



# COACH PRACTICE PLAN

## SNAPSHOT

PRACTICE LENGTH: **1 hour 15 Min**

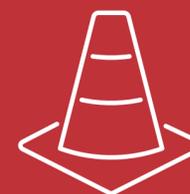
AGE GROUP:

**5-8 years old**

PRACTICE TYPE: **Balanced**

SPORT & LEVEL: **Softball - Introduction**

### RECOMMENDED EQUIPMENT:



### PRACTICE OVERVIEW:

*Warm-up (15 min)*

**Position Fitness**

**Red Light, Green Light**

*Water Break (5 min)*

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

*Hitting (15 min).*

*Positional Breakdown (15 Min Each)*

**Towel Swings**

**Outfield: Beach Ball Circle**

**Infield: Clean Up the Backyard**

*Water Break (5 min)*

*Team Game (15 Min)*

**Hit the Bucket**

*Recap (5 Min)*

---

## COACHES BOX

PRACTICE GOALS:

COACH NOTES:

## Equipment Needed:

- None

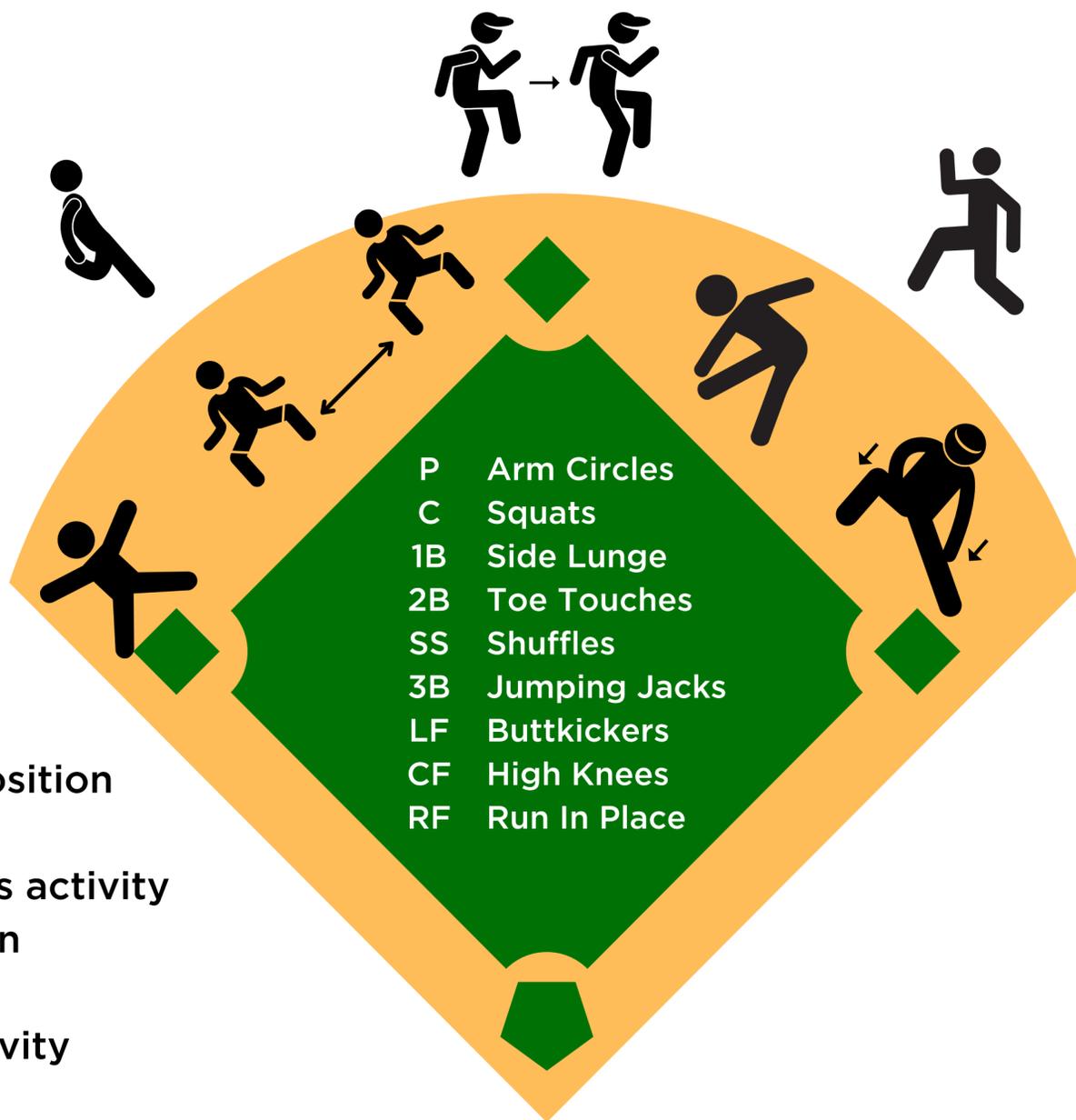
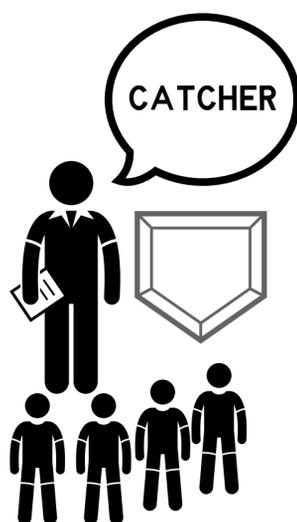
# WARM-UP



