

**Membership
Package
Year 2**

Practice Plans & Drills



**NATIONAL FASTPITCH
COACHES ASSOCIATION**

Powered by:



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Practice Plan Introduction

The Practice Plans in this document will all follow the same format to make it easier for you to understand the specific Focus or purpose for each practice, know the Duration or how long each one will last, the Equipment you'll need to conduct each practice, the number of Coaches recommended to conduct each specific practice, and the specific Drills involved.

Each Practice Plan will include two parts:

- 1** The actual **Practice Plan** - which will list all the skills covered within the practice, the amount of time for each skill, the drills or activities within each skill and a physical diagram or layout when needed.
- 2** A **Practice Plan Explanation** page – which will explain in greater detail every part of the practice by an easy-to-follow numbering system. The **BIG red numbers** on the Explanation page correspond to a red numbered skill area on the Practice Plan.

It's all going to look like this:

Practice Plan

Practice Plans & Drills
Membership Package Year 2

NATIONAL FASTPITCH
COACHES ASSOCIATION

Practice Plan 001

Practice Summary

Practice Number	001
Practice Focus	Game Strategy
Duration	2.0 Hours
Equipment Needed	1. 1 Base 2. 1 Softball 3. 1 Softball Glove 4. 1 Softball Bat 5. 1 Softball Field 6. 1 Softball Field Diagram
Coaches	10 Coaches Recommended
Drills Involved	Set Points (VIDEO DRILL), Drill 001 – Rapid Fire, Drill 002 – Triangle, Drill 004 – 4 Part Setting Practice, Drill 005 – Home or Second

- 1** Warmup (20 minutes): Drill 002 – Set Points (VIDEO DRILL) followed by your team warming up throwing.
- 2** Throwing & Fielding (20 minutes): If does Drill 002 – Rapid Fire (on page 24) while Dr 003 – Triangle (on page 25).
- 3** Hitting & Base Running (40 minutes): 4 Part Setting Practice (on page 20).
- 4** Game Strategy (30 minutes): Drill 005 – Home or Second (on page 20).

NOTE: Pitching & Catching (45 minutes): In order to work within the practice plan, it's work on pitching then high & low pitches followed by their inside & outside pitches, 2 of each, then 1 each – 3 times through. Or work on giving signals & timing.

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Explanation Page

Practice Plans & Drills
Membership Package Year 2

NATIONAL FASTPITCH
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Practice Plan 001: Explanation

- 1** Warmup (20 minutes): The first part of this practice is a 20 minute Warmup that will involve the Drill 002 – Set Points (VIDEO DRILL). This drill can be done on any part of the field, but is best done with a fence or permanent object for both lines to touch like the backstop, dugout or side fence. After Set Points, let everyone catch their breath and then have them get their gloves and split into pairs to begin warming up throwing.
- 2** Throwing & Fielding (20 minutes): This part of practice involves the infielders splitting off and doing the Drill 002 – Rapid Fire (on page 24) somewhere in the infield, while the Outfielders split off and do the Drill 003 – Triangle (on page 25) in the grass somewhere. Each group should have a coach with it to ensure the best outcome. Instead of doing both of these drills until the players "get it right", stick to the 20 minute time frame allotted. This is the practice on track! Have your pitchers and catchers go with the infielders and work on their fielding skills.
- Take a water break following the Throwing and
- 3** Hitting & Base Running (40 minutes): There is no matter how many players you have, it takes 40 minutes to do the drill as you split your team into 4 groups and then rotation 1 group on in, 1 group on the bases for Base Running, 1 group in the outfield to be the **Stops**, 1 group off your field somewhere to be the hitters. This last group will work on 4 different drills that you've picked out ahead of time from the Hitting Drills about that comes with your NFCA membership. Every group stays at their station for 10 minutes, making sure each player gets a chance to rotate in. Within the 20 minutes us, each group rotates to the right.
- 4** Game Strategy (30 minutes): You'll close out this practice by doing the Drill 005 – Home or Second (on page 20). This drill involves decision-making in a game-like environment. Be sure to rotate players into different defensive positions in addition to letting them all take turns at being batters.

NOTE: The Pitchers and Catchers portion of practice will take about 45 minutes and can happen at any point within the practice. It doesn't have to happen before or after practice but can fit that extra beat time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can make. Their workout will consist of the Pitchers throwing 2 of each of their high pitches and 2 of each of their low pitches, followed by 1 of each high pitch and 1 of each low pitch.

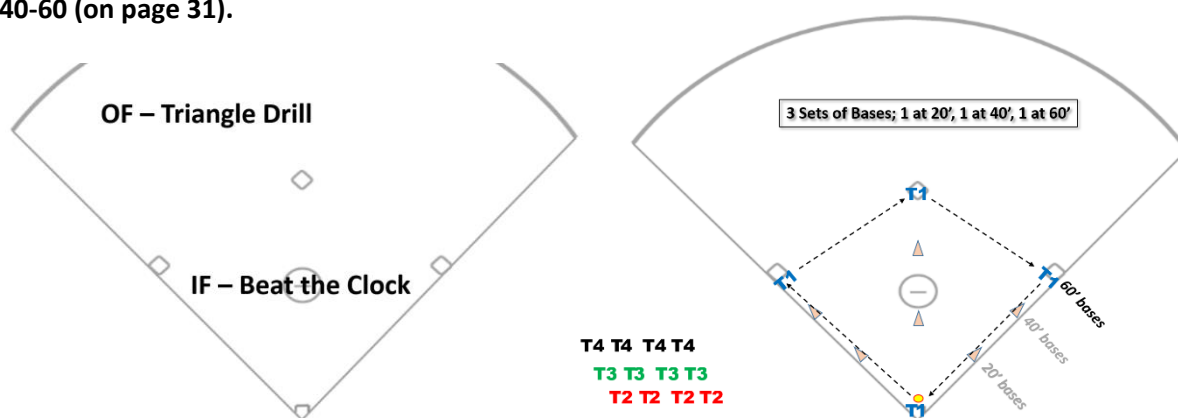
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Practice Plan 010

Practice Summary

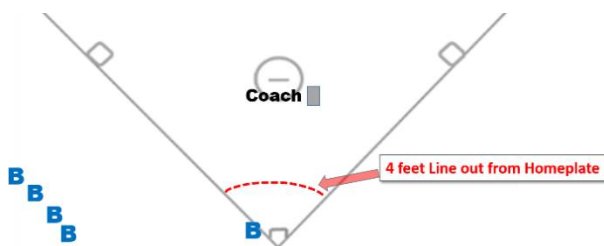
Practice Number	010				
Practice Focus:	Competition				
Duration	2.0 Hours				
Equipment Needed	4	Bases	3	Bucket - Empty	<input checked="" type="checkbox"/> Gloves
	<input checked="" type="checkbox"/>	Bat(s)	2	Bucket of Balls	<input checked="" type="checkbox"/> Helmets
	5	Batting T	3	Cones	1 Protective Screen
	Your # of batting T's will depend on # of T drills you'll use during Hitting section				
Coaches:	2 Coaches Recommended				
Drills Involved:	Drill 045 – 2 Minute Bunts, Drill 042 – 20-40-60, Drill 041 – 2 For You, Drill 036 – Beat the Clock, Drill 004 - 4 Part Batting Practice (Yr1), Drill 003 - Triangle (Yr1)				

- 1 Warmup (20 minutes):** Have your team jog and stretch and then do your favorite warmup drill, followed by warming up their arms throwing.
- 2 Throwing & Fielding (20 minutes):** IF does **Drill 036 – Beat the Clock (on page 19)** while OF does **Drill 003 - Triangle (page 31 – Yr1)**. The IF & OF will then get together and compete in **Drill 042 – 20-40-60 (on page 31)**.



5-minute water break

- 3 Hitting & Baserunning (40 minutes):** Drill 004 - 4 Part Batting Practice (page 33 – Yr1)
- 4 Competitive Game (40 minutes):** Practice will finish with the entire team competing in **Drill 045 – 2 Minute Bunts (on page 34)**.



NOTE: Pitching & Catching (45 minutes whenever it works within the practice plan) – Pitchers warm up and then compete in the **Drill 041 – 2 For You (on page 29)**.

Practice Plan 010 Explanation

- 1 Warmups (20 minutes):** The first part of this practice is a 20-minute Warmup that will involve your team doing a light jog to get themselves warm, followed by some stretching and then let everyone catch their breath, get their gloves and split into pairs to begin warming up throwing. Feel free to replace the jog and stretch with one of your favorite Warmup drills.
- 2 Throwing & Fielding (25 minutes):** This part of practice will focus on Throwing & Fielding and will involve 2 parts; in the first part the Infielders splitting off and do the **Drill 036 – Beat the Clock (on page 19)** in the infield, while the Outfielders split off and do the **Drill 003 - Triangle Drill (page 31 – Yr1)** in the outfield someplace. Each group should have a coach with it to ensure the best outcome. This portion will last for 15 minutes. The 2nd part of Throwing & Fielding will involve the Infielders and Outfielders coming together and forming teams of 4 to compete in the **Drill 042 – 20-40-60 (on page 31)** for the remaining 10 minutes within this portion of practice.

Take a 5-minute water break following the Hitting & Baserunning section.

- 3 Hitting & Baserunning (40 minutes):** The Hitting & Baserunning portion of practice will last 40 minutes and will involve the **Drill 004 - 4 Part Batting Practice drill (on page 33 – Yr1)**. No matter how many players you have on your team, it takes 40 minutes to do this drill so that every player gets a chance at each of the 4 stations. You'll split your team into 4 groups and then station 1 group on the field for Live hitting, 1 group on the bases for Baserunning, 1 group in the outfield to be the Shaggers, and 1 group off your field someplace to be the Hitters. The Hitters group will work on 4 different drills that you've picked out ahead of time from the *Hitting Drills eBook that came with your Year 1 NFCA membership*. Every group stays at their station for 10 minutes, making sure each player gets a chance to rotate in. When the 10 minutes is up, each group rotates to the right.
- 4 Competitive Game (40 minutes):** The Competitive Game section of practice will involve 40 minutes of the entire team competing in a drill called **Drill 045 – 2 Minute Bunts (on page 34)**. This drill involves the ability to successfully bunt under the pressure of both the clock (2 minutes) as well as trying to beat your teammates with your total number of successful bunts. Even though players only go one-at-a-time this drill is fast-paced and moves quickly!

