

GUILDERLAND GIRLS SOFTBALL LEAGUE
PRACTICE PLAN

STRETCHING

1. 2 laps around gym once outside Relay race around bases
2. Jumping Jacks; Toe Touches; Arm Circles; Elbow pulls; etc.

STATION 1: THROWING

COACH: _____

Instruction:

1. Grip (Thumb on bottom; Three fingers on top; ball raised off palm)
2. Right foot at 45 degrees; body sideways
3. Eyes on target; Point with glove and left shoulder to target
4. Step towards target with left foot
5. Pull arm through and follow through (right forearm to left thigh)

Drills:

1. Throw on one knee (point with outstretched glove hand; arm back, follow thru)
2. Throwing with partner or coach

STATION 2: CATCHING

COACH: _____

Instruction:

1. Two handed catch
 - a. Center body in front of ball (fly ball mitt above head)
 - b. Legs shoulder width apart
 - c. Arms extended forward and slightly bent at elbows
 - d. Eyes focused on ball
 - e. Throwing hand next to glove
 - f. Catch with two hands
 - g. Bring ball into body
2. Above the waist catch (thumbs together; palms down)
3. Below the waist catch (pinky fingers together; palms up)

Drills:

1. Square Drill (tennis ball; cardboard squares or closed mitt)
2. Fly balls thrown by coach (Above the waist and below the waist)
3. Three person relay

STATION 3: FIELDING**COACH:** _____**Instruction:**

1. Hips down; head up; arms extended
2. Glove leg forward (weight on balls of feet)
3. Feet slightly more than shoulder width apart
4. Hands in front
5. Try to center ball in body
6. Move laterally (do not cross legs)
7. Palms up
8. Watch ball into the glove
9. Suck ball up into waist; Elbow back

Drills:

1. Pickups
2. Hot box
3. Coach with two lines

STATION 4: HITTING**COACH:** _____**Instruction:**

1. Bat in fingers; 2nd knuckles in a line
2. Extend arms and bat away from the body (be sure hitting zone of bat covers the plate)
3. Hips and shoulders parallel to the plate
4. Hands back at shoulder level
5. Rear elbow slightly up
6. Feet shoulder width apart
7. Weight on back foot; short step to pitcher (2-3" tops)
8. Hands back
9. Push off back foot; brace front foot; throw hands and bat down thru ball
10. Arms extended; eyes follow ball to bat; follow through; right shoulder to chin for right-handed, left shoulder to chin for left-handed hitters.

Drill:

1. 5 swings; 3 swings; 1 swing (tee or wiffle ball)

STATION 5: PITCHING

COACH: _____

Instruction:

1. Four Parts
 - a. Be loose and flexible
 - b. Make yourself tall and long
 - c. Balance
 - d. Rotation
2. Right foot forward; left foot back
3. Start with your weight on your back heel
4. Step forward with your left side (pull with the left side)
 - a. Thump with your left foot pointing at 1 o'clock
5. Drag the inside of the right foot – retards the right hip from pulling through
 - a. Bend the back knee; your weight should be over your left foot
6. Rotate the ball (catcher, sky, centerfield)
7. Glove hand should be chin high and pulled towards 1st base with the palm facing out
8. Right hand should finish at head level
9. Right shoulder should be behind the left

Drill:

1. Rotate next to wall
2. Throw 5' from wall
3. Throw to a target