

ORANGE CANYON GIRLS SOFTBALL

COACHES HANDBOOK

OCGSL wants to thank you for volunteering to coach our young athletes. Coaches are essential to the game. Coaches not only teach our athletes fundamental skills essential to success on the field—coaches create the environment necessary for our athletes to develop self-confidence and core principles of teamwork and good sportsmanship essential to success in life. Our young athletes will quickly become part of your “family.” It is our goal to provide you with all necessary tools, resources and education. Understand the most important tools you already possess—patience, compassion and dedication. Thanks again and we will see you on the field.

OCGSL Mission and Vision Statements

Orange Canyon Girls Softball (OCGSL) is a non-profit organization completely run by volunteers and sponsorship support and participation. Our mission is to provide an enjoyable and memorable experience for players of all skill levels. To teach and develop excellent softball skills and to gain an appreciation for and knowledge of the game of softball.

We are committed to teaching positive life lessons, good sportsmanship, winning and losing with pride, dignity and teamwork.

We are committed to developing the qualities of citizenship and leadership through the game of softball.

We are committed to positive coaching

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COACHING 101

OCGSL is dependent on volunteers, not unlike other non-profit organizations. Without volunteers giving up precious free time from your family—for the benefit of all the athletes in OCGSL—our league would not exist. Coaches are the volunteer pillars providing the framework for the structure of OCGSL. Experienced coaches understand you “pay it forward” for the love of the sport and love of all children—because often you will receive more grief than smiles regardless of your effort. It takes a special person to be a true coach. There are simply far too few true coaches. OCGSL needs you.

BUILD YOUR TEAM BEFORE DRAFT DAY

It is hard to be a good manager without understanding the importance of a well-balanced team. A well-balanced team starts with your coaching staff. While you cannot determine the identities of all the individuals on your coaching staff prior to the draft, you can determine the types of individuals necessary to your staff.

At a minimum, you will need an assistant coach and a team parent:

Head Coach: The Head Coach is the “right hand” for a Manager. He or she will help the Manager and work alongside the Manager at practices and games, understanding and reinforcing the Manager’s methodology and plan. While a Manager focuses on the entire team, a Head Coach works in ensuring each athlete understands the Manager’s methodology and plan. When the Manager is absent, a Head Coach may assume the Manager’s role for a practice or a game. Teams typically have at least two Head Coaches in addition to the Manager—a field/base coach and a dugout coach. More coaches may be necessary on younger teams (6u or 8u) to help further develop your athletes as softball players.

Team Parent: Consider your Team Parent your “off-field” executive assistant. An effective Team Parent will free up your time by addressing various administrative duties (ex. Setting up your team website, ordering your team spirit wear, ordering your team banner, circulating schedules/reminders, etc.). Your Team Parent should only be communicating messages subject to your oversight involving events and training within your team and OCGSL, beverages/snacks/food, fundraising opportunities, and relaying the information that may come out through the board of directors. You will also want to assign your team

calendar set up and upkeep to your Team Parent. You can easily supply your Team Parent with the OCGSL schedule(s) to allow for the input onto your team website and/or to circulate. We recommend duties and allow for focus on the actual “managing” of your team.

If you have several involved parents, consider assigning additional assistant coaching positions (ex, bullpen/pitching; batting practice/hitting; infield/outfield, etc.). Ensure you provide the guidance and outline any expectations to maintain a consistent methodology and plan for your team. Keep in mind this is also your staff only. Your team will still need other “off-field” roles filled (ex, scorekeeper; field preparation; photography; etc.).

EVALUATION DAY

OCGSL will provide you the “time slot” (ex, day/time/location) for the evaluation of the athletes in your division. Arrive at least 15 minutes early so you can get your clipboard with the roster and get situated on the field. We also ask that the coaches from each division help run the evaluation stations either before or after the division that they are coaching has been evaluated.

First, each athlete will perform basic drills to be evaluated on hitting, running, infielding and outfielding.

Second, following the completion of basic drills, there will be an evaluation for pitchers and catchers.