NOTE: The Pitcher's and Catcher's portion of practice will take about 45 minutes and can happen at any point within this practice -It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and

catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. Their workout will consist of the **Pitchers** warming up and then competing in **the Drill 041 – 2 For You (on page 29)**.

Practice Plan 011

Practice Summary

Practice Number	011					
Practice Focus:	Competition					
Duration	2.0 Hours					
Equipment Needed	Qty	Bases	5	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	5	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	3	Batting T	Qty	Cones	1	Protective Screen
Coaches:	3 Coaches Recommended					
Drills Involved:	Drill 047 – Thunderball Tourney, Drill 043 – Catch or Bunt, Flip Dives (VIDEO DRILL), - Bat Sprints (VIDEO DRILL - Yr1), Drill 007 - Zig-Zag (Yr1), Drill 027 - Fielding Ball Blast (Yr1), Drill 029 - 4 Step Bunting (Yr1), Drill 014 - First to 10 (Yr1)					

1 Warmup (20 minutes): Drill 002 - Bat Sprints (VIDEO DRILL – Yr1) followed by your team throwing to finish warming up.

2 Throwing & Fielding (25 minutes): Entire team will do Drill 007 - Zig-Zag (page 39 – Yr1) followed by Drill 027 - Fielding Ball Blast (page 64 – Yr1).

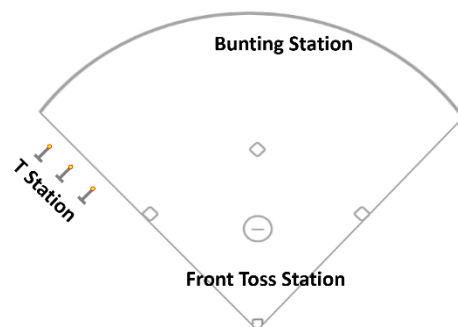
5-minute water break

3 Hitting & Bunting (30 minutes): Your team will split into 3 groups and each group will rotate through 3 stations; the T station where they will do 3 Hitting Drills from the *Hitting Drills eBook that came with your Year 1 NFCA Membership*, the Front Toss station, and the Bunting Station where they will do **Drill 029 - 4 Step Bunting (on page 68 - Yr1)** followed by the **Drill 043 – Catch or Bunt (on page 33)**. Each group stays at their station for 10 minutes and then rotates to the next station.

5-minute water break

4 Competitive Game (40 minutes): Your entire team will compete in the **Drill 047 – Thunderball Tourney (on page 37)**.

NOTE: Pitching & Catching (45 minutes) whenever it works best within your practice). The Pitchers will warmup and then alternate pitching 2 of each of their pitches followed by 1 of each and then they'll



compete in the **Drill 014 - First to 10 Game (page 46 – Yr1)**. They'll end with the Pitchers doing the **Drill 044 - Flip Dives Drill (VIDEO DRILL)** with the catchers.

Practice Plan 011 Explanation

- 1 Warmups (20 minutes):** The first part of this practice is a 20-minute Warmup that will involve your team doing **Drill 002 - Bat Sprints (VIDEO DRILL – Yr1)** to warmup. Let everyone catch their breath, get their gloves and split into pairs to begin warming up their arms by throwing.
- 2 Throwing & Fielding (25 minutes):** Entire team will split into 2 lines and do **Drill 007 - Zig-Zag (page 39 – Yr1)** for 10 minutes followed by **Drill 027 - Fielding Ball Blast (page 64 – Yr1)**.

Take a 5-minute water break following the Throwing & Fielding section.

- 3 Hitting & Bunting (30 minutes):** Split your team into 3 groups; one group will go to the T station where they will do 3 Hitting Drills you select from the *Hitting Drills eBook that came with your year 1 NFCA membership*, one group will go to the Front Toss station where they will get 5 pitches/tosses and then rotate through as many rounds as they can get in in 10 minutes (make sure the tosser has a protective screen in front of her/him and a full bucket of balls. When that bucket is empty all hitters at that station will run out and fill up the empty bucket and quickly resume), and the 3rd group goes to the Bunting Station where they will do **Drill 029 - 4 Step Bunting (page 68 – Yr1)** followed by the **Drill 043 – Catch or Bunt (on page 33)**. Each group stays at their station for 10 minutes and then rotates to the next station – completing all 3 stations within the 30 minutes allowed.

Take a 5-minute water break following the Throwing & Fielding section.

- 4 Competitive Game (40 minutes):** The Competitive Game section of practice will involve 40 minutes of the entire team competing in **Drill 047 – Thunderball Tourney (on page 37)**. This drill involves teamwork, the ability to throw and catch under pressure, Baserunning and hitting all within the setting of a do-or-die tournament.

NOTE: The **Pitcher's and Catcher's** portion of practice will take about 45 minutes and can happen at any point within this practice - It doesn't have to happen before or after practice, you'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not. This workout will consist of the **Pitchers** warming up and then alternate pitching 2 of each of their pitches followed by 1 of each and repeating this pattern for 15 to 20 minutes. Then they'll compete in the **Drill 014 - First to 10 Game (page 46 – Yr1)**, never throwing a repeat pitch and throwing a changeup

every other pitch. Pitching & Catching practice will end with the Pitchers doing the **Drill 044 - Flip Dives Drill (VIDEO DRILL)** with the catchers.

Practice Plan 012

Practice Summary

Practice Number	012					
Practice Focus:	Fundamentals					
Duration	2.0 Hours					
Equipment Needed	Qty	Bases	6	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	6	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	4	Batting T	Qty	Cones	1	Protective Screen
Coaches:	2 Coaches Recommended					
Drills Involved:	Drill 037 – Up-Backs, Drill 046 – Forehands-Backhands, Drill 032 - Base Bash (Yr1), 4 Skill Drill (VIDEO DRILL), Drill 018 - Triangle-Square (Yr1), Flip Dives (VIDEO DRILL), Drill 041 – 2 For You					

1 Warmup (20 minutes): Have your team do **Drill 032 - Base Bash** (page 71 – Yr1) to warmup followed by them throwing to warm up their arms.

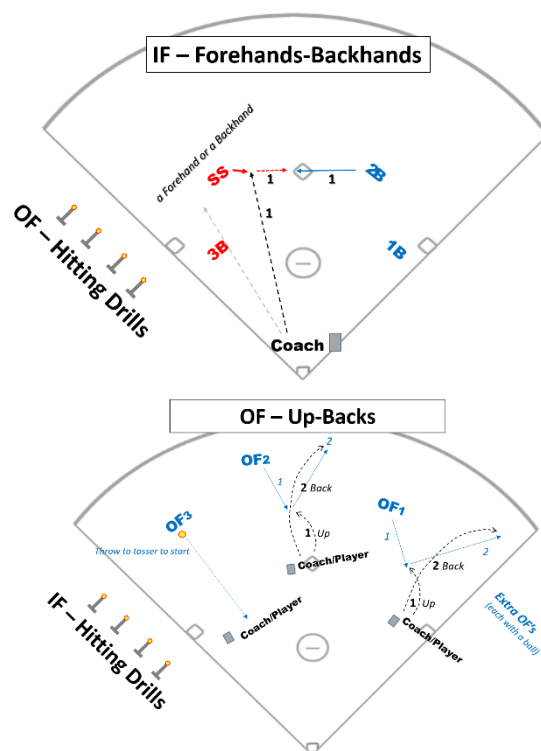
2 Throwing (25 minutes): Your whole team will do **Drill 018 - Triangle-Square** (on page 50 – Yr1).

3 Fielding & Hitting (40 minutes): Split your team up into Outfielders (OF) and Infielders (IF). For the first 20 minutes the IF's will do **Drill 046 – Forehands-Backhands** (on page 35) on the infield area while the OF's split up into 4 groups and select 4 hitting drills out of the *Hitting Drills eBook that came with your Year 1 NFCA membership*. For the second 20 minutes, the IF's will go to the hitting drills stations and the OF's will do **Drill 037 – Up-Backs** (on page 21) in the outfield.

5-minute water break

4 Baserunning (30 minutes): Your entire team will split up into 5 different groups and all do the **Drill 035 - 4 Skill Drill (VIDEO DRILL)**.

NOTE: Pitching & Catching (45 minutes) whenever it works best within your practice). The Pitchers should warmup all of their pitches and then compete in the **Drill 041 – 2 For You** (on page 29). Pitcher & Catcher practice will end with the Pitchers doing the **Drill 044 - Flip Dives Drill (VIDEO DRILL)** with the catchers.



Practice Plan 012 Explanation

- 1 Warmups (20 minutes):** The first part of this practice is a 20-minute Warmup that will involve your team doing **Drill 032 - Base Bash (Page 71 – Yr1)** to warmup. Let everyone catch their breath, get their gloves and split into pairs to begin warming up throwing.
- 2 Throwing (25 minutes):** Your entire team will then do the **Drill 018 - Triangle-Square Drill (Page 50 – Yr1)** for 20 minutes. Be sure to go slow if your team is struggling to understand or do this drill.
- 3 Fielding & Hitting (40 minutes):** Split your team up into Outfielders (OF) and Infielders (IF). For the first 20 minutes the IF's will do **Drill 046 – Forehands-Backhands (on page 35)** on the infield area while the OF's split up into 4 groups and select 4 hitting drills out of the *Hitting Drills eBook that came with your Year 1 NFCA membership*. For the second 20 minutes, the IF's will go to the hitting drills stations and the OF's will do **Drill 037 – Up-Backs (on page 21)** in the outfield.

5-minute water break
- 4 Baserunning (30 minutes):** Split your team up into 5 groups and station 1 group at each of the 5 different stations in the **Drill 035 - 4 Skill Drill (VIDEO DRILL – Yr1)**. Make sure everyone has their gloves lined up along the leftfield line along with a full and empty bucket for flyballs. All players should have their helmets on during this drill since players run bases in their helmets.

