



COACH PRACTICE PLAN

SNAPSHOT

PRACTICE LENGTH: **1 hour & 15 minutes**

AGE GROUP:

8-12 years old

PRACTICE TYPE: **Balanced**

SPORT & LEVEL:

Softball - Easy/Intermediate

RECOMMENDED EQUIPMENT:



PRACTICE OVERVIEW:

Warm-up (20 min)

Static & Dynamic Stretching

Half Circle Pitching

Shuffle Throws

Baserunning (15 Min)

Baserunning Fitness

Water Break (5 min)

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

Hitting (15 min).

Positional Breakdown (15 Min Each)

Off the Bounce Swings

Outfield: First Step Fly-Balls Infield: Barehand Grounders/On Knees

Water Break (5 min)

Team Game (15 Min)

Score!

Recap (5 Min)

COACHES BOX

PRACTICE GOALS:

COACH NOTES:

Equipment Needed:
(none)

WARM-UP



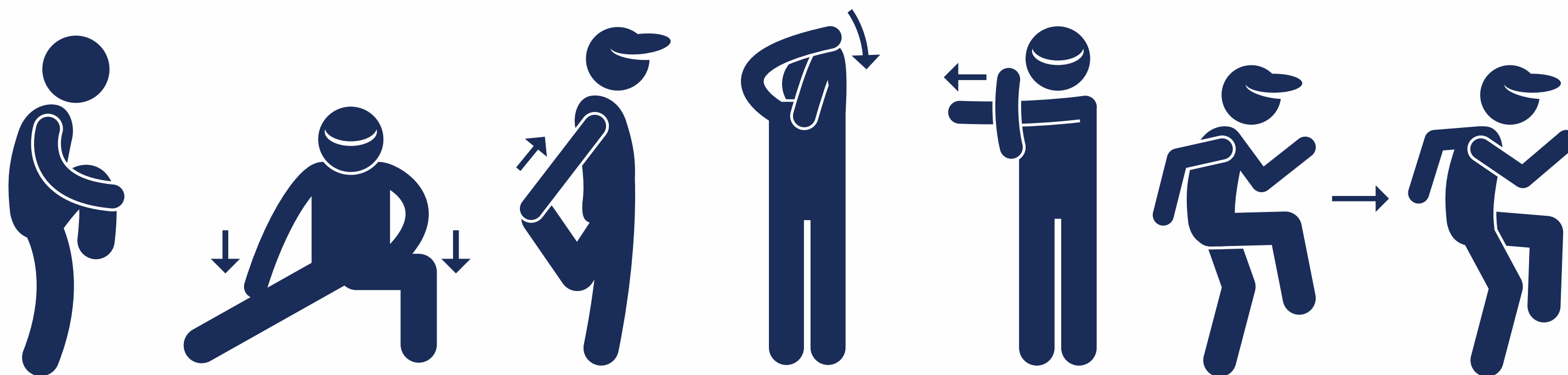
STATIC + DYNAMIC STRETCHING

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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Equipment Needed:

- Gloves
- Balls



WARM-UP



HALF CIRCLES (PITCHER WARMUP)

Setup:

- Players grab a ball and find any spot on the field
- Players start with their glove positioned at their waist and open towards 2nd Base



Instructions:

- Players start with their throwing arm in the air at 12 O' Clock. The ball should be positioned slightly over the player's head
- Their elbow should be relaxed and slightly bent with the wrist cocked
- When ready, 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 not get too stiff. Staying loose and relaxed will always be faster than tight or stiff. They should be able to look up with their eyes and see the ball at the 12 O' Clock position and from there, they should treat their arm as a whip. The whip falls and "cracks" after reaching the waist!



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Equipment Needed:

- Gloves
- Balls



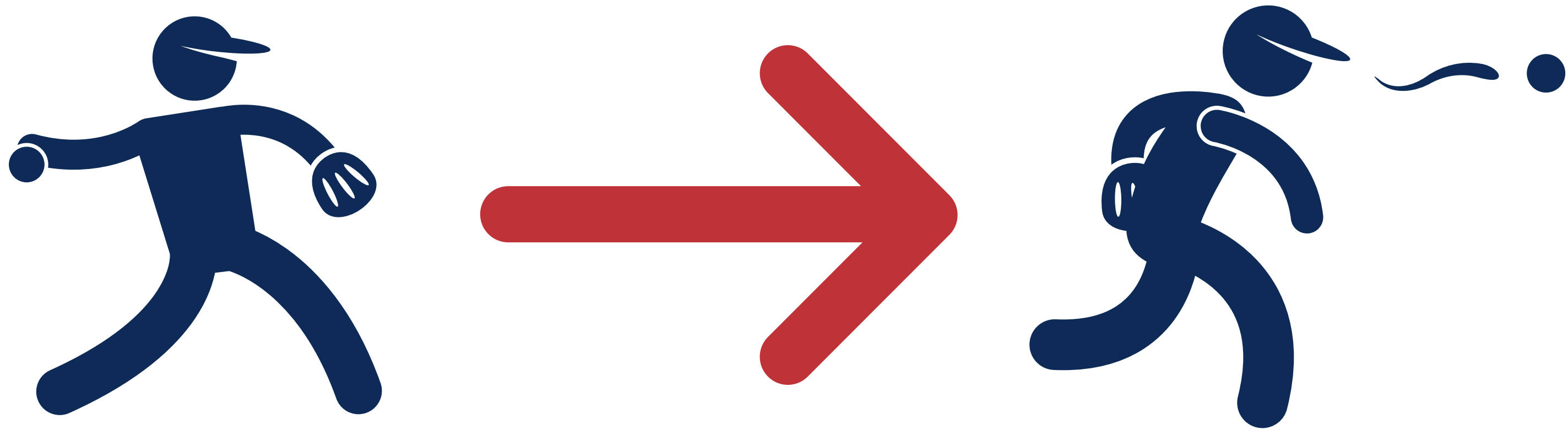
WARM-UP



SHUFFLE THROWS (PITCHER + FIELDERS)

Setup:

- Players partner up and stand about 15-20 feet apart from each other
- One partner starts with ball. Thrower will start with their feet spread shoulder length apart



Instructions:

- Thrower will start with their weight centered. They'll then athletically shuffle once towards their target (demonstrate a shuffle step) and work to deliver a crisp throw to their partner
- Players should perform this movement at their own pace and work to be athletic in their movements.
- 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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Equipment Needed:

- Bases
- Cones



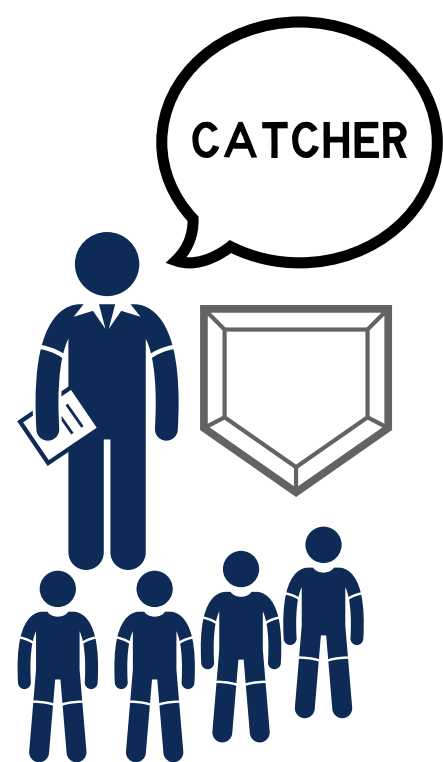
BASERUNNING



BASERUNNING FITNESS

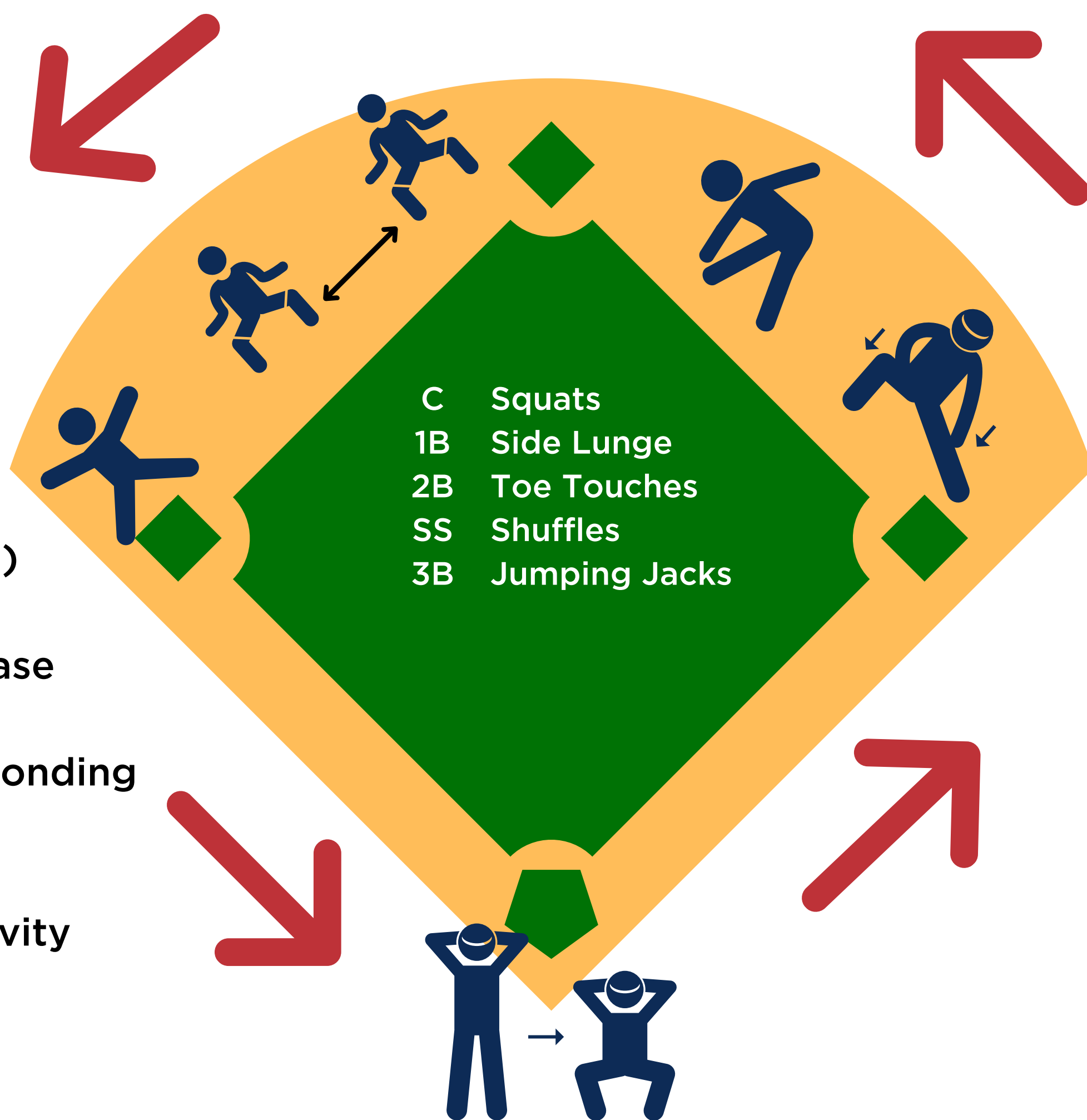
Setup:

- Players are split into small groups and paired with a coach. Bases can be marked with cones



Instructions:

- Coach brings players to bases (1st, 2nd, 3rd, Home)
- Players should jog to each base
- Coach demonstrates corresponding fitness activity for each base
- Players complete fitness activity
- Visit all bases one at a time



FENWAY FUNDAMENTALS

To add a fun element into the mix, finish the drill by timing (with a stopwatch) how long it takes each player to run all the way around the bases and complete each fitness activity. Or you can finish with letting each athlete take a "Home Run Trot" around the basepaths!



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Equipment Needed:

- Balls
- Gloves
- Cones



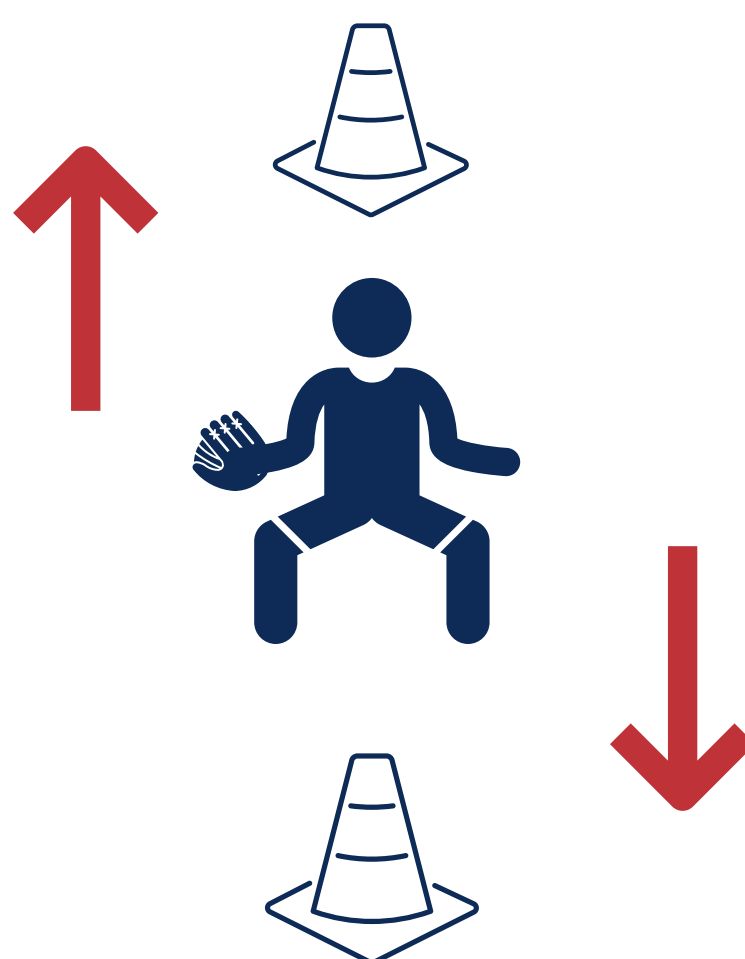
POSITION BREAKDOWN



OUTFIELDERS: FIRST STEP FLY-BALLS

Setup:

- Mark spot for player and set up two cones, both in line with the player's front and backside. Position them both about 10 feet away from player
- The coach should be positioned about 5-10 feet away from the front cone
- Player should be in an athletic ready position and be ready to react



Instructions:

- Player (1 at a time) watches the ball in the coach's hand
- Coach yells either "In!" or "Back". If they yell "in" player must run towards the front cone. If they yell "Back", player must run towards back cone
- Coach throws a fly-ball to corresponding cone immediately after saying direction
- Player must find the ball and either get underneath it (back cone) or catch it out in front (front cone). Catching the ball with two hands is ideal
- Repeat the drill with the next player & be sure to keep the pace quick

FENWAY FUNDAMENTALS

The first step is crucial in either making the catch or letting the ball drop in play. Players should always try to step back with one foot first, then decide which direction to run. It's much easier to start back and charge in, than charge in and then run backwards to the ball. This drill is a great way to introduce this concept!



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Equipment Needed:

- Balls
- Gloves



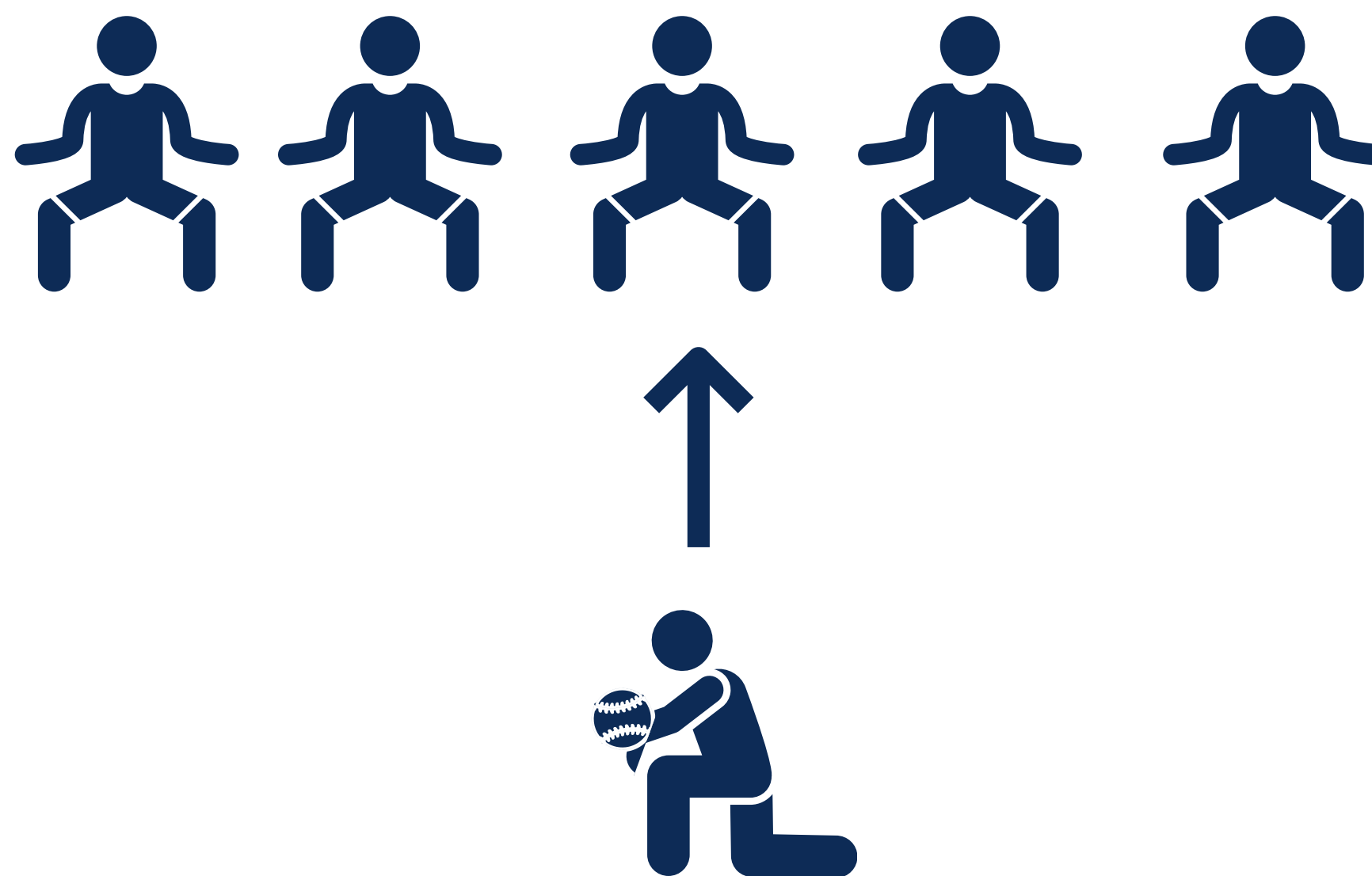
POSITION BREAKDOWN



INFIELDERS: BAREHAND GROUNDERS/ON KNEES

Setup:

- Infielders line up next to each other about 3 feet apart.
- Coach faces players with a bucket of balls about 5-10 feet away



Instructions:

- Starting left to right, the coach will roll a groundball directly to each player
- Players must field the ball cleanly with two hands and then toss the ball back to the bucket
- Balls should be rolled slowly at first, but the pace can increase as the players get better

FENWAY FUNDAMENTALS

Help each player get into an athletic fielding position to start, so they understand how to get to that position on their own. Athletes should focus on being athletic, staying low and light on their feet, and working to field the ball out in front with two hands.



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Equipment Needed:

- Balls
- Bat



HITTING DRILLS



OFF THE BOUNCE SWINGS

Setup:

- Grab foam or rubber ball and find a flat spot (Home Plate often works) where hitter can comfortably swing. Separate into teams for a competitive aspect.
- Hitter gets into comfortable batting stance sets up to be hitting into a field of play or a net
- Coach stands in other batters box with a ball in hand



Instructions:

- Bounce a ball straight up and down on the plate or flat surface. Aim to bounce the ball around the middle of the plate (a little left to right is ok) and just off the inside of the player's leading foot (so the ball isn't too deep or far forward in the player's stance)
 - The player's goal is simple, hit the ball hard as it returns to the ground after its first bounce.
 - Challenge your hitter's to hit the ball to a certain part of the field or as far as they can.

FENWAY FUNDAMENTALS

Many young hitters during this drill may try to jump or "lunge" out at the ball. Though this drill creates many unique bounces and challenges hitters to adapt, we still want to ensure we're keeping a strong foundation. Emphasize to your hitters the importance of staying balanced and not rushing to the ball. We're already behind the ball so we don't need to rush out to go get it. Just be ready to hit and swing!