Understand you will witness a range of skills through evaluations ranging from seasoned softball players to young athletes essentially holding a bat for the first time. Make notes of all of it (ex, skill level, attitude/enthusiasm, etc.) because you may see something no other manager saw during evaluations. There will always be “a diamond in the rough” only you will recognize on Evaluation Day.

You should be able to create a “draft plan” with the information you gather from the roster (ex, previous years playing, other leagues, all-star players, etc.) combined with your review of the individual athletes during their evaluation. Look to create a plan to draft a team that you believe will work for your coaching style/plan combined with the need to fill certain skill positions. Create your plan quickly following evaluations—because the information will be “fresh” in your mind and because you will only have a couple of days before Draft Day.

**The OCGSL Board will place pitchers on 8u, 10u, 12u and 14u teams. The board will also place catchers on teams for 10u and above.

**All players must attend the Evaluation Day; otherwise they will be put into a hat pick on draft day.

DRAFT DAY

You will be assigned a date/time/location for your division on Draft Day. Make sure you show up around 15 minutes early, as the division drafting before yours might end early and your division will be able to get going once all managers are seated. Teams will be ranked weakest to strongest by the executive board. The weakest team will get the first pick in the draft and the strongest team will be the last team to draft a player. After the first round of player picks the remainder of the draft will be conducted in a serpentine fashion. At the draft coaches will be provided with a copy of the buddy requests. All parents are informed that there is no guarantee for buddy requests in 8u and above, the information is provided in case you are interested in drafting buddies. The league does guarantee that sisters will be placed on same teams if they are playing in the same division. After, the draft is complete, you will be asked to select your uniform color. Uniform color picks will go in reverse order of the draft, strongest team will pick first and weakest team will pick last.

GET ORGANIZED, STAY ORGANIZED

In order to be a good manager, one of the first items on the agenda is organization. You simply must be organized in order to succeed. With the draft behind you and an official roster, you will have a complete list of team members, contact numbers, and emails. Every time you and your coaches sit down to contact parents, you must make every effort to communicate the desired message to the entire team. Communication is a key to success.

MAKING CONTACT – POST DRAFT

The Manager should make the first communication to each individual athlete/family on a team. Your coaches can make calls in the future, but the first contact should be made by you to establish that you are the primary contact. It is suggested to do this first call within 24 hours of the end of the draft to ensure each team is on schedule within OCGSL.

The first communication should be simple introduction. A long or detailed conversation with each parent (ex, reviewing your coaching resume, explaining

your coaching philosophy or expectations of athletes, etc.) at this time is not recommended.

Consider creating a script for yourself. By example, such a script may be limited to stating: (a) who you are; (b) your position as a manager; (c) your excitement/anticipation to coach their athlete and the team; (d) practice days and times; (e) the basic equipment necessary for the season (ex, bat, helmet, glove, softball cleats); (f) the need for volunteers (ex, team parent, scorekeeper, field preparation, etc.); and (g) the date/time for the initial team meeting (when you will discuss details and address any questions). You will also want to confirm their email addresses and phone numbers (of both parents when possible) to ensure communication is always possible. Since you will also have selected your team color during the draft, you might want to relay that information and ask what their athlete consider some ideas for the name of their team so they can bring their idea to their first practice.

It is always best to follow-up your first communication with an email to the entire team. By doing so, you will effectively close the gap by confirming all parents received the same basic team communication. In this email, you will also have the opportunity to further explain the many volunteers needed to ensure a successful season (assistant coaching, team parents, scorekeeping, field preparation, etc.). Volunteers should contact you directly. Do not commit to anyone until you discuss with them and/or detail the job responsibilities for these roles. Thereafter request their firm commitment to you and the team. You want volunteers who will work for you and all your athletes. All volunteers that work with your team are required to be ASA background checked prior to working with the girls.

OCGSL only allows a maximum of three (3) events per week. This includes practices and games. In the beginning of the season you may start off with 2 weekday practices and one weekend practice. When games begin the three (3) events will include games and practices. For 8u and above the girls will play two (2) games per week, one on either Tuesday, Wednesday or Thursday and one on Saturday. The 6u division will only play one game on Saturdays.