NOTE: The **Pitcher's and Catcher's** portion of practice will take about 45 minutes and can happen at any point within this practice - It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. Their workout will consist of the **Pitchers** warming up and then alternate pitching 2 of each of their pitches followed by 1 of each and repeating this pattern for 15 to 20 minutes. Then they'll compete in the **Drill 014 - First to 10 Game (Page 46 – Yr1)**, never throwing a repeat pitch and throwing a changeup every other pitch. Pitching & Catching practice will end with the Pitchers doing the **Drill 046 - Flip Dives Drill (VIDEO DRILL)** with the catchers.

Practice Plan 013

Practice Summary

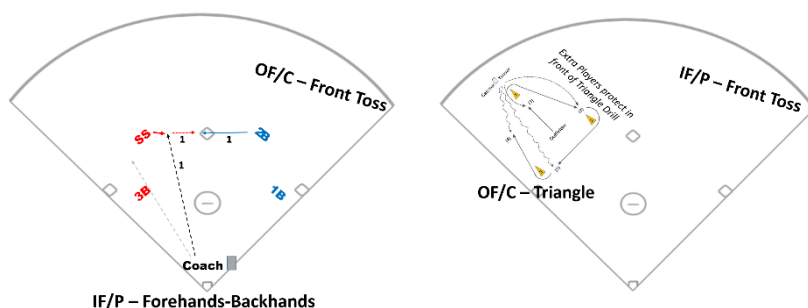
Practice Number	013					
Practice Focus:	Fundamentals					
Duration	2.0 Hours					
Equipment Needed	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/>	Bat(s)	2	Bucket of Balls	<input type="checkbox"/>	Helmets
	Qty	Batting T	6	Cones	1	Protective Screen
	Plus a pitching machine (if you have one) and The Anywhere Balls (link)					
Coaches:	2 Coaches Recommended					
Drills Involved:	Drill 039 – Machine Tags, Drill 042 – 20-40-60, Drill 040 – Pitching Sprints, Drill 006 – 8 Minutes (Yr1), Drill 031 – Scatter (Yr1), Drill 003 – Triangle (Yr1), Drill 046 – Forehands-Backhands					

1 Warmup (20 minutes): Have your team start by doing Drill 006 - 8 Minutes (page 37 – Yr1) followed by your team throwing to finish warming up.

2 Throwing (20 minutes): Your entire team will do the Drill 042 – 20-40-60 (on page 31).

5-minute water break

3 Fielding & Hitting (40 minutes): Split your team up into 2 groups; 1 groups is Outfielders and Catchers (OF/C) and the other group is Infielders and Pitchers (IF/P). The IF/P group will do Drill 046 – Forehands-Backhands (on page 35) while the OF/C group will do front toss using [The Anywhere Ball](#). After 20 minutes the OF/C group will do Drill 003 - Triangle (page 31 – Yr1) while the IF/C group moves to Front Toss for the last 20 minutes.



5-minute water break

4 Baserunning (20 minutes): Your entire team will then do Drill 039 – Machine Tags (on page 25) working on their Baserunning rules and lead-offs.

- 5** **Game Strategy (15 minutes):** Your team will finish practice by doing 15 minutes of **Drill 031 - Scatter** (page 70 – Yr1).

NOTE: Pitching & Catching (45 minutes whenever it works best within your practice). The Pitchers will start their practice by doing 8, **Drill 040 – Pitching Sprints (on page 27)** and then do their pitching workout. This will help improve their focus and endurance.

Practice Plan 013 Explanation

- 1** **Warmups (20 minutes):** The first part of this practice is a 20-minute Warmup that will involve your team doing **Drill 006 - 8 Minutes (page 37 – Yr1)** to warmup. Let everyone catch their breath and then get their gloves and split into pairs to begin warming up throwing.
- 2** **Throwing (25 minutes):** Have your whole team split up into teams of 4 and then compete in the **Drill 042 – 20-40-60 (on page 31)** for 20 minutes. The top 2 teams with the fastest times will compete against each other in the Finals and the winning team is the Champion!

5-minute water break

- 3** **Fielding & Hitting (40 minutes):** Divide your team into 2 groups; the Outfielders and Catchers (OF/C) and Infielders and Pitchers (IF/P). For the first 20 minutes the IF/P group will head to the infield area where they will do the **Drill 046 – Forehands-Backhands (on page 35)** while the OF/C groups heads out to your outfield where they will work on hitting from front toss. It's best to use [The Anywhere Ball](#) during this front toss as they are safe and yet can travel farther than a whiffle ball. (Whiffle balls will work if you don't have The Anywhere Ball). After 20 minutes the groups will switch and for the last 20 minutes the IF/C will hit front toss with [The Anywhere Ball](#) while the OF/C will do the **Drill 003 -Triangle Drill (page 31 – Yr1)** in the outfield – far away from the front toss drill. Extra players can help protect the Triangle group from any stray balls from the hitters. Make sure that each player in both groups gets equal time within their particular drill.

5-minute water break

- 4** **Baserunning (20 minutes):** After a short water break, your whole team will do **Drill 039 – Machine Tags (on page 25)**. This drill optimally requires a pitching machine that swivels, but can be done with a coach hitting flyballs (fungos) if you don't have a pitching machine. The key is to pitch or hit various types of balls to the outfield in order to let the runners on every base practice the different lead-offs based on where, how far or how close the ball was hit to them.

5 **Game Strategy (20 minutes):** Practice will wrap up with the **Drill 031 - Scatter Drill (page 70 – Yr1)**. This is a great time to have players practice their primary position as well as their secondary positions. Go through the drill a couple times within the 15-minute slot.

NOTE: The **Pitcher's and Catcher's** portion of practice will take about 45 minutes and can happen at any point within this practice - It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. Their workout will begin with all of them doing 8, **Drill 040 – Pitching Sprints (on page 27)** to their catchers with the loser doing 1 more. After catching their breaths have them throw 2 of each different pitch followed by 1 of each pitch. This workout will be much harder because of how tired they are but it's a great chance for them to see how fatigue weakens them physically AND mentally.

Practice Plan 014

Practice Summary

Practice Number	014					
Practice Focus:	Game Strategy					
Duration	2.0 Hours					
Equipment Needed	Qty	Bases	Qty	Bucket - Empty	<input type="checkbox"/>	Gloves
	<input type="checkbox"/>	Bat(s)	Qty	Bucket of Balls	<input type="checkbox"/>	Helmets
	Qty	Batting T	Qty	Cones	Qty	Protective Screen
Coaches:	2 Coaches Recommended					
Drills Involved:	Drill 039 – Machine Tags, Drill 038 – Run & Gun, Drill 024 – Balled Up Relays (Yr1), Drill 022 – Race to First (Yr1), Drill 012 – RBI (Yr1), Drill 041 – 2 For You, Drill 015 – Lie Downs (Yr1)					

1 Warmup (20 minutes): Start warmups with your favorite warmup drill. Follow that by having your team throw to warm up their arms.

2 Fielding & Throwing (25 minutes): Depending on the size of your team, split your team up into groups of 3 or 4 and have them first compete in **Drill 024 - Balled Up Relays (page 60 – Yr1)** followed by the Infielders (including Pitchers & Catchers) doing the **Drill 038 – Run & Gun (on page 23)** while the Outfielders serve as runners.

5-minute water break

3 Baserunning & Hitting (40 minutes): First your entire team will do **Drill 039 – Machine Tags (on page 25)** followed by everyone doing **Drill 022 - Race to First (page 57 – Yr1)** off of front toss.

5-minute water break

4 Game Strategy (25 minutes): Your team will finish practice with the **Drill 012 - RBI Drill (page 44 – Yr1)**.

NOTE: Pitching & Catching (45 minutes) whenever it works best within your practice). The Pitchers will warmup followed by 10 minutes of alternating High, Low, Inside and Outside– repeating that as many times as possible within 10 minutes. One of those pitches must be a changeup each time through the cycle. When this is complete the pitchers will then do **Drill 041 – 2 For You (on page 29)** and then do **Drill 015 - Lie Downs (page 47 – Yr1)** with the catchers.

Practice Plan 014 Explanation

- 1 Warmup (20 minutes):** Start warmups with your favorite warmup drill. This can be either your personal favorite or your team's favorite, it doesn't matter. Follow that by having your team throw to warm up their arms.
- 2 Fielding & Throwing (25 minutes):** Depending on the size of your team, split your team up into groups of 3 or 4 and have them first compete in **Drill 024 - Balled Up Relays (page 60 – Yr1)** followed by the Infielders (including Pitchers & Catchers) doing the **Drill 038 – Run & Gun (on page 23)** while the Outfielders serve as runners. Remember to only use 2 balls and have the runners just run to 1st base when the 2nd and 1st basemen do this drill.

5-minute water break

- 3 Baserunning & Hitting (40 minutes):** Your whole team will do **Drill 039 – Machine Tags (on page 25)** followed by everyone doing **Drill 022 - Race to First (page 57 – Yr1)** off of front toss. While the description of **Race to First** says this drill is done using a ball on a T, always know you can alter and adjust drills to meet your team's need. In this case you are trying to combine Hitting and Baserunning so to do that have someone in front of the hitters with a protective screen tossing front toss. The drill starts when the hitter hits the ball.

5-minute water break

- 4 Game Strategy (25 minutes):** Your team will finish practice with everyone doing the **Drill 012 – RBI (page 44 – Yr1)**.

NOTE: The **Pitcher's and Catcher's** portion of practice will take about 45 minutes and can happen at any point within this practice - It doesn't have to happen before or after practice but it can if that's the best time for these players to get in their workout. You'll make that decision based on whether your pitchers and catchers need to be involved in the different drills you have scheduled today and if not, which drills they can miss. The Pitchers & Catchers workout begins with them warming up followed by 10 minutes of alternating High Pitch, Low Pitch, Inside Pitch and Outside Pitch – repeating that as many times as possible within 10 minutes. One of those pitches must be a changeup each time through the cycle. When this is complete the pitchers will then do **Drill 041 – 2 For You (on page 29)** followed by the Pitchers taking the Catchers through **Drill 015 -Lie Downs (page 47 – Yr1)**.

