



COACH PRACTICE PLAN

SNAPSHOT

PRACTICE LENGTH: **2 Hours**

AGE GROUP:

15-18 years old

PRACTICE TYPE: **Balanced**

SPORT & LEVEL:

Softball - Advanced

RECOMMENDED EQUIPMENT:



PRACTICE OVERVIEW:

Warm-up (20 min)

Static & Dynamic Stretching

Lift & Drive

Rocker Throws

Baserunning (20 Min)

Delayed Steals

Watch It Down

Water Break (5 min)

Station Work (1 Hour) *Split Team Into 3 Groups

Hitting (20 min).

Positional Breakdown (20 Min Each)

High Tee, Low Tee

Outfield: Outfield Accuracy

Infield: Four Corners

Water Break (5 min)

Team Game (15 Min)

In a Pickle (Rundown Drill)

Recap (5 Min)

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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)
- Lying down knee to chest (5-10 seconds and switch legs)
- Karaoke's - Knee Thrusts - Lead Sprints (Up and Back 60 ft)

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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Equipment Needed:

- Gloves
- Balls



WARM-UP



LIFT + DRIVE (PITCHERS)

Setup:

- Players grab a ball and a throwing partner, and set up about 35-40 feet away from each other
- Player begins in set position and starts with their stride knee raised slightly off the ground (RH Pitcher = Left Knee, LH Pitcher = Right Knee)



Instructions:

- After pausing in the lifted knee position, player will then bring their stride leg back down to the ground and work to get into their "ready to fire" or lunge position
- Player then drives towards their target and works to deliver a crisp thrown ball to their partner's chest/belt area
- Complete 3 sets of 10-15 throws

FENWAY FUNDAMENTALS

The two biggest pieces of this drill are balance and rhythm as both have a huge role to play in a pitcher's ability to throw consistently in the strike zone. Emphasize to your players the importance of maintaining good balance in the "lifted position" as well as trying to perform the drill in a smooth and explosive rhythm. The more your pitchers can use their natural athleticism, the better!



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Equipment Needed:

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WARM-UP



ROCKER THROWS

Setup:

- Players partner up and stand about 35-50 feet apart from each other
- One partner starts with ball. Thrower will start with their feet spread a little wider than shoulder length apart, knees bent, and with their glove side shoulder and leg pointing towards their partner



Instructions:

- Thrower will start with their weight centered. They'll then rock their weight onto their back leg, and then drive their body (and arm) through their target
- Players should perform this movement at their own pace and work to be athletic in their movements. The goal is to deliver a crisply thrown ball to their partner's chest/glove
- Throw for 10 minutes before increasing distance

FENWAY FUNDAMENTALS

Our lower body is one of the most important pieces when it comes to making a strong and accurate throw. It provides stability, power, and helps make sure we aren't tasking our arm to do all of the work. This drill is a great way to help your athlete's understand how to use their body (not just their arm) to make strong throws.



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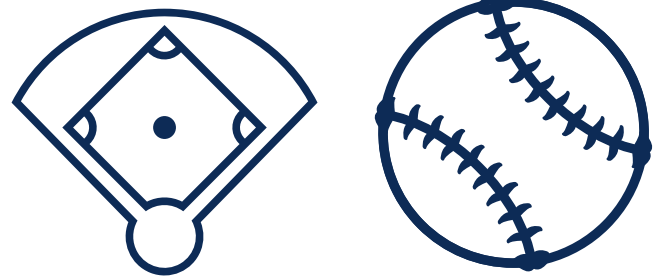


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Equipment Needed:

- Bases
- Balls



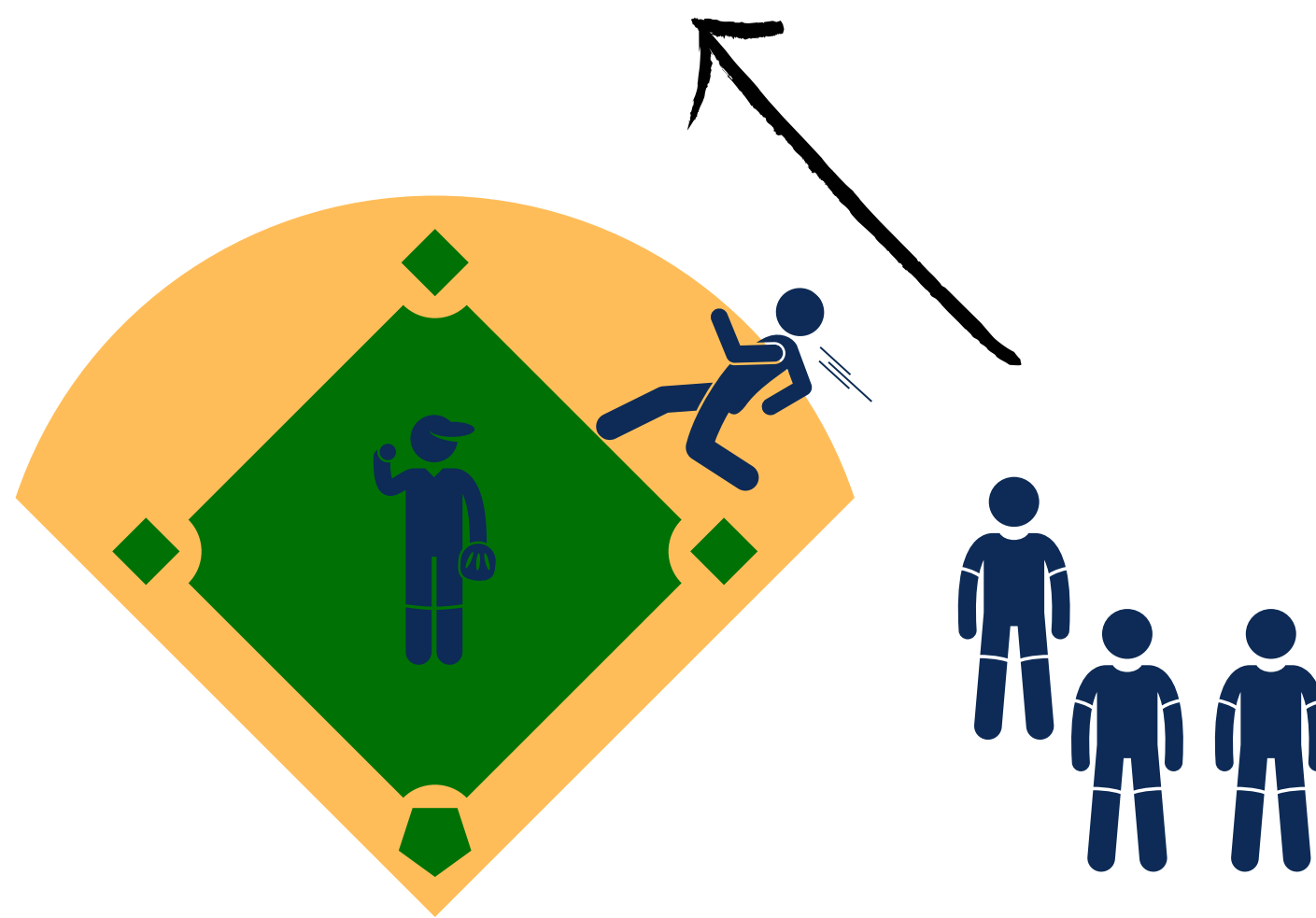
BASERUNNING



DELAYED STEALS

Setup:

- Athletes line up behind 1st Base in a single file line. One baserunner is up at a time
- Coach sets up in the Circle and places a net close by to throw into



Instructions:

- Baserunner stands on 1st Base in athletic ready position (like a sprinter in the starting gate)
- Coach simulates windup and throws a pitch into the net
- As coach releases the ball, players take athletic 3 shuffle steps, and then sprint to 2nd Base sliding as they get there
- Repeat with each player until everyone has gone twice

FENWAY FUNDAMENTALS

If possible, place a coach at either 2nd Base or SS & tell them to either cover the bag after the pitch is thrown, or stay put at their position. Emphasize your players to sprint the second they see the middle Infielder (coach) not paying attention and covering the bag. If the coach does cover the bag, tell your players to take their shuffle steps and then hustle back to the bag. The goal here is to help create smart, athletic and decisive baserunners!



