

Blaine Youth Softball Priority List

1) Defense-players should play multiple positions. Some players may struggle with this. Limit them to an infield spot and outfield spot until they understand their responsibility. Ex. Backing up or covering a bunt.

a) Throwing mechanics-Our system will work. Proper mechanics will make the game more enjoyable because they will find success. Any time we throw a ball we also practice catching it.

Nose to Knuckles. Happy Feet!! We either catch for a force or a tag. Vary.

Daily practice:

Form Throws-Letters A-C close together. (20) feet. Later 60+ ft.

a) Long Arm: Chest forward, glove pulled in ball outside their elbow. Body tilt. (5) Reps 2

b) Rag arm: knees slightly bent, "w" , hand on top of the ball (5) reps

c) Feet together separation into rag arm (5) reps

d) 3 Levels-

a) (3) low ground balls fore hand, (3) back hand low

b) (3) waist high fore hand, (3) waist high back hand

c) (3) opposite foot to glove high balls.

e) (3) Drop Knee-Knee should not touch the ground. Receiver tag. (3) Jump pivot throw. skateboard.

f) both knee down pivot throws. (3)

g) fake throws-different angels. Change body position to simulate different throws. (Receiver) communicate you are ready. Catch Phrase "Do it" or "Fire it"

Throws on the run

a) Quick snap throws to 1st base from outfield. On the move. Start with ball in glove. Start low like you are picking up a hard hit grounder in right field and throw it to 1st. Get the glove up to throwing shoulder quickly.

b) charging off balance throws. Quick release, ball is thrown while on same foot as throwing hand. Ex. right hand, right foot.

c) partners move together and do glove flips. Suicide squeeze.

d) Run Downs. Ball and glove up. Call for ball early and pinch. Tag thrower and sprint to designated line.

4 Corners

Set up enough mini fields so as maximize throws. If you have 12 girls, 3 fields. Keep the bases close. This will promote success!! 30-40 ft is enough. Have a parent time the girls to see that they are going as fast as possible, make it competitive. Monitor the girls so that they are in different groups.

Partner Drills- PFP-(Perfect Fielding Position) Players spread out on infield and throw/roll ball to each other. Corners start closer than middles. Short hops pop glove up through the ball. Younger players start closer in general.

Infield

1) Proper stance-The closer to the ball lower the stance. Happy feet.
Pick your hop. Recognize hitter and type of ball. 1-Hard shot, 2-medium, 3-slow roller.

Outfield-players of all ages can do this without adults. Adjust the proximity.

- 1) Drop step to get behind.
- 2) OTS-Over the shoulder. Right and left with drop steps.
- 3) change direction

Catchers/Pitchers

I would have them stay after practice and work on tags, home to 1st and pass ball/wild pitch flips. Practice this stuff!! If you put it off it will not show up in games.

End of Practice Challenge games

Continuous run-down drill

Mini fields @ lower levels, full fields for 12A. Runners located between 1st and 2nd and 3rd and home. Divide team into 2-groups. You need at least 5 players on defense. Parents can play if you wish.

a) each team 2-3 minutes of defense. Keep track of number of outs recorded in the allotted time.

Competitive games-2 points for getting the lead out. 1 point for trail out. 1 point per run scored. Play to 10 and rotate.

Possible situations

a) Runner on 3rd. Runner on 1st steals.

b) Runner on 3rd. Batter walks and turns for 2nd base

c) Runner on 3rd ground ball where runner is safe at 1st and continues to 2nd base.

d) Bases loaded ground ball. Cut runner down at home. Catcher decides on throw to 1st or fake throw to 1st and fires it to 3rd.

Have your catchers pick off runners at young age!! Develop a sense of aggressiveness. Be positive with the players if a mistake happens. It is ok to give up a run/base or a game as we are learning the game. This is where teachable moments occur.

a) picks at 1st with 1st baseman. Snap/Sweep Tag

b) picks at 1st with 2nd baseman. Cheat way over. Have a catch phrase to communicate with players. Ex. 2nd baseman says..."Infield, check runner" loud enough for catcher to hear. This let's the catcher know that the 2nd baseman is going to sneak in behind the runner. 1st base moves forward and ducks after pitch is caught.

c) picks at 3rd base. 3rd baseman shadows runner.

d) picks at 3rd base. SS covers. Shortstop says " Infield, check runner." 3rd base move forward in front of base and ducks/turns body towards 3rd base line as throw goes to the SS.