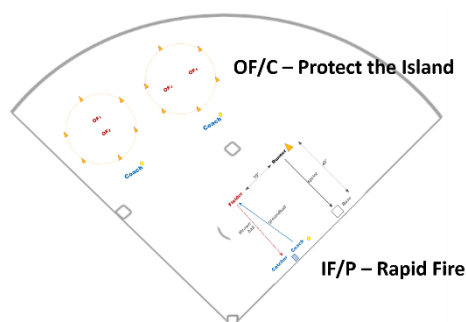
Practice Plan 015

Practice Summary

Practice Number	015					
Practice Focus:	Game Strategy					
Duration	2.5 Hours					
Equipment Needed	4	Bases	4	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	4	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	Qty	Batting T	10	Cones	1	Protective Screen
	Catchers need their catching gear					
Coaches:	2 Coaches Recommended					
Drills Involved:	Drill 010 – Protect the Island (Yr1), Drill 001 – Rapid Fire (Yr1), Drill 039 – Machine Tags, Drill 033 – Double Downs (Yr1), Drill 023 – Last Player Standing (Yr1), Drill 004 – 4 Part Batting Practice (Yr1), Drill 006 – 8 Minutes (Yr1)					

1 Warmup (20 minutes): Start warmups with **Drill 006 - 8 Minutes (page 37 – Yr1)** followed by having your team throw to warm up their arms.

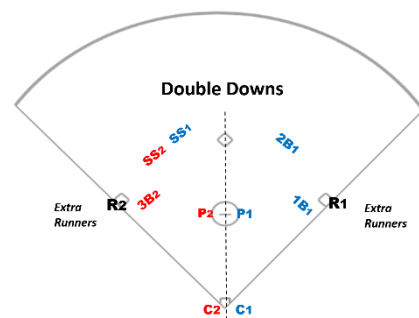
2 Fielding (40 minutes): The Fielding portion of practice will be divided into 2 20 minute parts. The first 20 minutes will involve splitting your team up into 2 groups: Infielders (including Pitchers) IF/P and Outfielders and Catchers (OF/C). The IF/P group will do **Drill 001 - Rapid Fire (page 29 – Yr1)** while the OF/C group does **Drill 010 - Protect the Island (page 41 – Yr1)**.



The second 20-minute portion of Fielding will involve the entire team getting together to do Drill 033 - **Double Downs (page 73 – Yr1)**.

5-minute water break

3 Hitting (50 minutes): The first 40 minutes of this Hitting section will involve your team splitting up into 4 groups and doing the **Drill 004 - 4 Part Batting Practice (page 33 – Yr1)**, followed by 10 minutes of your team competing in the **Drill 023 - Last Player Standing (page 59 – Yr1)**.



5-minute water break

- 4 Baserunning & Game Strategy (25 minutes):** The final 25 minutes of practice will involve your team doing **Drill 039 – Machine Tags (on page 25)**.

NOTE: Pitching & Catching (40 minutes whenever it works best within your practice). The Pitchers will warmup all of their pitches and then alternate throwing a changeup in between each of their different pitches. They will do this for 10 minutes and then practice Intentional Walks and Pitchouts with their Catchers. This includes getting the signal for each one followed by the actual pitch execution.

Practice Plan 015 Explanation

- 1 Warmup (20 minutes):** Start warmups with 8, **Drill 008 - Minutes Drill (page 37 – Yr1)** followed by having your team throw to warm up their arms.
- 2 Fielding & Throwing (40 minutes):** The Fielding portion of practice will be divided into 2, 20-minute parts. The first 20 minutes will involve splitting your team up into 2 groups: Infielders (including Pitchers) IF/P and Outfielders and Catchers (OF/C). The first half of the Fielding section will involve the IF/P group doing **Drill 001 - Rapid Fire (page 29 – Yr1)** someplace on your infield to allow the infielders to field groundballs on the dirt while the OF/C group does **Drill 010 - Protect the Island (page 41 – Yr1)**. Be sure to have your Catchers have their equipment on while doing this drill to help them get used to moving, sprinting and diving in their shin guards, chest protector as well as how to quickly get rid of their mask!

The second 20-minute portion of Fielding will involve the entire team getting together to do **Drill 033 - Double Downs (page 73 – Yr1)** and practicing rundowns. Have your players switch sides of the field at the 10-minute mark to ensure every player gets work on both sides of the field as well as allowing fielders to run and runners to field.

5-minute water break

- 3 Hitting (50 minutes):** The first 40 minutes of this Hitting section will involve splitting your team up into 4 groups and doing the **Drill 004 - 4 Part Batting Practice (page 33 – Yr1)**. Follow this with 10 minutes of your team competing in the **Drill 023 - Last Player Standing (page 59 – Yr1)**. These 2 drills have VERY different focus – the **4 Part Batting Practice** helps players get lots of hitting repetition, while the **Last Player Standing** helps them practice the game-hitting concept of making it count on 1 swing. Explaining that the **Last Player Standing** is hard and is designed to imitate game pressure and help them get better – this will help your players handle the frustration better.

5-minute water break

4 Baserunning & Game Strategy (25 minutes): The final 25 minutes of practice will involve your team doing the **Drill 039 – Machine Tags (on page 25)** to help them work together and make good Baserunning decisions.

NOTE: Pitching & Catching (40 minutes whenever it works best within your practice). The Pitchers will warmup all of their pitches and then alternate throwing a changeup in between each of their different pitches. They will do this for 10 minutes and then practice Intentional Walks and Pitchouts with their Catchers. This includes getting the signal for each one followed by the actual pitch execution.

Drill 036 – Beat the Clock

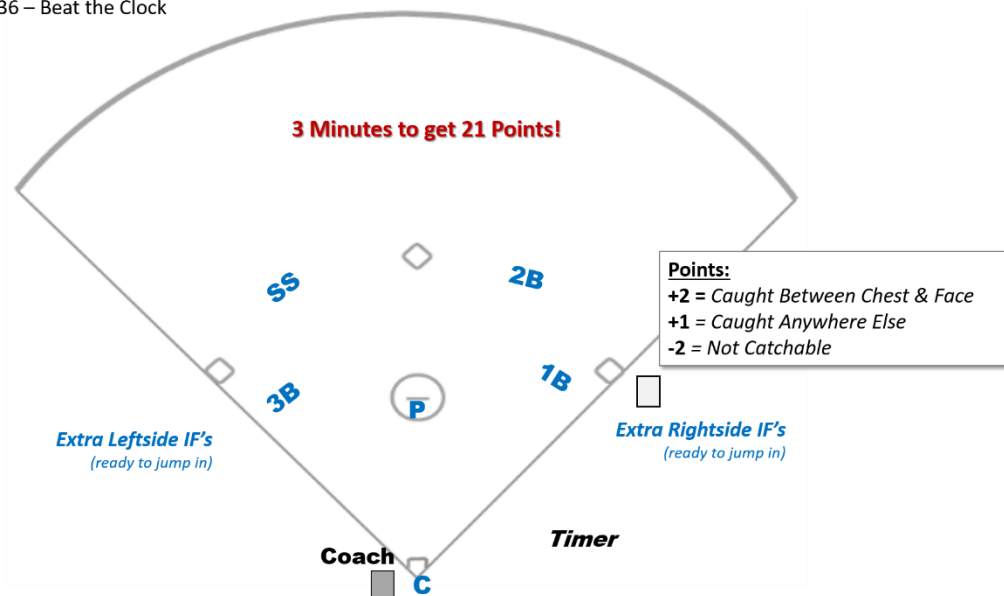
Drill Summary

Drill Nbr - Name	036 – Beat the Clock					
Focus:	<input type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing		
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup		
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding			
	<input checked="" type="checkbox"/> Competition	<input checked="" type="checkbox"/> Infield	<input type="checkbox"/> Team Defense			
Time:	Less than 10 Minutes					
Purpose:	Focusing on accuracy while having to make throws under pressure					
Equipment:	3	Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input type="checkbox"/>	Helmets
	Qty	Batting T	Qty	Cones	Qty	Protective Screen
	Will need a stopwatch					
Space Required:	Infield or Gym					
Min # of Players:	6 Players					

Drill Setup

This drill involves your infielders, both starting infielders as well as players who play infield as either their second or third position. Have one infielder go to each infield position – including a Pitcher and a Catcher. All players have their gloves on. Position a coach at homeplate with a bat and a bucket of balls. All the extra infielders are off to the side: right side infielders (2nd base, 1st base, Pitcher) are off to the side near 1st base, while all the left side infielders (3rd base, Shortstop, Catcher) are off to the side near

D036 – Beat the Clock



3rd base.

How the Drill Works:

- This is a throwing accuracy drill in a competitive setting.
- The Coach starts the drill by hitting a groundball to any Infielder who fields the ball and throws to 1st base. The Timer starts their stopwatch as soon as the Coach hits the first ball (and then stops it a 3 minutes).
- Infielders get points based on the accuracy of their throws:
 - **+2 = A throw between the 1st baseman's chest & face**
 - **+1 = A throw anywhere else (but caught by the 1st baseman)**
 - **-2 = A throw that's not catchable and gets past the 1st baseman**
- The goal is to get 21 points in 3 minutes or less.
- After catching the throw, the 1st baseman simply drops the ball into the empty bucket near her and gets ready to possibly field the next ball hit.
- The Extra Infielders, who are off to the side of the infield, quickly jump in and replace the player at their position whenever the ball has been hit to the other side of the field. The Coach does not have to stop hitting balls for the infielders to change in and out.
- The coach continues hitting balls to infielders in random order and in random ways – soft, hard, bunts – until the team gets to 21 points or 3 minutes is up - whichever comes first. It's important that the hits be in random order as that imitates the random order that balls are hit in a game. Too much predictability hurts your Infielders during games!

NOTE: If an Infielder misses a ball, or a ball is hit passed an Infielder, it doesn't count for anything so the Coach simply hits another ball and the drill keeps going. Also – once the team has gotten familiar with this drill the Coach can suddenly yell out “2nd” or “3rd” or “Home” and designate a new base for the throws (again, without stopping the drill to do so).

