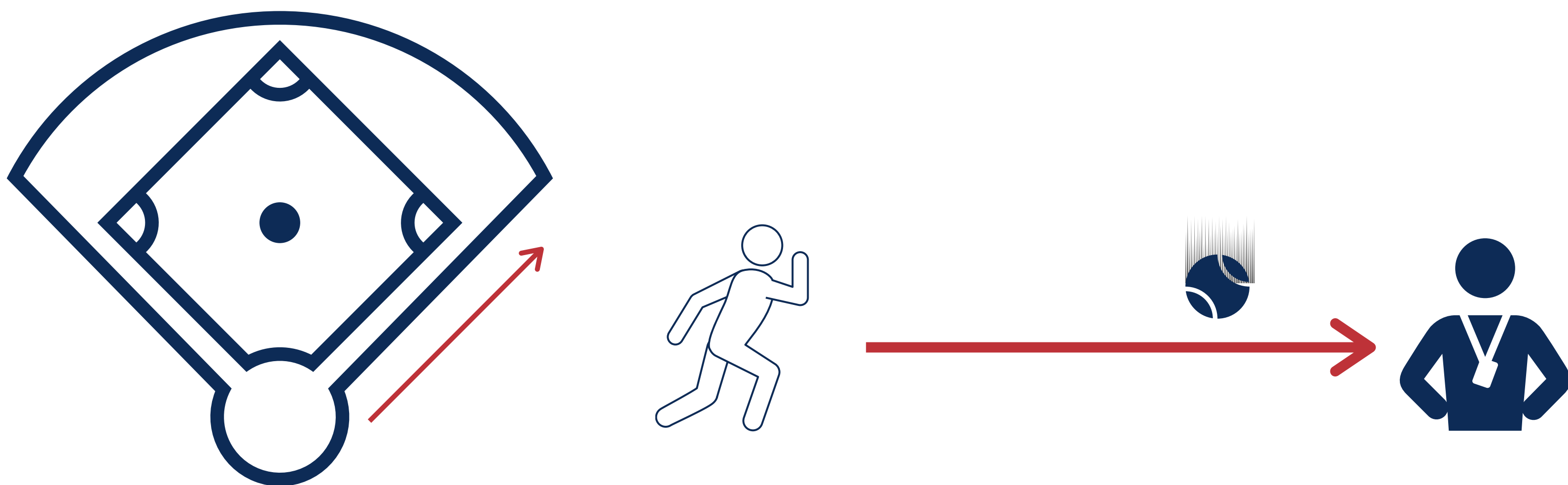
BASERUNNING



TENNIS BALL DROPS (QUICK TO 1ST)

Setup:

- Players line up at home plate- one at a time
- A coach will stand about 10-20 feet ahead of the runner directly towards 1st Base holding a tennis ball at chest height



Instructions:

- Batter takes a dry swing (no bat) and bolts out of the batter's box
- Coach will drop the ball and let it bounce after the batter swings
- Runner attempts to grab the ball before it bounces twice off the ground
- Adjust distance between coach and players or height of release point depending on athlete's level of quickness

FENWAY FUNDAMENTALS

Make sure to emphasize to your players the importance of running hard all the way through 1st Base as it can be the difference between beating out an infield hit and going back to the dugout. Have your players sprint all the way through the bag regardless of whether they catch the Tennis Ball or not. That way, they're putting an explosive start and strong finish together!



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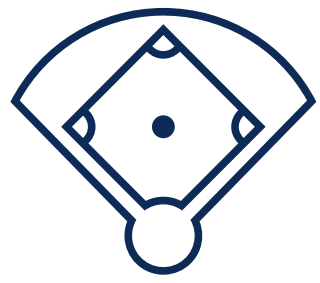


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Equipment Needed:

- Bases



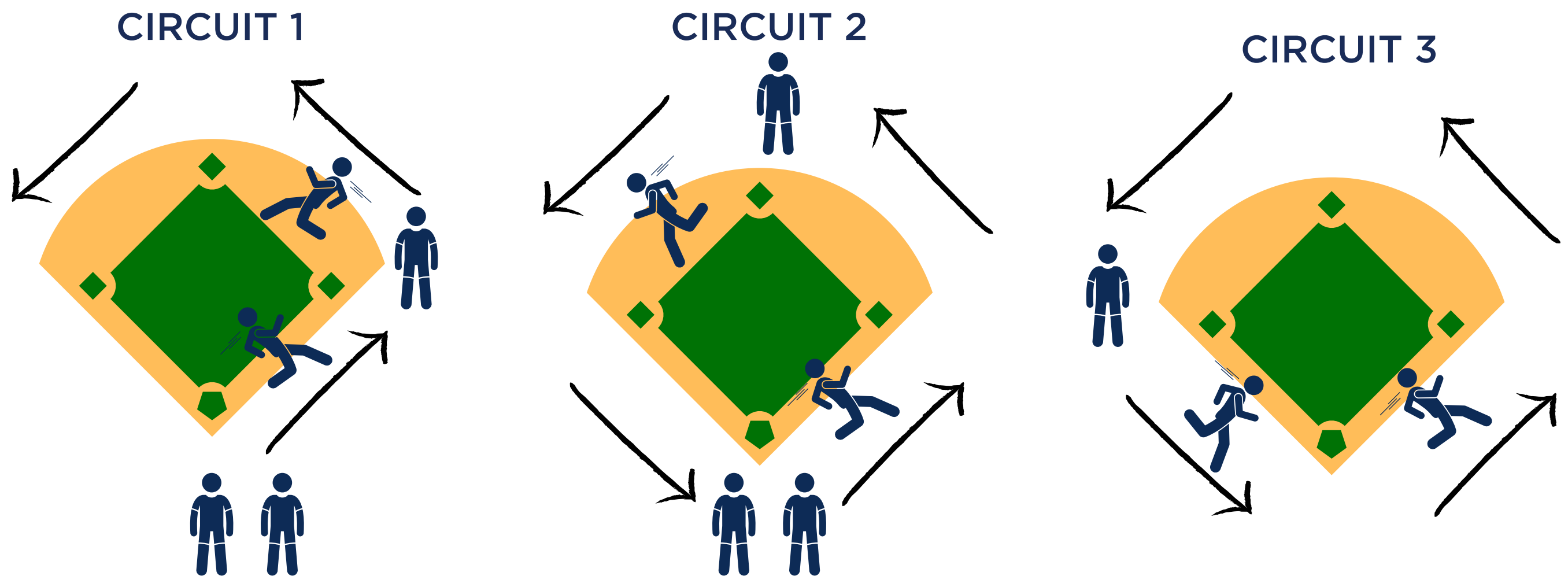
BASERUNNING



BASERUNNING CIRCUIT

Setup:

- Arrange cones or bases in a diamond
- Players line-up at home plate to start (single file) for each circuit



Instructions:

- Circuit 1:
 - Players begin by running in a sprint through 1st base
 - Runners stop at 1st and then run from 1st to 3rd base
- Circuit 2:
 - Players begin by running to 2nd for a double
 - Runners pause briefly, then begin running home as if trying to score on a base hit
- Circuit 3:
 - Players begin by running to 3rd for a triple
 - Runners can pause briefly at 3rd base as they visualize tagging up on a fly ball
- Allow 4-5 seconds between each runner as they work to complete the circuit

FENWAY FUNDAMENTALS

You can also set up cones to mark where runners should make their wide turn "Banana Turn" when advancing multiple bases. Players should make a wide turn starting about 20-30 feet before the base and work to hit the inside corner of the bag. This will create a much straighter and faster path to the next base!



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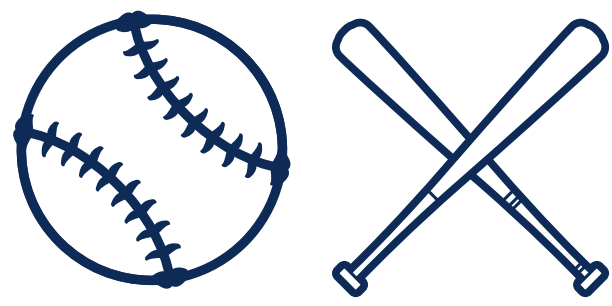


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Equipment Needed:

- Balls
- Bat
- Net/Fence/Screen



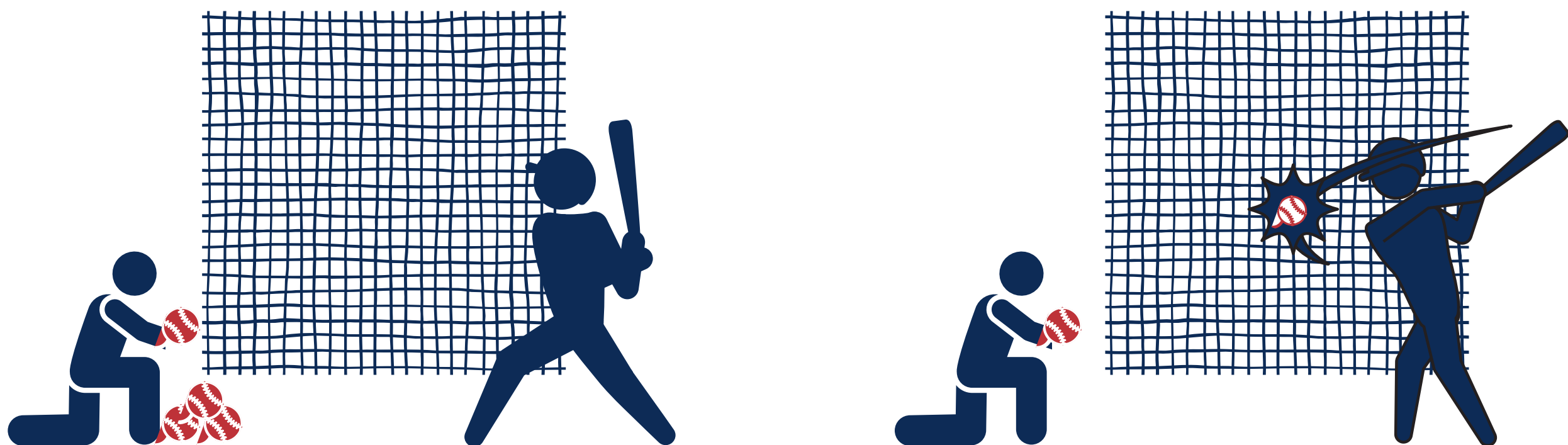
HITTING DRILLS



SOFT TOSS HITTING

Setup:

- Players partner up and one kneels to the side or slightly in front of the hitter with anywhere from 5-10 balls next to them
- The hitter is in a hitting stance about 10 feet from a net, screen, or fence



Instructions:

- With the hitter in a ready hitting stance, the kneeling partner will show and toss the ball into the strike zone of the hitter
- After the hitter makes contact, aiming for a line drive into the net, screen, or fence, the hitter resets in their hitting stance and the kneeling partner tosses another ball into the strike zone
- After going through the balls twice, the partners switch roles and repeat until time is up

FENWAY FUNDAMENTALS

Tell your hitters to keep their eyes focused ahead (as if they were looking at the pitcher) until the ball is tossed. That way, they don't develop a habit of twisting in their swing from trying to look at their partner. Soft toss is great for developing balance and rhythm in the swing and players should aim to hit crisp line drives into the middle of the net.



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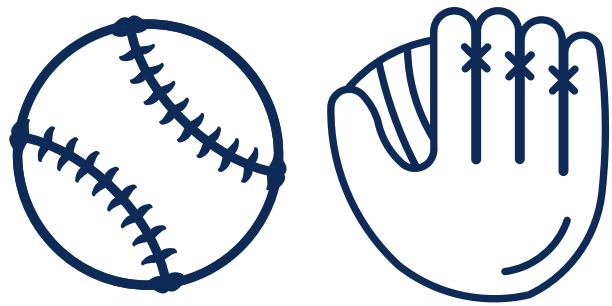


For More Resources

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Equipment Needed:

- Balls
- Gloves



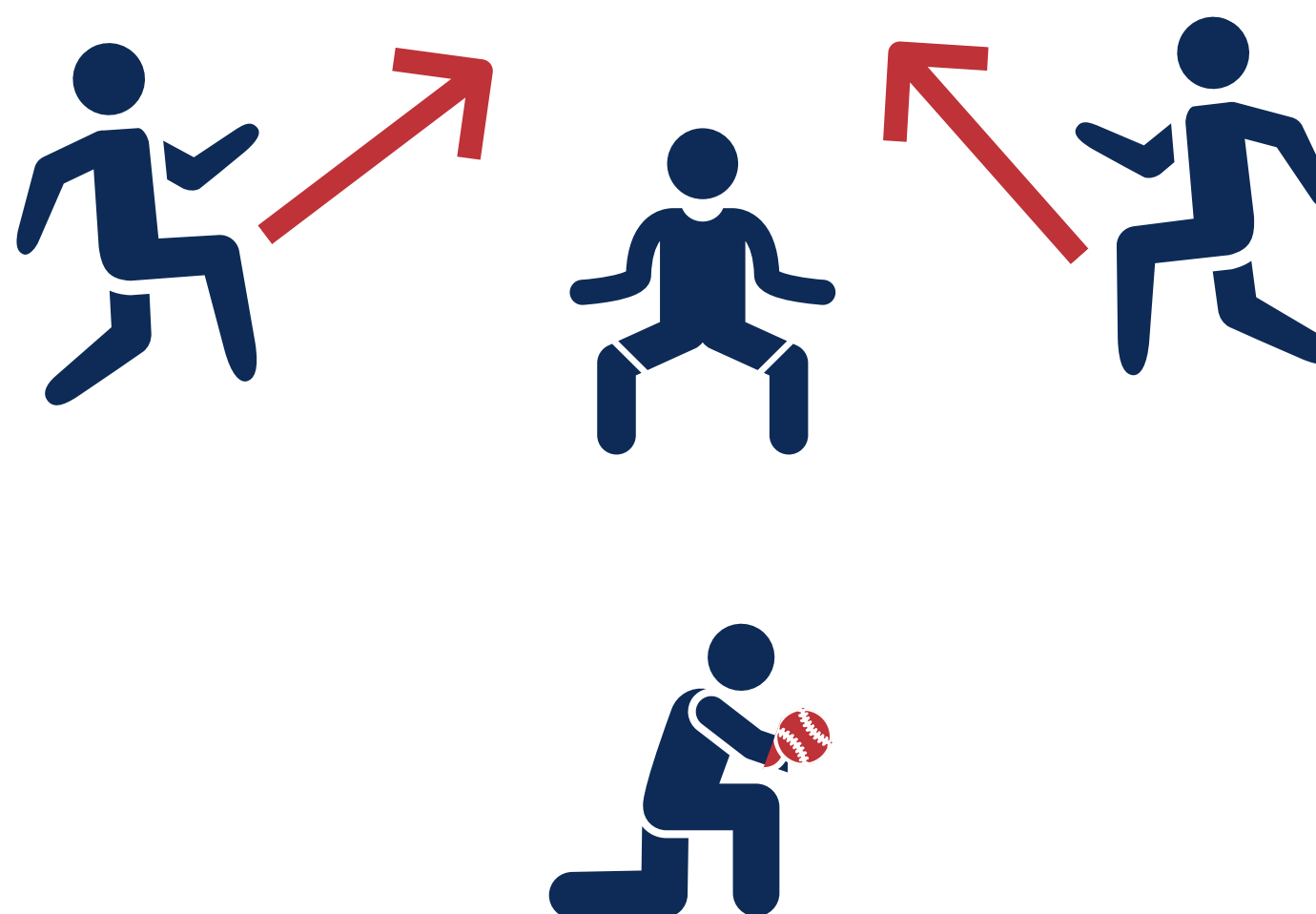
POSITION BREAKDOWN



OUTFIELDERS: GB/FB COMMUNICATION

Setup:

- Grab bucket of balls and find a large open spot on a field (or Outfield)
- Place outfielders In 3 groups (LF, CF, RF)
- Coach stands 15-20 feet In front of players



Instructions:

- Throw a mix of ground balls and fly-balls to outfielders with a focus on placing them In between each fielder (like hitting them In the outfield gaps)
- Outfielders must call for the ball and make a clean play on it, then toss the ball back to the coach
- Outfielders who don't call for the ball must work on backing up the primary fielder In case the ball gets by

FENWAY FUNDAMENTALS

Some players may not get the hang of calling for the ball right away, which is ok! Encourage your players to be confident and "want" to make a play. Loud and clear communication makes for good defense. If players aren't saying "I got it!", have them say their own name instead. ex: "Sarah! Sarah!" Whoever shouts the loudest and the most is the one who needs to go make a play.