## POSITION FITNESS

### Setup:

- Players are split into small groups and paired with a coach



### Instructions:

- Coach brings players to a position
- Coach states/explains the position
- Coach demonstrates a fitness activity that correlates to the position
- Players complete fitness activity
- Visit all positions

## FENWAY FUNDAMENTALS

This drill is a great way to introduce young athletes to each position the diamond. Not only does it simplify the game, but it also gets them up and active by including fitness drills at each position. Be sure to keep the energy up and you can even play music during this activity for to increase the fun!



**RED SOX**  
FOUNDATION

COACHES BOX  
PRESENTED BY



For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)

## Equipment Needed:

- Bases



# BASERUNNING



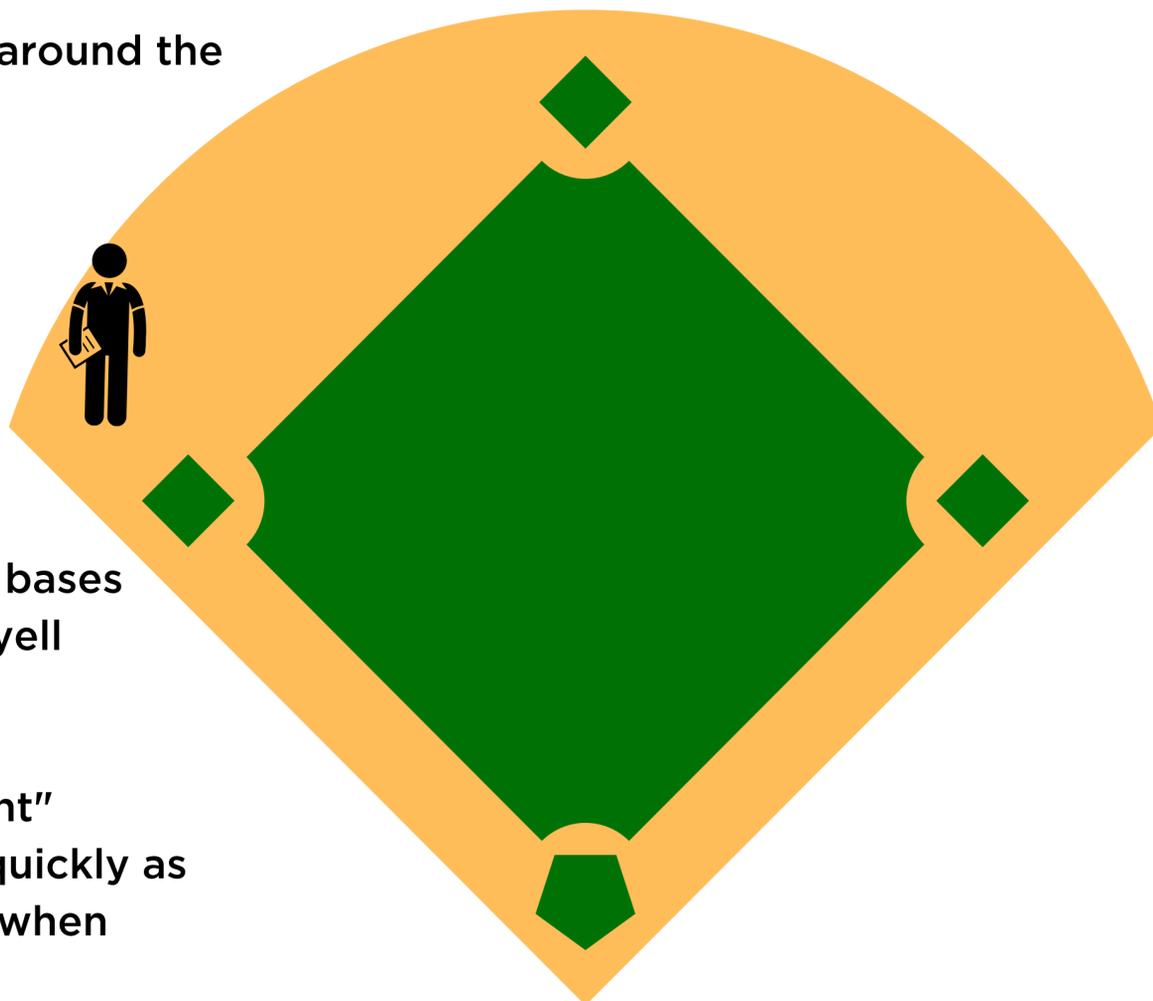
## RED LIGHT, GREEN LIGHT

### Setup:

- All players begin at home plate with a coach standing on either first base or third base line to see the entire field
- Assistant coaches can be around the diamond to help

### Instructions:

- Coach begins by saying "green light"
- Players begin running the bases until they hear the coach yell "red light"
- When coach yells "red light" the players must stop as quickly as they can and begin again when "green light" is yelled
- If a player continues running during a "red light" the coach can send them back to the closest base
- Repeat until a winner crosses home plate



## FENWAY FUNDAMENTALS

Remember to keep the energy fun and exciting. This drill is a great way to introduce the concept of baserunning and get kids moving! If some young athletes struggle with which base to run to, you can place cones at each base to help show them where to run.



RED SOX  
FOUNDATION

COACHES BOX  
PRESENTED BY



For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)