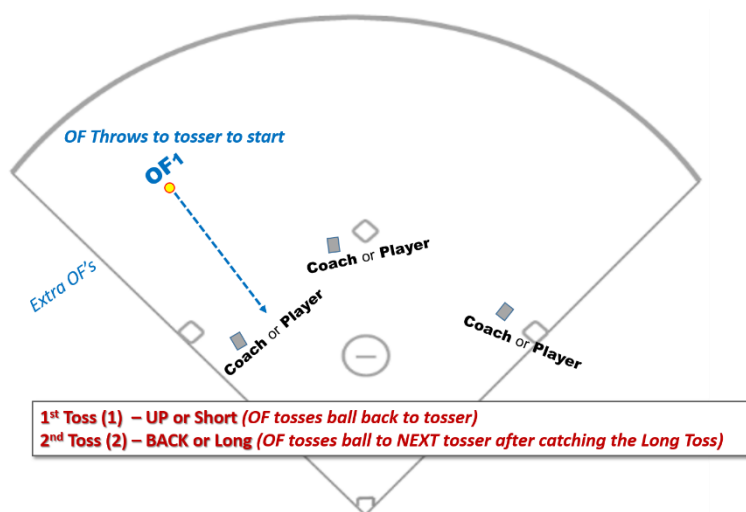
Drill 037 – Up-Backs

Drill Summary

Drill Nbr - Name	037 – Up-Backs							
Focus:	<input type="checkbox"/>	Baserunning	<input type="checkbox"/>	Fielding	<input checked="" type="checkbox"/>	Outfield	<input checked="" type="checkbox"/>	Throwing
	<input type="checkbox"/>	Bunting	<input type="checkbox"/>	Game Situations	<input type="checkbox"/>	Pitching	<input type="checkbox"/>	Warmup
	<input type="checkbox"/>	Catching	<input type="checkbox"/>	Hitting	<input type="checkbox"/>	Sliding		
	<input type="checkbox"/>	Competition	<input type="checkbox"/>	Infield	<input type="checkbox"/>	Team Defense		
Time:	15 - 20 Minutes							
Purpose:	Outfielders catching balls & making throws in front & behind them							
Equipment:	3	Bases	3	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input type="checkbox"/>	Bat(s)	3	Bucket of Balls	<input type="checkbox"/>	Helmets		
	Qty	Batting T	Qty	Cones	Qty	Protective Screen		
Space Required:	Outfield or Gym							
Min # of Players:	6 Players							

Drill Setup

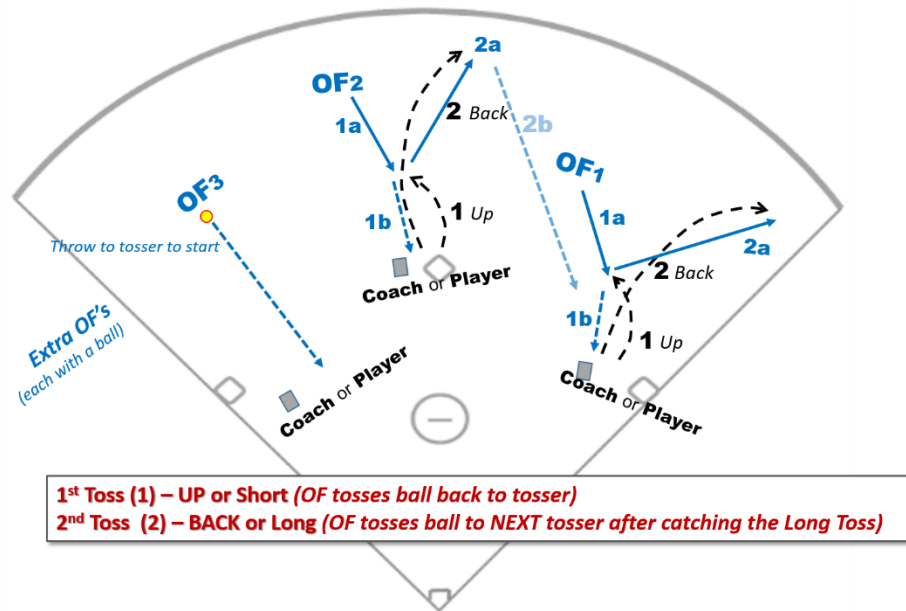
This drill is for your Outfielders to help them practice both short and long flyballs. All of your Outfielders (OF) will have their gloves on and a ball and line up in foul territory near the Leftfield foul line. Outfielder 1 (OF1) will start in Leftfield. At each base (3rd base, 2nd base & 1st base) there will be either a Coach or a Player with a glove on and a bucket of balls.



How the Drill Works:

- OF1 starts the drill by tossing her ball to the Coach or Player in front of her, who then tosses a Short flyball (Up) forcing OF1 to quickly charge the ball. (1 Up & 1a).
- OF1 immediately tosses the ball back to the Coach or Player who then throws a long, high flyball (Back) forcing OF1 to hustle Back to chase and catch the ball.
- After OF1 catches the Back flyball (2 Back) she then tosses the ball to the Coach or Player at the next base (in this case 2nd base) – and the same pattern of Short (Up) Toss followed by Long (Back) continues until that player has received Up and Back tosses from all 3 Coaches or Players.
- When an OF completes all 3 bases she goes to an area just beyond the Rightfield foul line and waits for the other OF's to finish.

- As soon as OF1 tosses the ball to the Coach or Player at 2nd base, OF2 moves into Leftfield and tosses her ball to the Coach/Player at 3rd to start her time through the drill.
- Each OF will repeat this process until all of the OF's have finished and are lined up on the Rightfield foul line behind OF1.
- OF's return back from Rightfield to Leftfield the same way – first tossing to the Coach/Player who makes a short (Up) toss followed by a long (Back) toss.
- When all OF's have turned to foul territory in Leftfield (where they started) the drill is over.



NOTE: Depending on the amount of time you have allowed for this drill, it can be done in only one direction – either from Leftfield moving over to Rightfield, or starting in Rightfield and moving over to Leftfield. You can also mix in groundballs as well as flyballs to help your outfielders improve on both of these types of hit balls.

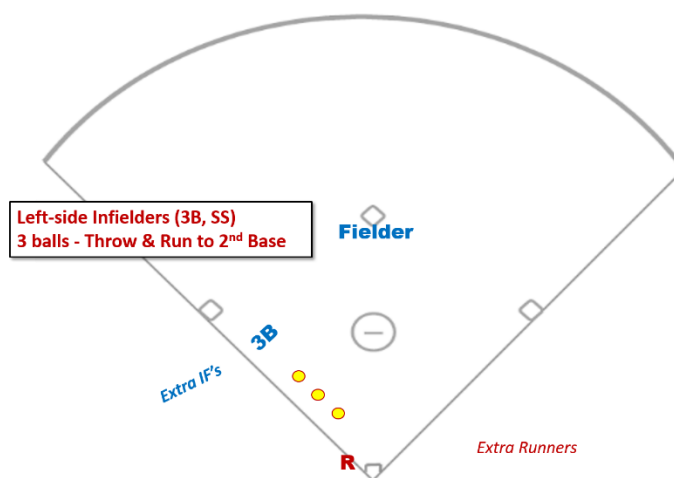
Drill 038 – Run & Gun

Drill Summary

Drill Nbr - Name	038 – Run & Gun					
Focus:	<input checked="" type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing		
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup		
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding			
	<input checked="" type="checkbox"/> Competition	<input checked="" type="checkbox"/> Infield	<input type="checkbox"/> Team Defense			
Time:	10 - 15 Minutes					
Purpose:	Fielding and Throwing under the pressure of a trying to beat a runner					
Equipment:	3	Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	Qty	Batting T	Qty	Cones	Qty	Protective Screen
	This drill only requires 3 balls, but always good idea to have extra available					
Space Required:	Infield or Gym					
Min # of Players:	5 Players					

Drill Setup

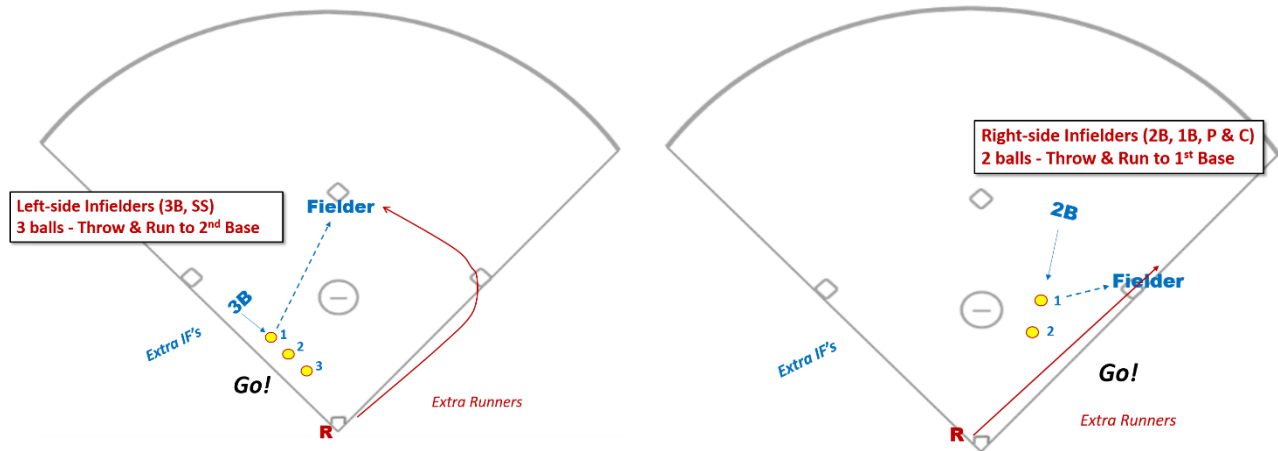
This drill is for your infielders, to help them focus on quickly fielding and throwing balls in a competitive situation to beat a runner. Start with an infielder in the 3rd base position and a fielder at 2nd base. Both players have their gloves on. Place a Runner at Homeplate with a helmet on. Place 3 balls on the ground between the 3rd baseman and Homeplate. These balls should be about 3 feet apart and will start about 15 feet from Homeplate (so place a ball at 15 feet, 18 feet and 21 feet from homeplate). The extra Infielders (IF's) all have their gloves on and are waiting in foul territory by the 3rd base coaching box. The extra Runners are off to the side of Homeplate.