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Equipment Needed:

- Balls
- Gloves
- Target Area



POSITION BREAKDOWN



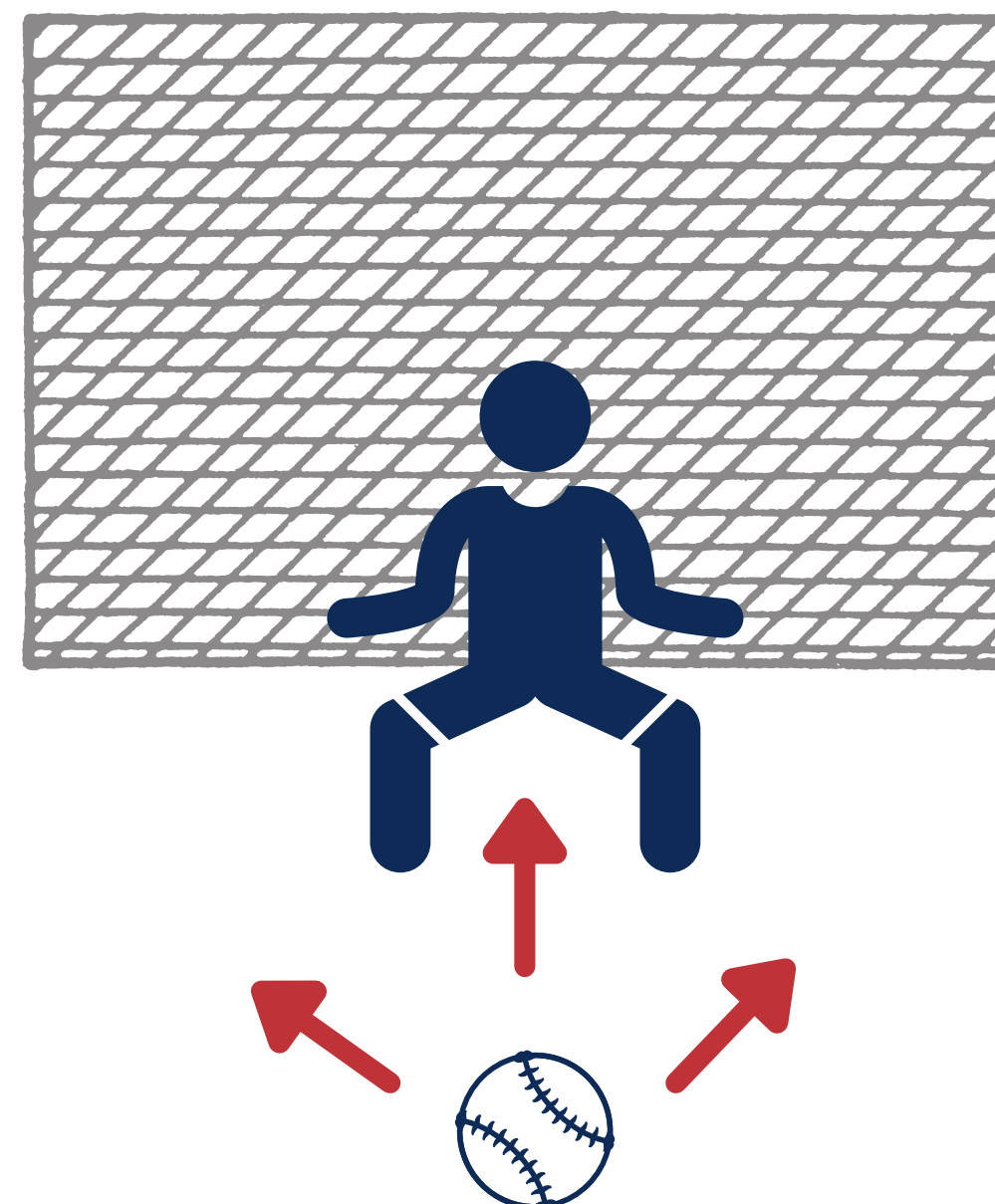
INFIELDERS: GOALIE STOPS

Setup:

- Find a target area to use as a backstop or "Goalie Net"
- The target area should span about 10-12 feet across and use cones to mark off the ends of the goal area
- Player stands in front of goal area in ready fielding position

Instructions:

- Roll (or hit) a ground ball to the right, left, or center of the player currently in goal area
- Player has 3 attempts to field a ball cleanly
- If a player fields at least one, they go to the next round while failing to field any results in elimination
- Increase the difficulty of the ground balls (higher speed, tougher bounces) as the game progresses to really challenge your players
- When down to two final players, they'll only get one ball to try and field cleanly until one misses and the other fields it cleanly



FENWAY FUNDAMENTALS

Not only will this drill help a player develop glove work, but it'll also help build their natural fielding instincts. By being athletic and working to simply keep the ball in front and out of the goal, players can work on putting their body in the best position possible to make a play. Knocking a tough groundball down still gives you a shot to get an out!