## Equipment Needed:

- Foam/Plastic/Youth Bats
- Towels
- Rubber Bands



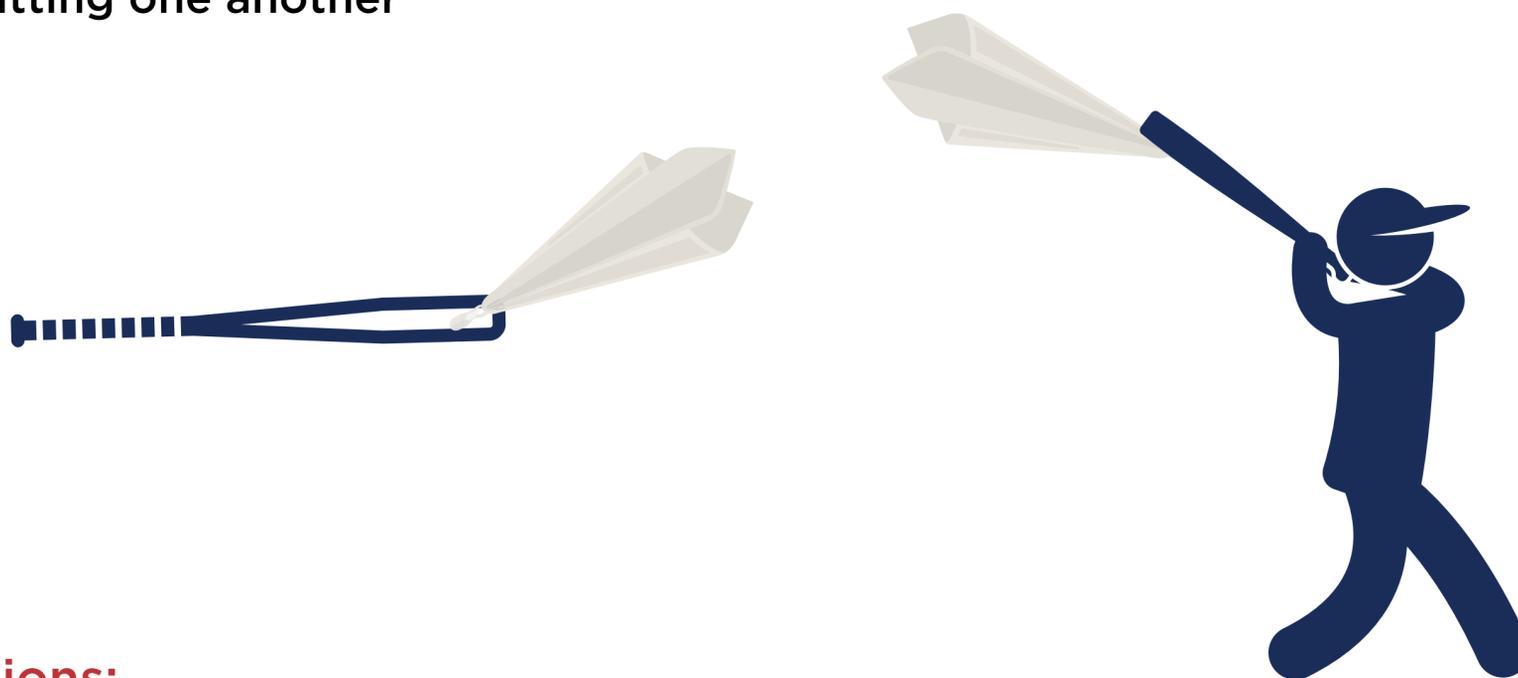
# HITTING DRILLS



## TOWEL SWINGS

### Setup:

- Grab some bats and attach a towel to the barrel of each one with a rubber band so that it hangs off the end of the bat
- Spread out athletes so they have space to swing and aren't in danger of hitting one another



### Instructions:

- Show players how to get into a comfortable and athletic hitting stance
- On your command, say "Ready!" to have players get into a ready hitting position
- Then say "Go!" to indicate to players that they should swing
- Players should work to hear the towel "whoosh" out in front of them and as they finish their swing

## FENWAY FUNDAMENTALS

If players struggle with getting the towel to "whoosh" at the right time, tell them to think of "Turning Their Hips" through the ball. This can help them get their lower body more involved and help the bat stay through the ball longer as many young hitters try to snap their wrists to make contact. We want to simply "Turn Our Barrel" through the hitting zone and use the power from our lower half!



**RED SOX**  
FOUNDATION

COACHES BOX  
PRESENTED BY

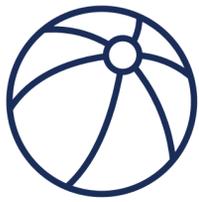


For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)

## Equipment Needed:

- Beach Ball



# POSITION BREAKDOWN



## OUTFIELD: BEACH BALL CIRCLE

### Setup:

- Depending on number of players, make one to two groups and have them circle up



### Instructions:

- Coach starts off hitting (bumping) the volleyball to another player
- That player must work to get underneath the ball and then successfully catch it with two hands
- Once the ball is caught, that player then hits the ball to another player in the circle and the process repeats
- Encourage players to call for the ball and watch the ball all the way into their hands

## FENWAY FUNDAMENTALS

This is a great way to introduce young athletes to the fundamentals of catching a fly ball. Encourage them to say their name out loud when they want to catch the ball ex: "Sarah, Sarah, Sarah!" and run to the spot of the ball. Also remind players the importance of catching and securing the ball with two hands.