How the Drill Works:

- When the Coach says “Go!” the Runner starts running to 1st base with the goal of getting to 2nd base, while the fielder (in this case 3B) sprints forward and quickly fields and throws each ball to the Fielder at 2nd base.
- The goal is for the Infielder to get **all 3 balls** to 2nd base BEFORE the Runner gets there!
- Each IF starts the drill from the position she usually plays.

- 3rd base and Shortstop will use 3 balls on the ground, with the Fielder on 2nd Base and the Runner running to 2nd base.
- 1st base, 2nd base, Pitcher & Catcher will use 2 balls on the ground, with the Fielder on 1st Base and the Runner running to 1st base.



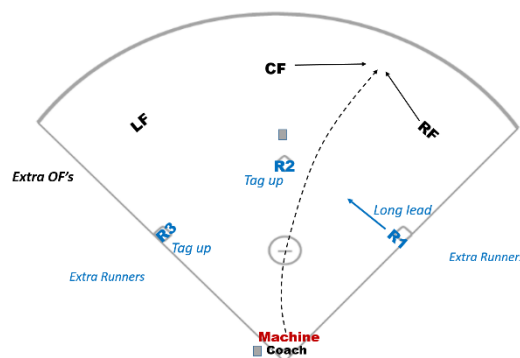
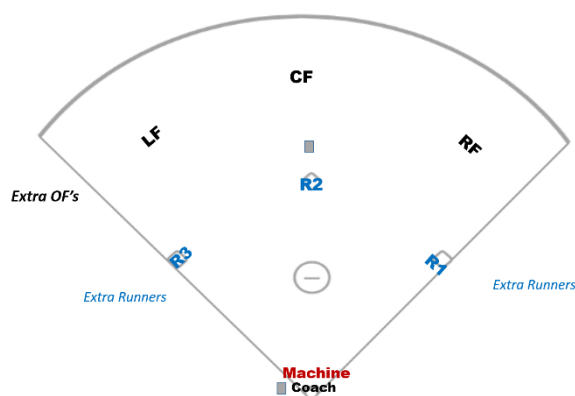
Drill 039 – Machine Tags

Drill Summary

Drill Nbr - Name	039 – Machine Tags									
Focus:	<input checked="" type="checkbox"/>	Baserunning	<input type="checkbox"/>	Fielding	<input checked="" type="checkbox"/>	Outfield	<input type="checkbox"/>	Throwing		
	<input type="checkbox"/>	Bunting	<input checked="" type="checkbox"/>	Game Situations	<input type="checkbox"/>	Pitching	<input type="checkbox"/>	Warmup		
	<input type="checkbox"/>	Catching	<input type="checkbox"/>	Hitting	<input type="checkbox"/>	Sliding				
	<input type="checkbox"/>	Competition	<input type="checkbox"/>	Infield	<input type="checkbox"/>	Team Defense				
Time:	10 - 15 Minutes									
Purpose:	Practicing Baserunning rules including lead-offs & tag-ups.									
Equipment:	3	Bases	1	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves				
	<input type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets				
	Qty	Batting T	Qty	Cones	Qty	Protective Screen				
	You'll need a Pitching machine with a swivel head (if you have one). If not, then a coach hitting flyballs will work (will also need a bat)									
Space Required:	Entire Field or Entire Gym									
Min # of Players:	8 Players									

Drill Setup

This is Baserunning drill to help your runners make good lead-off decisions. Place an Outfielder (with their glove on) in Right, Center and Leftfielder. Extra Outfielders (OF's) will be down the leftfield line in foul territory, with their gloves on ready to jump in and replace any OF. The rest of your players will act as runners and will have their helmets on. Place a runner at each base with the Extra Runners off to the side of 1st and 3rd base. At homeplate you'll place a pitching machine (if you have one) and a bucket of balls, along with either a coach or a player to feed the machine. Make sure the machine is able to rotate from left to right easily and that it's aimed UP in order to pitch high, fly balls.



How the Drill Works:

- This is a great drill to help your players practice taking different sized lead-offs based on a flyballs location: tag-up if you can make the next base on the catch & if you can't then take as long a lead as you can & still get back safely if the ball is caught.

- Before each ball into the machine, the Coach holds the ball up in the air and says “Ready” to help everyone get into their Ready Position – both Runners and Outfielders.
- When the Coach puts the ball in the Machine, the Outfielders work together communicating to catch the ball, while the Runners practice taking the appropriate lead-off based on where the ball went.
- The point of this drill is to help Runners practice tagging up on balls hit farther way from the Runner versus taking longer lead-offs for balls hit closer to the Runner.
- After each flyball, the OF’s roll the ball back to the empty bucket behind 2nd base, and the R’s move to the next base and continue the drill.
- When an Runner finishes at 2nd base she goes to the line of Extra Runners near 3rd and waits to work her way into 3rd base. After a Runner runs Home, she goes to the end of the line of Extra Runners by 1st base and works her way back onto the field.

NOTE: If you don’t have a pitching machine you can do this drill with a coach hitting flyballs.

Drill 040 – Pitching Sprints

Drill Summary

Drill Nbr - Name	040 – Pitching Sprints					
Focus:	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing		
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input checked="" type="checkbox"/> Pitching	<input type="checkbox"/> Warmup		
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding			
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense			
Time:	Less than 10 Minutes					
Purpose:	This is a Pitching conditioning and competition drill					
Equipment:	Qty	Bases	Qty	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input type="checkbox"/>	Bat(s)	Qty	Bucket of Balls	<input type="checkbox"/>	Helmets
	Qty	Batting T	Qty	Cones	Qty	Protective Screen
	Each Pitcher and Catcher need her glove and 1 ball per Pitcher					
Space Required:	Area Along the Fence or Batting Cage					
Min # of Players:	2 Players					

Drill Setup

This is a Pitching conditioning drill and is very simple drill in regards to its setup. The Pitcher and Catcher setup as they would normally for a regular pitching session. The Pitcher has a ball and both players have their gloves on. This drill can also happen with a couple of pitchers and catchers in the bullpen doing the same thing at the same time – in a competition-type format.

Pitcher ----- **Catcher**
(1) Pitcher pitches to Catcher

How the Drill Works:

- The Pitcher pitches the ball to the catcher (as she normally would do) but instead of throwing the ball back, the catcher simply holds the ball out in front of her in her glove.
- The Pitcher then sprints down to the catcher, grabs the ball out of her glove and sprints back to the pitching rubber.
- The pitcher throws another pitch and sprints back after the ball, and then sprints back.
- This Pitch – Sprint to Get Ball – Sprint Back is repeated for the designated number of pitches.

Pitcher ----- **Catcher**
(2) Sprints to Catcher to get Ball
(3) Sprints back (with ball) to Pitch again

NOTE: This is a great conditioning drill for pitchers to help increase their fitness level, and can also be done at the beginning of a pitching workout to help improve a pitcher's focus and concentration.

Pitchers can also do this drill in a competitive setting by having all pitchers do a certain number of Pitching Sprints, and the pitcher finishing last has to do 2 more.

Drill 041 – 2 For You

This is a competitive Pitching drill that happens during a regular bullpen pitching session (pitching practice). The Pitcher can be practicing anywhere (in a bullpen, off to the side of the field or gym, or in the middle of the field) while doing this drill. Once the Pitcher has warmed up she can start this drill from the pitching rubber at the game pitching distance.

Drill Summary

Drill Nbr - Name	041 – 2 For You				
Focus:	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing	
	<input type="checkbox"/> Bunting	<input checked="" type="checkbox"/> Game Situations	<input checked="" type="checkbox"/> Pitching	<input type="checkbox"/> Warmup	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
Time:	10 - 15 Minutes				
Purpose:	The ability to Pitch either multiple strikes in-a-row, or pitch a strike after a ball				
Equipment:	Qty	Bases	Qty	Bucket - Empty	<input checked="" type="checkbox"/> Gloves
	<input type="checkbox"/>	Bat(s)	Qty	Bucket of Balls	<input type="checkbox"/> Helmets
	Qty	Batting T	Qty	Cones	Qty Protective Screen
	Each Pitcher needs a Ball and this will happen in bullpen or Pitching Area				
Space Required:	Area Along the Fence, Gym Wall or Batting Cage				
Min # of Players:	2 Players				

Drill Setup:

The purpose of this drill is to help Pitchers focus on pitching 2 strikes in-a-row and throwing a strike after having thrown a ball. The Pitcher and Catcher setup as they would normally for a pitching session. The Pitcher has a ball and both players have their gloves on. This drill can also happen with a couple of pitchers and catchers in the bullpen doing the same thing at the same time. Once the Pitcher has warmed up, she then starts the drill by either using only fastballs (if she's a Beginning Pitcher) or by using all of her pitches if she's an Advanced Pitcher.

How the Drill Works:

- The pitcher throws a pitch to start the drill and the point system kicks in following the first pitch.
- The pitcher gets 2 points every time she throws 2 strikes in-a-row, and she gets 2 points every time she throws a strike immediately after having thrown a ball.
- Be creative in how your Pitcher "wins" this game by sometimes asking her to see how many

(BEGINNER PITCHING Version)

+2 points = for strike following after a ball
+2 points = for 2 strikes in a row

(ADVANCED PITCHER Version)

+2 points = every strike with Pitch#2 after a strike with Pitch#1*

+2 points = for strike following a ball

+2 points = strike with changeup that stays low in the zone

(* as in Riseball, Dropball, Curveball, Screwball, Changeup, Fastball – each pitch is a different type)

points she can get in 10 minutes, or in 20 pitches. You can change the amount of time or the number of pitches to keep your pitcher challenged without the goal being too unrealistic.