YOUR FIRST PRACTICE

Create a detailed practice plan for your first practice. Each coach will run practices differently and uniquely. There is no single way a practice (or team)

should be organized. That being stated, certain basic segments exist to any successful first practice: (a) introductions; (b) team rule/expectations; (c) warm-up; (d) skill development/assessment (ex, utilizing different methods to determine what skills need more/less emphasis on in developing your team).

Plan to arrive 10-15 minutes before every practice. Understand parents will arrive at all different times (early, on-time or late) regardless of the official start time. If you arrive at the start time it means you will not be ready on time. This will cost your team valuable practice time. You will be off-balance effectively trying to catch up with your practice plan the rest of practice. Hall of Fame football coach Vince Lombardi said that you are not really on time unless you are on the field, ready to go at least fifteen minutes before practice begins. This applies to coaches more than it does to players.

Following practice, plan on meeting with your parents for about 15 minutes to address any questions and set the expectations for the season. Feel free to give a brief background on yourself, your coaching experience and your coaching philosophy. Just keep it short and to the point. Also introduce your assistant coach(es), team parent, and any other volunteers if already determined. You may also reiterate the practice schedule and what they can expect to see in one of your practices. The goal of the meeting should be to increase confidence within the parents on your team in your leadership and your plan to help the athletes improve individually and as a team. Allow 5 minutes at the end for parents to ask questions, keep your answers short and to the point.

STRUCTURING PRACTICES

Take time to write down your practice plan. If you have assistant coaches, make them a copy so they know where you are in practice. Structure it in such a way to maximize your time on the field. If you go into practice unprepared, your team will leave practice unprepared. The practice plan will help maintain focus and avoid time management issues (ex, too much/too little time spent on a particular drill or skill). A slow-moving or unfocused practice will create an impression of a coach or coaches that simply do not know what they are doing.

Practices need to be broken down into segments. Each segment does not have to be specific length. For example, a 90-minute practice broken down into either 15-minute segments or 30-minute segments provides a good general outline. Consider the following general practice plan/outline:

WARM-UP (5-10 minutes): Each practice should begin with a warm-up and stretching. You or your coaches may initially team a foundational warm-up for the athletes to follow (ex, team stretches in a circle; simple team jog incorporating various stretches, etc.). Choose some type of dynamic warm-up for your athletes to follow and they can own it as the season progresses (ex, a different athlete can lead warm-ups each practice). Never take the field cold—get the blood pumping.

FUNDAMENTAL DRILLS (20-25 minutes): Each practice should also incorporate certain drills focused on developing fundamental skills necessary to develop as a softball player. Basic throwing/catching drills (ex, 20 throws/catches at 20, 30, and 40 feet; bare handed ground balls; relays; etc). Make sure you initially explain the drill verbally, then or have an athlete model what you want them to do. Ensure the athletes are getting good repetitions (throwing and catching correctly). Give the drills names, this way as you do them each practice, you can just say the name of the drill and the girls know what they are supposed to do.

SPECIFIC SKILL DRILLS (30 minutes): Choose a skill (ex, ground balls; fly balls; throw downs; tagging; leading off/stealing; sliding; stealing home; fielding bunts; throws home; etc) you want to focus on in your practice. Consider taking a skill or best practice detailed below. Break the skill down, show them how you want them to do it in a 5-minute segment. Incorporate a drill or drills to reinforce the skill. Allow time for the instruction of the drill. To confirm understanding of the drill, have the athletes report or go through the drill. Incorporate your assistant coaches and parents to run a drill allowing you to supervise, and use the drill in multiple stations if possible to keep the athletes moving, getting more touches and staying focused. An athlete standing is an athlete that is not getting better.

BATTING (30 minutes): Each practice should incorporate a batting segment. Batting should be broken down into multiple stations (ex., soft toss, bunting, tee, whiffle ball/live pitch, etc.) allowing the athletes to get as many swings as possible in the limited amount of time available. Utilize your assistant coaches and parents to the extent possible to allow for you to supervise each station.