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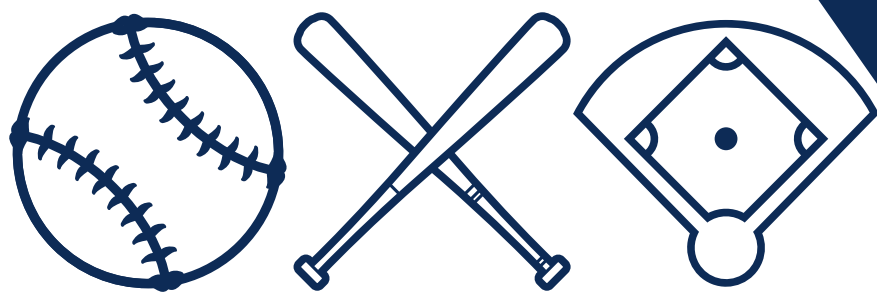


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Equipment Needed:

- Bases
- Balls
- Bat



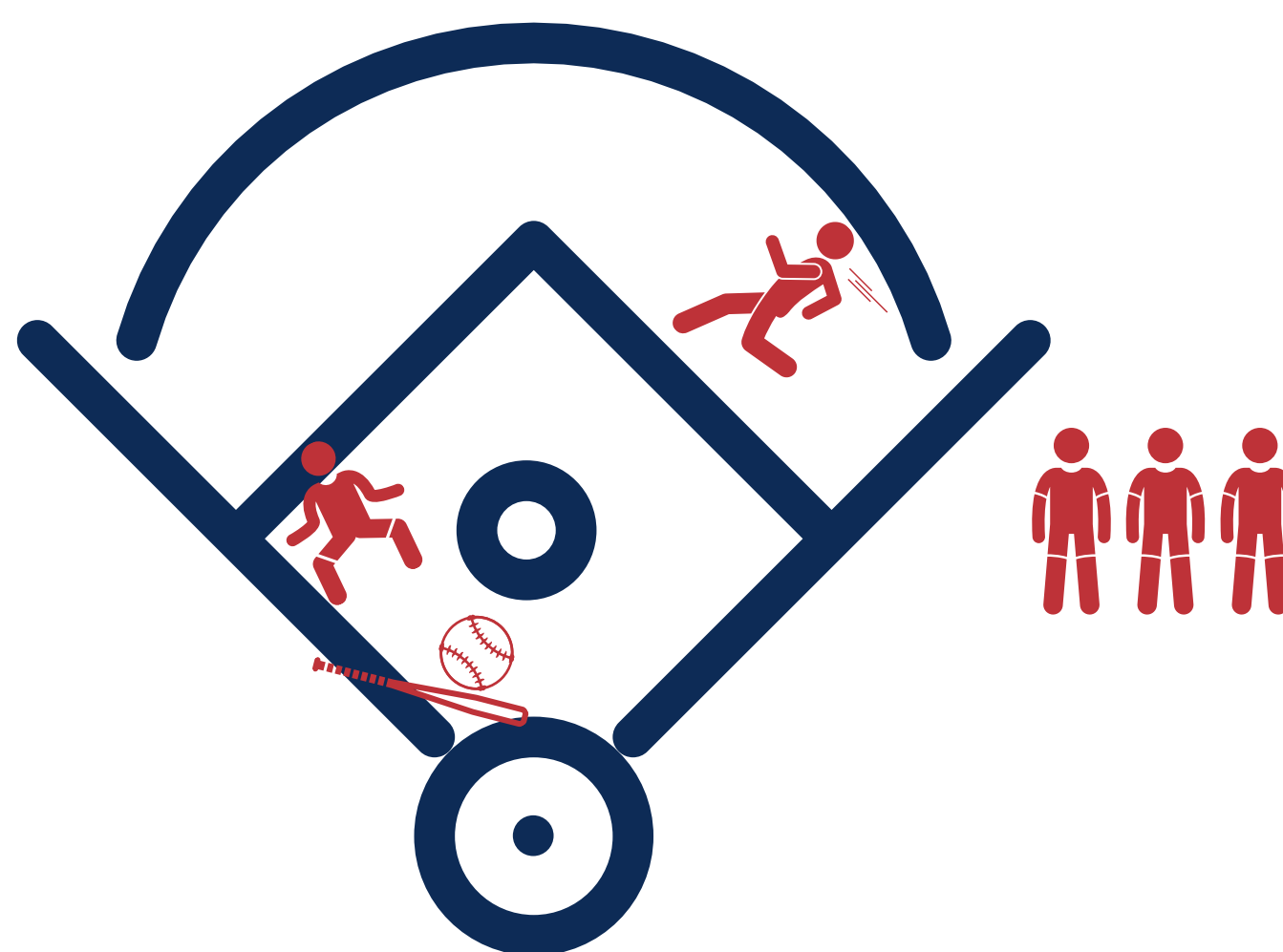
BASERUNNING



WATCH IT DOWN

Setup:

- Players create a line at 1st and/or 2nd base with the first player starting at the base
- Coach stands at home plate with a bat, bucket of balls, and places another coach or player at the circle or 1st/3rd Base side (depending on bunt coverage)



Instructions:

- Player starts on the base in athletic ready position
- On the coach's signal, player takes their 3 shuffle steps & the ball is bunted in play
- If the ball is hit on the ground, players take off and sprint to the next base
- If the ball is hit in the air, players must pause and see if it is caught by the fielder
- If the fielder catches the ball, they must return to the bag, but if it drops they must make the decision to stay put or advance (depending on the situation and if it's a force play or not)

FENWAY FUNDAMENTALS

This is a great drill to help challenge your players with when it comes to situational baserunning as players must work to read and react to each bunted ball. Baserunners have to be athletic in their shuffle steps so they can get a good jump towards the next base if the ball gets down. That can be the difference between a successful sacrifice or a wasted at-bat.



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Equipment Needed:

- Balls
- Bat
- Batting Tee



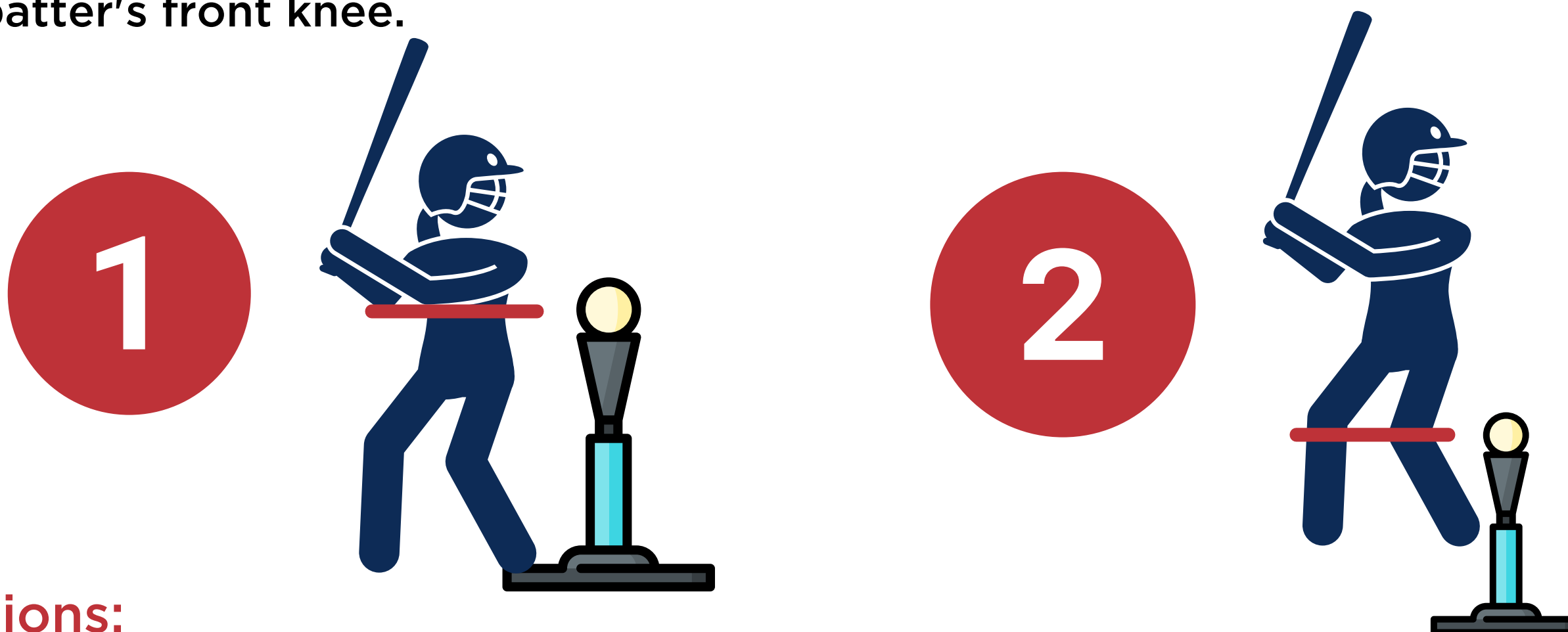
HITTING DRILLS



HIGH TEE, LOW TEE

Setup:

- Hitters start in a comfortable stance at the tee. Have hitters hit into a net, fence, or open field
- High-Tee reps should be taken at chest height (think jersey letters). Front knee should be close to in line with the center of the tee.
- Low-Tee reps can be taken at knee height with the tee placed just behind batter's front knee.



Instructions:

- Hitters will take 10 swings with the High-Tee, and 10 swings with the Low-Tee.
- The goal is for solid hard contact and line drives to the middle part of the field, as well as opposite field for the Low-Tee round
- Both of these locations are meant to challenge hitters to stay through the ball as long as possible (don't swing around the ball) and to keep their hands inside the ball ("casting" your hands around the ball will cause mis-hits).

FENWAY FUNDAMENTALS

One of the best things a young hitter can learn is adjustability. Hitters must learn how to give themselves opportunities to make solid contact, even on pitch locations they may not feel comfortable with. By using their natural athleticism and learning how to hit multiple spots in the strike zone, hitters can be more well rounded and able to compete at the plate!



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Equipment Needed:

- Balls
- Gloves
- Buckets



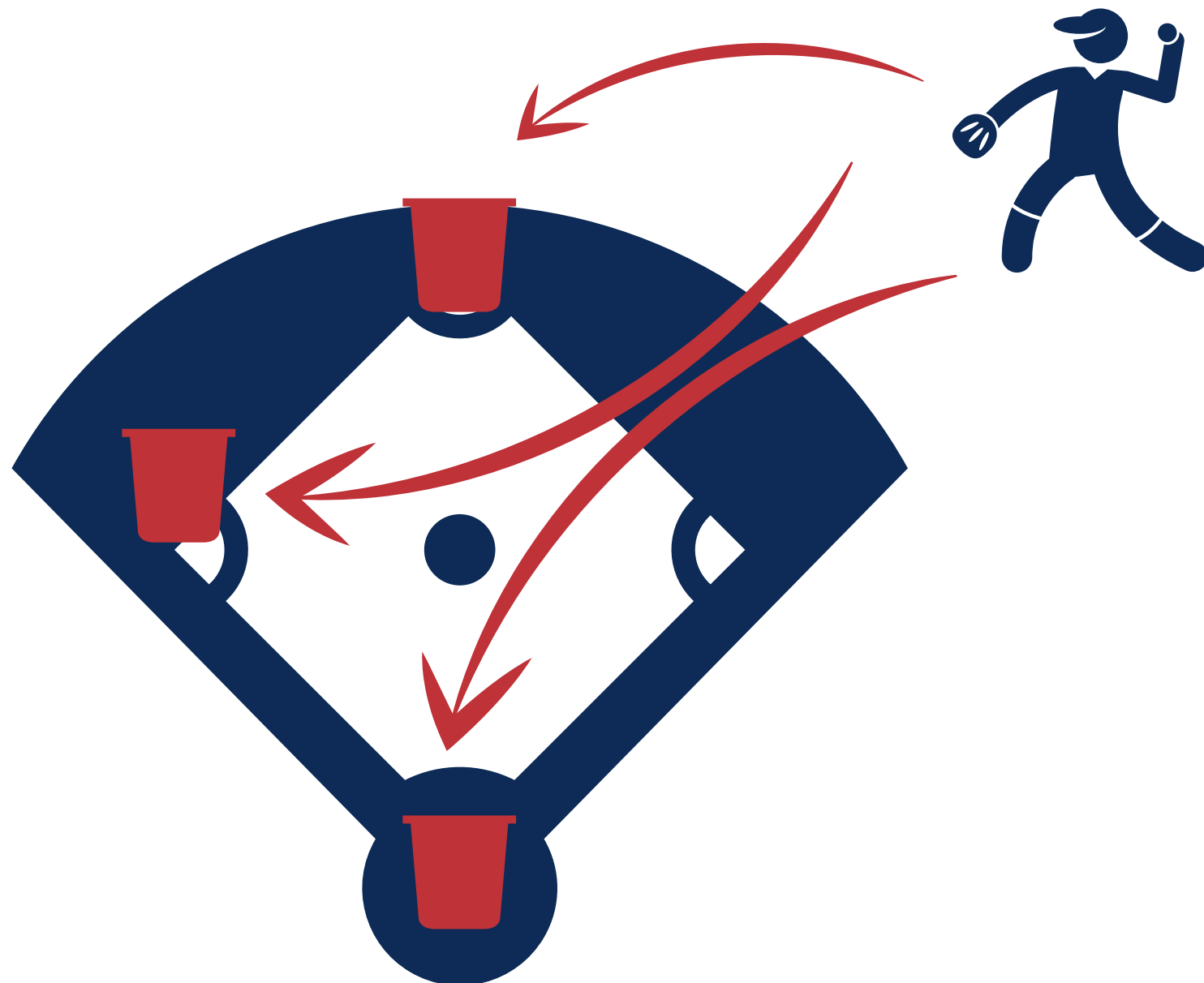
POSITION BREAKDOWN



OUTFIELDERS: OUTFIELD ACCURACY

Setup:

- Set up target areas at 2nd, 3rd, and Home Plate
- Outfielders start In LF, then move to CF, then finish In RF
- Position to hit balls from home plate, and grab an Infielder to help reset buckets and clean up thrown balls



Instructions:

- Hit a mix of fly-balls, grounders, and line drives to outfielders. Call out which base outfielders should throw to as they work to field the ball
- Every outfielder should complete a throw to 3rd, 2nd, and Home from each outfield position. Every thrown ball that hits a bucket is worth 5 points. Most points win
- The target areas help outfielders focus on making a strong throw through (not to) their target. Calling out throwing location challenges fielders to make quick, athletic decisions

FENWAY FUNDAMENTALS

Many Outfielders attempt to either throw directly to their cutoff man, or try to make a perfect throw to a base. There's a time and a place for these throws, but a better habit to get into is throwing "through" your cutoff man. This ensures you're making a crisp throw on a line to the bag, but also making a throw that can still be cut off if needed.



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Equipment Needed:

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- Gloves



POSITION BREAKDOWN



INFIELDERS: FOUR CORNERS

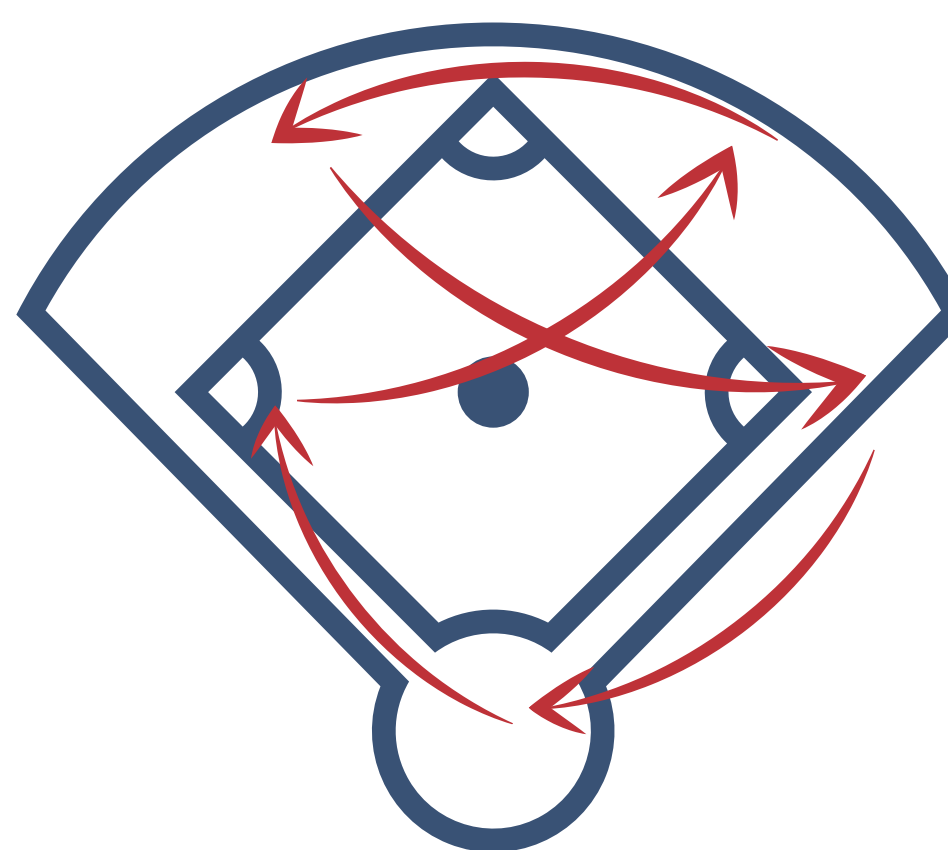
Setup:

- Divide into groups of 4, each standing 30-40 feet away from each other mimicking their positions on the diamond
- Catcher begins with the ball



The Four Corners Pattern:

Home to 3rd - 3rd to 2nd
Base - 2nd Base to SS - SS
to 1st Base - 1st Base to
Home -End



Instructions:

- Players will see how many times they can cleanly catch and throw ball around all four corners in a minute
- Players should have hands up and ready while waiting to help give their teammate a good target
- Any dropped ball or errant throw will reset the tally
- Emphasize clean throws and constant communication between athletes as they must work together to successfully get the ball cleanly around all four corners
- For an added challenge, add in multiple balls

FENWAY FUNDAMENTALS

This drill will feel fast paced at first to your athletes, but is a great way of teaching them how to "slow down the game". They should stay calm, give their teammates a good target to aim for and communicate clearly with phrases like "I got you!", "Right here!", and "Let's keep it going!".



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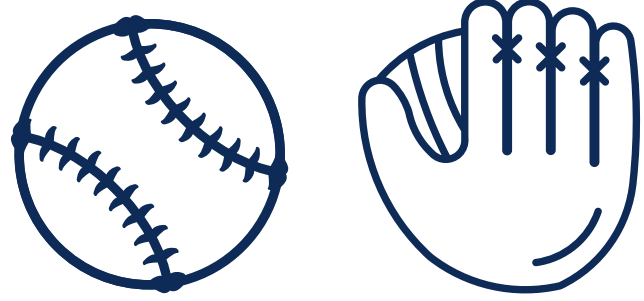


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Equipment Needed:

- Gloves
- Balls



TEAM GAME



IN A PICKLE (RUNDOWN DRILL)

Setup:

- Outfielders put on batting helmets and line up at a bases (you can mix it up to include different game scenarios)
- Infielders also form two lines at whichever bases are Involved In the play
- One base runner up at a time with your Infielders cycling through each line as the play goes
- Baserunner takes a slight lead off of the starting base (the one they'd be advancing from In a game scenario)
- Both bases Involved In the drill should be covered by a fielder



Instructions:

- Have runner take off towards the next base with the Intention of getting the fielders to pursue them In a rundown
- Fielders work to chase down the runner and tag them out, or push them back to the previous base they occupied. Fielders follow their throw and advance to next line to jump In again when needed.

FENWAY FUNDAMENTALS

- Infielders should run with ball In their throwing hand and follow the rule of:
 - Throw It to the next fielder If the runner takes off In full sprint
 - Engage the runner (try to run and tag them) If they slow up or try to evade the fielders.



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