NOTE: Pitchers can compete against each other in this drill by seeing which pitcher gets the most points in either number of pitches or else in a certain number of minutes.

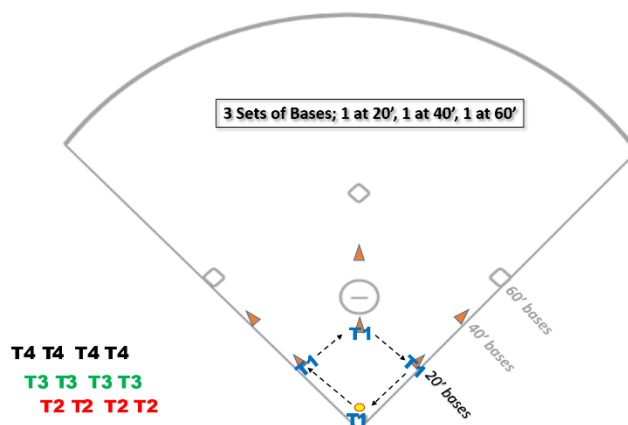
Drill 042 – 20-40-60

Drill Summary

Drill Nbr - Name	042 – 20-40-60				
Focus:	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing	
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup	
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding		
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense		
Time:	10 - 15 Minutes				
Purpose:	Throwing under pressure and at different distances				
Equipment:	4	Bases	Qty	Bucket - Empty	<input checked="" type="checkbox"/> Gloves
	<input type="checkbox"/>	Bat(s)	1	Bucket of Balls	<input type="checkbox"/> Helmets
	Qty	Batting T	6	Cones	Qty Protective Screen
	This drill can also be done without any bases and with 10 cones (instead of 4 bases and 6 cones) AND the coach needs a stopwatch.				
Space Required:	Infield or Gym				
Min # of Players:	8 Players				

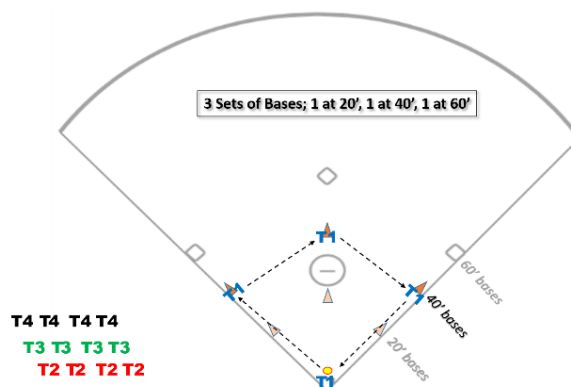
Drill Setup:

This is a competitive throwing drill. Divide your team up into groups of 4. Each player will have her glove on, and each group of 4 will compete against all the other groups. Put the bases out on your field at the standard distance, and then use cones to place 2 more sets of bases closer than normal: place the first set 20 feet from home plate and place the second set 40 feet from homeplate. These don't have to be exact - you can eyeball the distances. Each set will have a 1st, 2nd & 3rd base – homeplate will be the same for all 3 sets of bases.

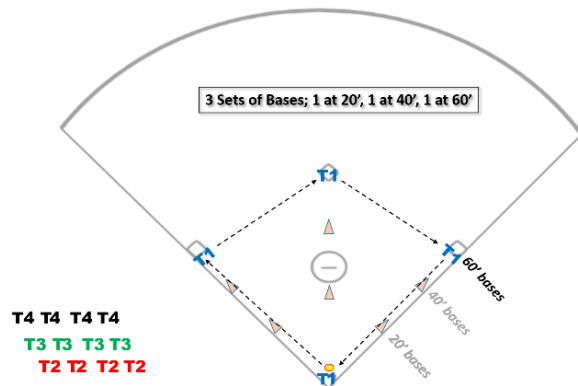


How the Drill Works:

- The first set of 4 players (Team1) starts at the 20' bases with one player on each base. The player at homeplate starts with the ball and is the only player in the group that will not move during the drill.
- When the Coach says "Go!" she/he starts her watch and Team1 (first group of 4 players) throws the ball around the bases 4 times from the close 20' bases. Throws will go clockwise.



- The players on 1st, 2nd and 3rd base will then run back to the next set of bases at 40' and continue throwing the ball around their square 4 more times (without stopping).
- After 4 times around at the 40' bases, the players will run back to the 60 foot bases and finish the drill by throwing 4 times around these bases.
- When the final throws make it back to the player at homeplate the coach stops her/his stopwatch.
- Team1 will remember their time and it now becomes the time to beat as Team2 steps in to have their turn.
- The winning team is the one with the fastest time!



NOTE: Since most players are usually right handed its easiest for players to throw clockwise, but once your players get familiar with this drill mix it up and have them throw 2 times around going Clockwise and 2 times Counterclockwise. You can also make it really challenging by having them throw the regular sized softball at 20 and 60 feet and throw the [Zip Ball](#)® at 40 feet.

Drill 043 – Catch or Bunt

Drill Summary

Drill Nbr - Name	043 – Catch or Bunt							
Focus:	<input type="checkbox"/>	Baserunning	<input type="checkbox"/>	Fielding	<input type="checkbox"/>	Outfield	<input type="checkbox"/>	Throwing
	<input checked="" type="checkbox"/>	Bunting	<input type="checkbox"/>	Game Situations	<input type="checkbox"/>	Pitching	<input type="checkbox"/>	Warmup
	<input type="checkbox"/>	Catching	<input type="checkbox"/>	Hitting	<input type="checkbox"/>	Sliding		
	<input checked="" type="checkbox"/>	Competition	<input type="checkbox"/>	Infield	<input type="checkbox"/>	Team Defense		
Time:	Less than 10 Minutes							
Purpose:	Learning to have soft hands and absorb the ball when bunting							
Equipment:	Qty	Bases	1	Bucket - Empty	<input type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	Qty	Bucket of Balls	<input type="checkbox"/>	Helmets		
	Qty	Batting T	Qty	Cones	Qty	Protective Screen		
Space Required:	Area Along the Fence, Gym Wall or Batting Cage							
Min # of Players:	2 Players							

Drill Setup:

This is a Bunting drill that helps players understand how to softly bunt the ball by “catching the ball with their bat” (a phrase coaches often use when talking about how to bunt). This is a partner drill which means players will work in groups of 2. Once partner has a couple of balls and the other partner has her bat. They will face each other and be about 10 feet apart.



Ready to Bunt

How the Drill Works:

- The player with the ball will “gently” toss the ball to her partner and then say either “Catch” or “Bunt” – at which point the player with the bat will either “Bunt” the ball with her bat, or else drop the bat and “Catch” the ball.
- Have your players avoid simply alternating “Catching” and “Bunting” so that players don’t start guessing the pattern.
- Also – make sure the player with the bat has time to get ready in her bunting stance before the player with the ball tosses it.



“Catch”



“Bunt”

NOTE: As players get better at this drill the tosser can toss faster – but always allow time for the player with the bat to react to the command (and to pick up her bat and get ready).

Drill 045 – 2 Minute Bunts

Drill Summary

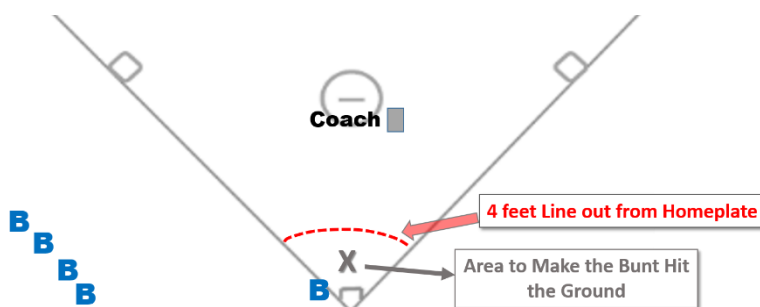
Drill Nbr - Name	045 – 2 Minute Bunts					
Focus:	<input type="checkbox"/> Baserunning	<input type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input type="checkbox"/> Throwing		
	<input checked="" type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup		
	<input type="checkbox"/> Catching	<input type="checkbox"/> Hitting	<input type="checkbox"/> Sliding			
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense			
Time:	25 - 30 Minutes					
Purpose:	Getting bunts as many bunts on the ground as possible under pressure					
Equipment:	1	Bases	3	Bucket - Empty	<input type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	3	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	Qty	Batting T	Qty	Cones	Qty	Protective Screen
	Only need homeplate for this drill and then either tape (if in a gym) or a line in the dirt (if outside), and need a stopwatch.					
Space Required:	Infield or Gym					
Min # of Players:	4 Players					

Drill Setup:

This is a competitive Bunting drill. Either your entire team or else a portion of your team can do this drill. All players will have bats, and a tosser (Coach) will be about 25 to 30 feet in front of homeplate with a bucket of balls. Even though this is a bunting drill, you can use a protective screen just in case. Draw a line in the dirt (or else put tape on the gym floor) that's 4 feet in front of homeplate.

How the Drill Works:

- The first Bunter steps in and when the Coach says "Go!" the timer starts her watch and the coach starts front-tossing balls.
- The Bunter tries to bunt every ball so that it hits the ground before the 4-foot line (between homeplate and the 4-foot line).
- The Bunter get 1 point for every bunt that hits the ground before the 4-foot line and the object is to get more points in 2 minutes than any other player.



NOTE: You can have one of your pitchers throwing pitches instead of a Coach front-tossing but that usually take more time in-between pitches than a coach front tossing. The tosser needs to **be quick** and force the bunter to **Get Ready** instead of waiting for the bunter.