SCRIMMAGE (25 minutes): At the end of the practice some type of scrimmage may be used to reinforce the skill(s) focused on at practice. A general scrimmage may be used as a “fall back”. However, there are

many derivatives and options (ex., bunting only scrimmage, hitting off a tee, base-running only, etc.) to create a fun culmination to practice while reinforcing skills focused on at practice. Be creative!

CONCLUSION (5 minutes): At the end of practice, spend 5 minutes going over with your athletes what they learned. Give them an opportunity to say something they learned. Take this time to tell them how proud you are of their work and appreciate their efforts. Remind your athletes to continue to work on their own. Remind them when the time/location for your next practice and/or game. End with a cheer and “high-5’s” and call it a day!

Try to teach in threes to fives (break down a concept or skill into 3-5 basic things to remember). Too much thinking results in not enough doing.....so keep it simple! Through the courses of a season you are going to feel an urge to teach your athletes more complex skills. Resist this urge! Unless your athletes are truly advanced, they really need to focus on fundamentals (ex., throwing, catching, fielding, ground balls, fielding fly balls, hitting, bunting, base running, sliding). Always incorporate warm-ups/stretching, foundational drills (throwing/catching/fielding), and hitting segments into each practice. Consider modifying foundational drills to make them more challenging or interesting. Avoid dedicating a practice to solely hitting or fielding. Well-rounded team are the result of well-rounded practices. Avoid at all times working on a single skill to the detriment of all others.

USING ASSISTANT COACHES

Any successful team requires a lot of “help.” You cannot do it alone. Consider having two primary assistant coaches for practices and games (ex., base coach and dugout coach). Multiple assistant coaches will give you a chance to bounce ideas off someone as well as get feedback. As the manager, you need to delegate duties to your assistant coaches. Explain your methodology and plan to ensure you are on the “same page.” Thereafter, give your Assistant Coaches specific practice and/or game duties (ex., batting, pitching/bullpen, etc.). Always avoid giving a duty and thereafter “stepping on the toes” of the Assistant Coach by taking over. Stated another way, do not be a “micro” Manager. Remember that you asked them to help out, so let them help.

Assistant Coaches must also understand they should be supporting the Manager. There must be an “open door” policy for Assistant Coaches to communicate any thoughts, beliefs, observations and even disagreements to a

Manager. That being said, Managers and Assistant Coaches must understand to always avoid having such communications in front of the athletes and/or parents. Assistant Coaches must understand that a Manager may want to stick to the way he or she is doing something. Open communication, however, is in the best interest of the Manager and Assistant Coaches. Everyone is there to help and provide a safe environment that is fun and instructive for the athletes.

GAME DAY

DON'T OVER THINK IT! Easier said than done. You have seen how hard the girls have been working and you want them to succeed. It is easy to overcomplicate a "simple game."

It is recommended that you prepare a lineup with fielding positions/rotations for a complete game (ex., 5 or more innings). Provide a copy to each of your coaches and your scorekeeper. You must also provide the opposing manager with your batting line up only. The lineup and fielding positions/rotations should comply with OCGSL rules (see supplementary rules for player requirements). It is very difficult to re-set a lineup and/or fielding positions/rotations "on the fly" in the course of a game...so please come to the game prepared.

It is recommended that you arrive at least 75 minutes before game time. Athletes should arrive at least one hour before game time. Meet with your coaches ahead of time and map out a good warm-up routine that incorporates throwing, fielding, hitting. Consider using whiffle balls or "weighted" balls if possible for hitting to avoid live hits onto the field of play of a current game. Do not be afraid to bring a portable music player to keep the mood light and enjoyable. Keep it simple....but focused on game preparation. You will be permitted to warm-up in the outfield grass on the field side of your dugout for the next game (ex., home team on third base side and visiting team on first base side).

It is recommended that pitchers and catchers get early reps in hitting stations to allow for ample time to warm up. Consider having your pitcher start throwing 20-30 minutes before the game starts (with her warm up completed 5-10 minutes before the games starts). Your catcher(s) may gear up as well and assist in warming up pitchers to provide an opportunity to allow the pitcher/catcher to be comfortable together. The goal is to get your pitcher warm, comfortable and confident before she takes the mound. This is not the time to "break things down"—any effort to "break things down" should be done in practice. When

your pitcher takes the field she should feel excited to get going and know you (and the team) believe in her.