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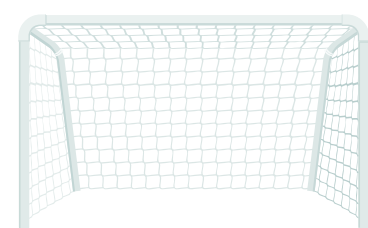


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Equipment Needed:

- Balls (Foam)
- Gloves
- Goal Areas



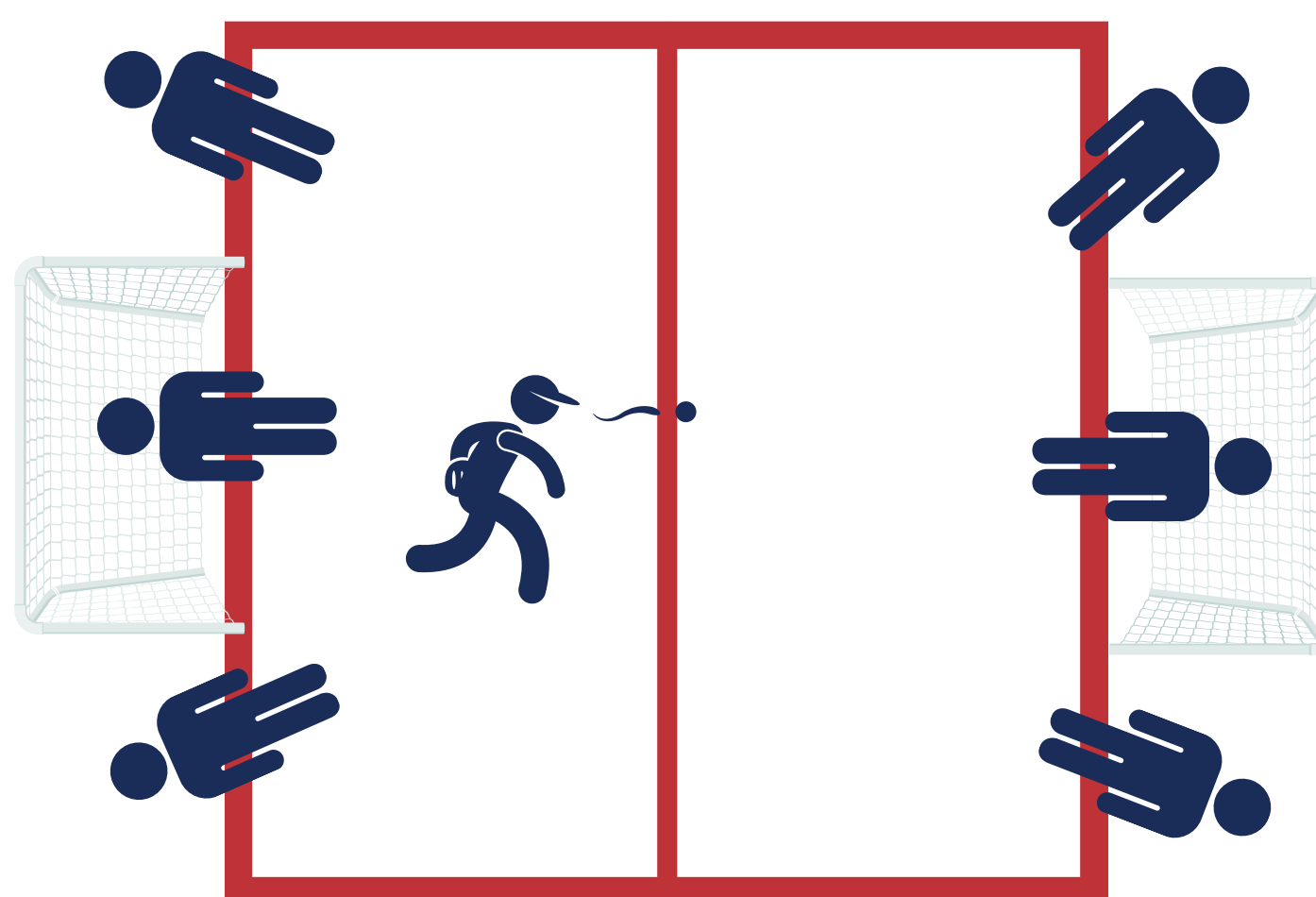
TEAM GAME



SCORE!

Setup:

- Divide the players into two teams, sending one team to half of the playing area and the other half to the opposite area
- Give each team 2-3 foam balls



Instructions:

- On “go”, players must try and throw a groundball into the other teams goal
- Opposing players can field any thrown balls to help defend their goal
- The first team to score goals wins!

FENWAY FUNDAMENTALS

This drill is a great way to put players in a fun and competitive environment that helps them build the basic fundamentals of fielding groundballs. Players will have the best success in defending their goal by staying athletic, low, and ready to field balls out in front with two hands. The same fundamentals that will help them on the field!



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