Drill 046 – Forehands-Backhands

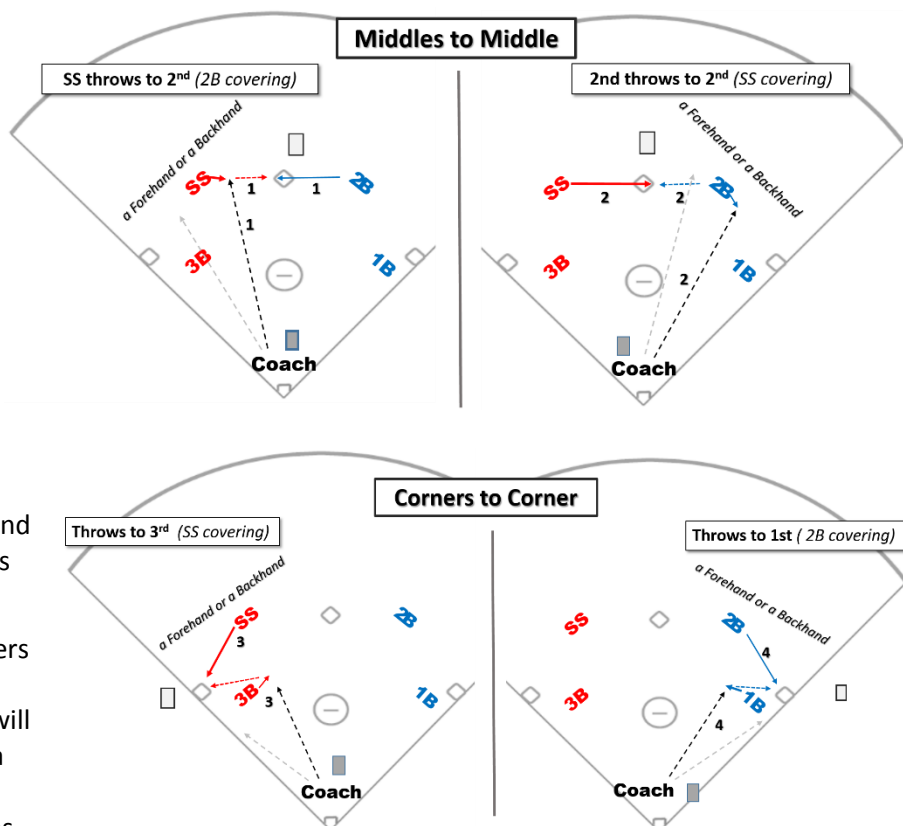
Drill Summary

Drill Nbr - Name	046 – Forehands-Backhands							
Focus:	<input type="checkbox"/>	Baserunning	<input checked="" type="checkbox"/>	Fielding	<input type="checkbox"/>	Outfield	<input checked="" type="checkbox"/>	Throwing
	<input type="checkbox"/>	Bunting	<input checked="" type="checkbox"/>	Game Situations	<input type="checkbox"/>	Pitching	<input type="checkbox"/>	Warmup
	<input type="checkbox"/>	Catching	<input type="checkbox"/>	Hitting	<input type="checkbox"/>	Sliding		
	<input type="checkbox"/>	Competition	<input type="checkbox"/>	Infield	<input type="checkbox"/>	Team Defense		
Time:	15 - 20 Minutes							
Purpose:	Help Infielders practice fielding and throwing from both Forehands & Backhands							
Equipment:	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves		
	<input checked="" type="checkbox"/>	Bat(s)	2	Bucket of Balls	<input type="checkbox"/>	Helmets		
	Qty	Batting T	Qty	Cones	Qty	Protective Screen		
Space Required:	Infield or Gym							
Min # of Players:	4 Players							

Drill Setup:

The object of this drill is to help your infielders work on their forehands and backhands and on making throws from each of these. This drill has 2 parts – the first part focuses on the Middle Infielders (SS and 2nd base) fielding and then throwing to each other covering 2nd base. I call this Middles to Middle. The second part involves the 3rd and 1st basemen fielding forehands and backhands while the 2nd baseman and Shortstop cover 1st and 3rd. I call this Corners to Corner.

Setup for this drill with your infielders going out to their positions, each player has their glove on. A Coach will be near homeplate with a bat and a bucket of balls. Place an empty bucket near 2nd base for the Middles to Middle portion and one near both 3rd & 1st base for the Corners to Corner portion.



How the Drill Works:

- For Middles to Middle – the coach will start by hitting (or rolling) a forehand groundball to the Shortstop who fields the ball and throws to the 2nd baseman covering 2nd base for a force out. The 2nd baseman tosses the ball into the empty bucket and gets back into position.
- The coach then hits/rolls a forehand to the 2nd baseman who fields and throws the ball to the SS covering 2nd base for a force out. (SS then puts the ball in the empty bucket and returns to her position.)
- The coach then hits a backhand to each player who throws to their partner covering 2nd base for a force out.
- The coach will hit 6-10 balls to each Middle Infielder based on the time allowed for the drill. Try to avoid simply alternating groundballs between the SS and 2nd baseman so they have to stay ready for every hit ball – just like in a game.
- For Corners to Corner - the coach hits/throws a forehand to the 3rd baseman who throws to the SS now covering 3rd base for the force out. SS throws the ball into the empty bucket near 3rd base.
- The coach then hits/throws a forehand to the 1st baseman who fields and throws to the 2nd baseman covering 1st base for the force out. Ball goes into the empty bucket near 1st.
- The coach continues hitting backhands to both the 3rd and 1st basemen who follow each with throws to either 3rd or 1st base.
- The coach hits 6-10 balls to each Corner Infielder based on the time allowed for this drill.
- This entire drill can last as short or as long as you have time allowed – mixing in both forehands and backhands.

NOTE: Once you've introduced this drill to your players avoid being predictable with your forehands and backhands. It's much better for your players if you hit these in random order instead of alternating them, as they'll come to them in random order in games.

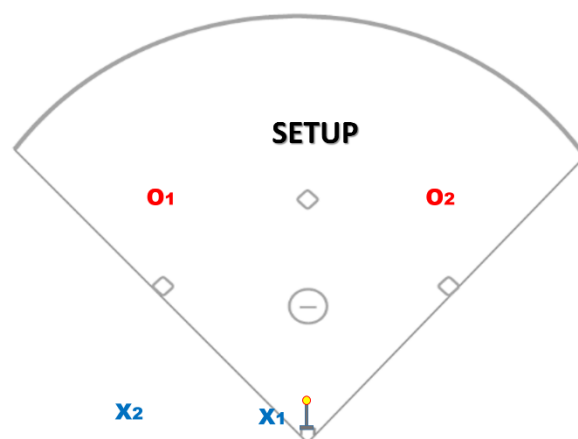
Drill 047 – Thunderball Tourney

Drill Summary

Drill Nbr - Name	047 – Thunderball Tourney					
Focus:	<input checked="" type="checkbox"/> Baserunning	<input checked="" type="checkbox"/> Fielding	<input type="checkbox"/> Outfield	<input checked="" type="checkbox"/> Throwing		
	<input type="checkbox"/> Bunting	<input type="checkbox"/> Game Situations	<input type="checkbox"/> Pitching	<input type="checkbox"/> Warmup		
	<input type="checkbox"/> Catching	<input checked="" type="checkbox"/> Hitting	<input type="checkbox"/> Sliding			
	<input checked="" type="checkbox"/> Competition	<input type="checkbox"/> Infield	<input type="checkbox"/> Team Defense			
Time:	10 - 15 Minutes					
Purpose:	Fielding and throwing under the pressure of a trying to beat a runner					
Equipment:	4	Bases	2	Bucket - Empty	<input checked="" type="checkbox"/>	Gloves
	<input checked="" type="checkbox"/>	Bat(s)	Qty	Bucket of Balls	<input checked="" type="checkbox"/>	Helmets
	1	Batting T	Qty	Cones	Qty	Protective Screen
	This can be done either indoors or outdoors					
Space Required:	Entire Field or Entire Gym					
Min # of Players:	8 Players					

Drill Setup:

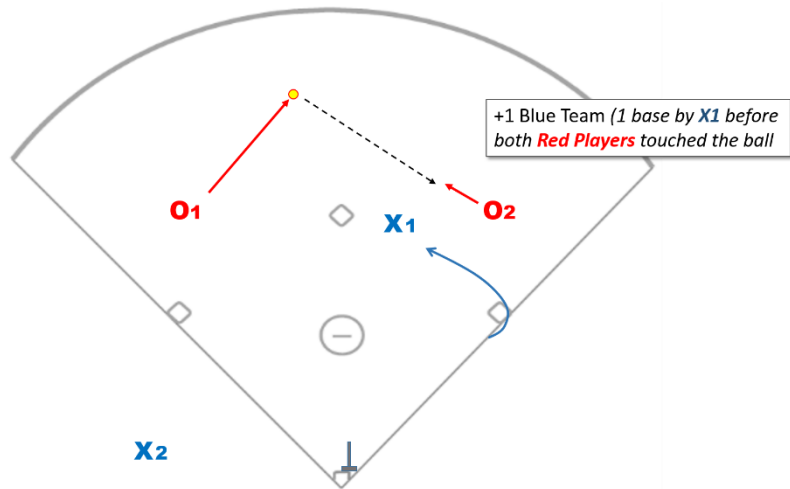
This is a VERY fast-moving game that involves a lot of competition, hitting, throwing and running. Split your team up into groups of 2. Each group is a miniature team and all teams will compete against each other in a tournament format. Once you've split your team into groups of 2 number them off from 1 to whatever your final team # is – that will be the order they'll compete in. You'll need a Batting T, a Ball and the defensive team will need their gloves while the offensive team will need their bats. Each team will have a chance to be on both offense as well as defense so make sure they have their bats and gloves nearby and ready to go.



How the Drill Works:

- One team is up to bat (Team X).
- The defensive team (Team O) starts with one player starts near 3rd base and the other near 1st.
- The batter (X1) hits the ball off the T as hard as she can and then runs as many bases as she can until BOTH fielders have touched the ball.

- The fielders (Team O) must have whoever is closest to the hit chase down the ball and then throw it to the other fielder as fast as possible. They want BOTH players to touch the ball in order to stop the Runner from running!
- The Offense (Team X) scores by counting the bases reached before the ball is touched by BOTH defensive players. +1 point for each base.
- Each player on the Offense hits twice and then they switch and go play Defense while the Defense comes in and hits (twice each). When both players on both teams have hit twice then the game is over.
- Team with the Most points wins and advances to play the next team in order. The losing team is out of the tournament.



NOTE: If you want to get fancy you can actually make a bracket and have your teams draw to be placed within the bracket (like the Final Four). This can make it really fun, and very game-like!