It is recommended that you educate your team on an “organized dugout” wherein each athlete stores their gear in a way that they have easy access to it. Make sure your dugout coach and/or team parent helps in this endeavor. An organized dugout cuts down on the time the girls are in transition from the field to hitting and vice versa. Post the line up in the dugout so everyone can see it. Take a few moments to explain the line up to the girls and show them where they can find it. Put the dugout coach and/or team parent in charge of making sure the correct athlete is up to bat, on deck and on the bucket (meaning third up for that inning).

At the conclusion of the game, gather your team for a cheer for the other team (ex., 2,4,6,8 who do we appreciate). Have your team gather in a line and high five the opposing team. Make sure your athletes quickly gather their equipment and “clean out” the dugout for the next team coming in. It is recommended that you gather your team off the field and discuss the game. This is your opportunity to praise good play and compliment them on how their practicing is translating over into the game. Keep it show and sweet. Make sure you thank your parents as well as your coaches.

Go home and reflect on the experience. Make small notes of things you thought the girls did well and things they need to work on. Use this information for your next practice and refer to the game when you are doing it so they too can use that information for help.

WORKING WITH PARENTS

It can be difficult at times to work with parents. As stated earlier, at the first practice set the expectations for the season. Continue to reiterate expectations throughout the season. A consistent message often times can alleviate any potential issues. If a parent does have a concern, feel free to speak with them. Do it before or after practice—never during practice and never in an email or text. Give them an opportunity to explain their issue with you. Be open-minded and try and see it from their perspective. When it is your turn to respond, do so in a way that is non-confrontational and in a manner that demonstrates your understanding of their position. Do your best to directly answer their question or address their concern. Keep in mind, and hopefully they do to, that you are a volunteer and have the best intentions for all of the athletes on your team.

One of the easiest ways to ensure all parents are satisfied is get everyone involved. Understand you cannot do it alone, so provide an opportunity for everyone to be involved. You may have multiple assistant coaches at practices or games, but attempt to find roles for everyone to be involved to the extent desired with the team.

Whenever possible, it is recommended that your team parent attend each practice—providing an additional set of eyes and ears for the team. OCGSL requires that each team have at least one female per team be background checked and available to escort the girls to the bathroom at practices and games.

WORKING WITH ATHLETES

Working with your athletes will take up most of your time—as a Manager of Coach you are essentially “managing” personalities. Consider the following “tips” on working with athletes:

SET EXPECTATIONS: Set the expectations early on. Keep it short and simple and something all of them can remember.

CORRECT & DIRECT: Correct and direct, rather than admonish and punish. If an athlete is struggling with a drill, stop the drill and make it a teachable moment.

DO NOT “CALL OUT”: Do not call an athlete out in front of their peers. Rather, reiterate how you want the drill to be done. If an athlete continues to struggle, pull them aside during a water break, or before or after practice, and work with them.

Each athlete will have their own personality. It is your job to attempt to understand and manage the different personalities on your team. If you have an athlete who has trouble paying attention or at times seems really disruptive, have a quick chat with the athlete during a break. It may be something as simple as: “Remember the team rules, when I’m talking you’re... (get them to respond)...listening.” Here you are getting them to remember the rules you put down the very first practice. In addition, you have allowed the athlete to correct herself, giving the athlete accountability for her actions. If the athlete continues to be disruptive, it is recommended that you communicate with the parents (and the OCGSL Board).

BEST PRACTICES

OCGSL seeks to ensure the game softball is coached in a manner allowing for athletes to “seamlessly” transition to the next level of competition. This requires coaches for each division to focus on teaching their athletes the basic fundamentals necessary for transition to the next level. Each athlete is unique. Each athlete will develop at varying rates. If our coaches are consistent on teaching these following Best Practices along with creating a positive competitive environment, however, the athletes will each develop as both softball player’s young ladies.