RED SOX  
FOUNDATION

COACHES BOX  
PRESENTED BY

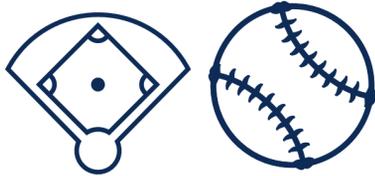


For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)

## Equipment Needed:

- Balls



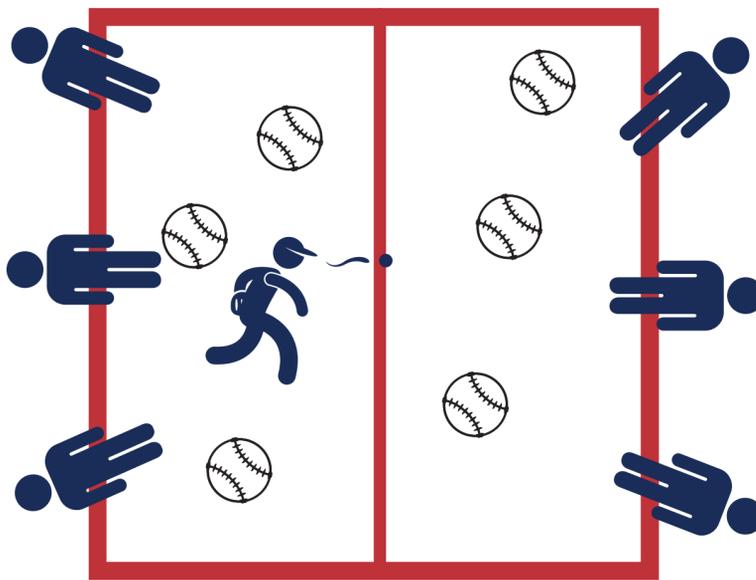
# POSITION BREAKDOWN



## INFIELD: CLEAN UP THE BACKYARD

### Setup:

- Divide the players into two teams, sending one team to half of the playing area and the other half to the opposite area
- Spread out plastic balls and tennis balls all over the entire playing area



### Instructions:

- On “go”, players must stay on their side, pick up the balls one at a time and toss them into the other team’s side or “backyard”
- Players from both sides play until time is called (play for a minute or two, whatever seems appropriate for players)
- Teams collect all of the balls in their “backyard” and count them. Team with least amount of balls in their area, or the cleaner backyard is the winner
- Have players help clean up the game at the conclusion

## FENWAY FUNDAMENTALS

Though this game seems simple on the surface, it's an engaging and fun way to start introducing basic fundamentals of the game. Players will need to athletically move to the ball, field it, and then toss it to the other side. All important elements of the game!



RED SOX  
FOUNDATION

COACHES BOX  
PRESENTED BY



For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)

## Equipment Needed:

- Balls (soft. plastic, or regular)
- Bucket



# TEAM GAME



## HIT THE BUCKET

### Setup:

- Players collect 3-4 balls
- Players create a large circle around a bucket (i.e. players at infield positions or in on the infield grass with the bucket on the pitchers mound)



### Instructions:

- Players take turns, one at a time aiming to throw their ball in the bucket
- If the ball hits the bucket, 1 out is awarded to the group
- If the ball goes inside the bucket, 3 outs are awarded to the group
- Once the team collectively makes 3 outs, the team wins!
- If 3 outs are recorded before everyone has a chance to throw, see how many innings your team can complete with all balls before collecting

## FENWAY FUNDAMENTALS

Encourage your team to cheer each other on as they go. Everyone has to work together to reach the goal of 3 outs, not just one player, so keep the energy fun and supportive! That will make each out recorded that much more exciting!



**RED SOX**  
FOUNDATION

COACHES BOX  
PRESENTED BY



For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)