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Equipment Needed:

- Bats
- Balls
- Buckets



TEAM GAME



BUNTING TARGET PRACTICE

Setup:

- Bucket of balls placed in line with Home Plate, around 10-15 feet away
- Two empty buckets placed down the foul lines on their side with the open end facing home plate approximately 15-20 feet away
- Players waiting to hit are spread out on the field and help clear field after each hitter



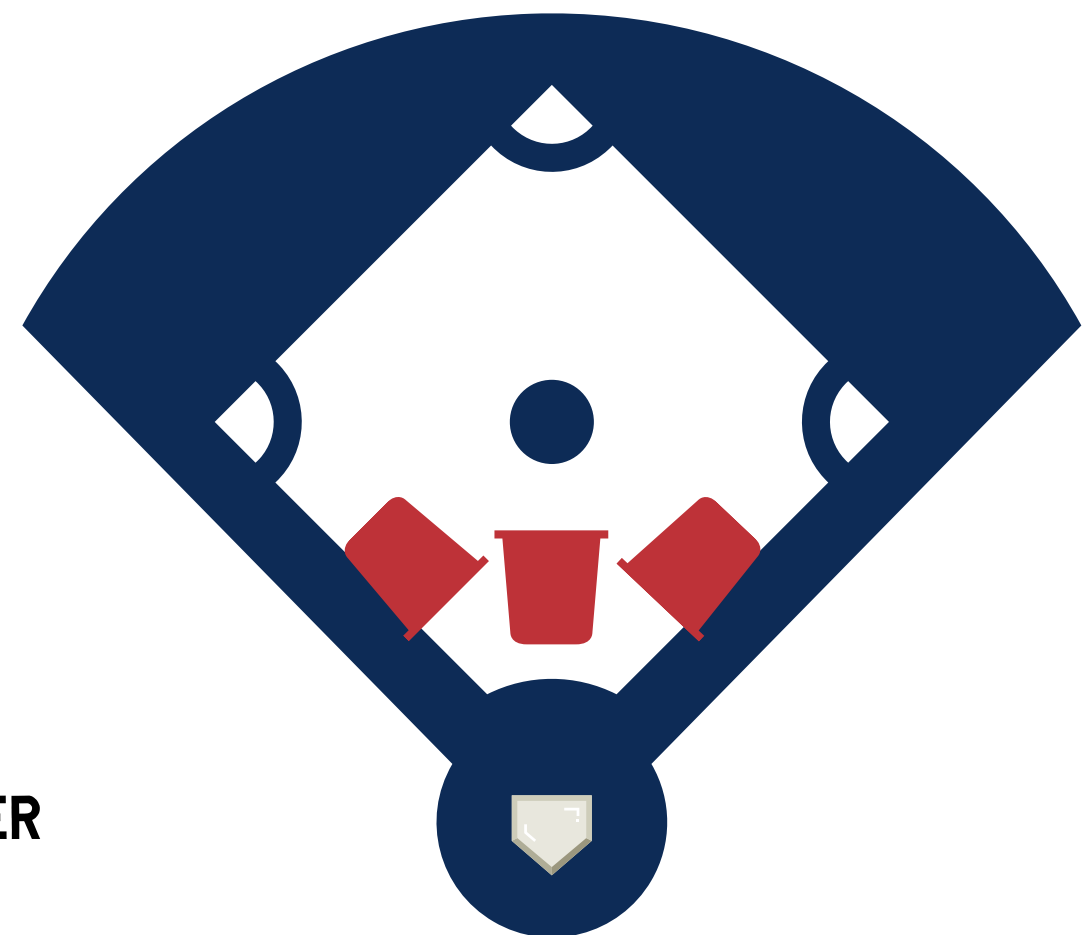
+5 BUNT INSIDE 1ST/3RD BASE BUCKET

+4 HITTING 1ST/3RD BASE BUCKET

+3 SUCCESSFUL BUNT TO 1ST/3RD BASE SIDE

+1 SUCCESSFUL BUNT HIT IN FRONT OF THE CATCHER

+0 BUNT HIT DIRECTLY TO PITCHER OR FOUL



Instructions:

- Hitters get set in batters box to receive 5 pitches from the coach
- Hitters aim to bunt the ball in play to score points based on where their bunt goes
- The player, or team, with the highest total after 3 rounds wins

FENWAY FUNDAMENTALS

Many hitters fall into the trap of trying to "push" the ball with the bat when bunting. This can result in mis-hits and issues when trying to get the bunt down. Instead, focus on "catching" the ball with the bat. This will help soften contact and help create better bunts!



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