Depending on the level you are coaching OCGSL offers these guidelines to assist in the construction of effective practice plans designed to enable our athletes to improve through the course of a season. As the girls advance, practices may appear to be the same, but the level of demand will and should increase. It is also our hope that as these “Best Practices” are put in place, each OCGSL athlete will develop a sound softball IQ. Physically being able to play the game is on part, the other is mentally understanding how to play the game. The following represents what OCGSL understands should be the focus at each Division in order to develop each athlete for the next level of competition. Drills designed to develop the “Best Practices” can be found in our resource library.

6U

- Throwing
 - How to hold the softball
 - Basic throwing mechanics
- Fielding
 - How to catch the ball
 - How to field a ground ball
 - Body positioning and basic footwork
 - Where to throw the ball—balls hit to infield throw to 1st base and balls hit to the outfield throw to 2nd base
 - Positions on the field and where they are
- Hitting (Hitting can be taught various ways)
 - How to hold the bat
 - Basic stance in the batter’s box (ex., “feet set” –shoulder width; “bat back”; “swing hard”)

- Know the areas of the batter's box (front of the box, middle of the box, back of the box)
- Identify simple terminology for hitters (ex., swing “shoulder to shoulder”, “chin down”, “watch the ball”)
- Base Running
 - After you hit the ball, where to run
 - Run through the base (focus on kids running to the orange base and at least 5-7ft past the base veering toward the right)
 - Running base to base

8U

- Throwing
 - How to hold the softball
 - Basic throwing mechanics
 - Footwork on throwing toward your target
- Fielding
 - How to catch the ball
 - How to field a ground ball
 - Body positioning and basic footwork
 - Where to throw the ball—balls hit to infield throw to 1st base and balls hit to the outfield throw to 2nd base
 - Defensive Positions on the field and where they are
- Hitting (Hitting can be taught various ways)
 - How to hold the bat
 - Basic stance in the batter's box (ex., “feet set” –shoulder width; “bat back”; “swing hard”)
 - Know the areas of the batter's box (front of the box, middle of the box, back of the box)
 - Identify simple terminology for hitters
 - How to Bunt
- Base Running
 - After you hit the ball, where to run
 - Run through the base (focus on kids running to the orange base and at least 5-7ft past the base veering toward the right)
 - Rounding base
 - Leading off
 - Stealing

- Sliding
- Running base to base
- Watching and listening to base coaches
- Pitchers
 - Basic mechanics (ex., foot positioning, target, catching pitch, throwback to pitcher, basic blocking, throw downs to second/third)
 - Focus on working with pitcher (ex., getting pitcher into a “rhythm”)
- Catchers
 - Basic mechanics (ex., foot positioning, target, catching pitch, throwback pitcher, basic blocking, throw downs to second/third)
 - Focus on working with pitcher (ex., getting pitcher into a “rhythm”)

10U

- Throwing
 - Throwing mechanics
 - Footwork on throwing toward/through your target
 - Infield throw—2nd/SS/3rd to 1st
 - Outfield throw—Hit cutoff + throw 1st/2nd/3rd/Home—Long toss
- Fielding
 - Body positioning and basic footwork
 - Situations—Defensive Positions on the field and where they should be (ex., no runners on base, runner on first/second, bases loaded)
 - Bunts—covering bases
 - Fly Balls—cutoffs/tag ups
 - Stealing—throw downs to second/third, covering home
 - Live Ball/Dropped 3rd Strike
- Hitting (Hitting can be taught various ways)
 - Routine (ex., time out, set in box, looking to coach between pitches, signs, etc.)
 - Batter's Box (ex., front (1)/middle (2)/back (3) in the box)
 - Bunting
- Base Running
 - After you hit the ball, where to run
 - Run through the base (focus on kids running to the orange base and at least 5-7ft past the base or rounding base; look/listen to first base coach)

- Running base-to-base (ex., rounding bases, looking, sliding, finding next base coach, etc.)
- Leading off
- Stealing (regular, delayed)
- Sliding
- Live Ball/Dropped 3rd Strike

- Pitchers
 - Basic mechanics (ex., set position, “windmill” motion, “power line”, release/follow through).
 - Focus on throwing strikes
 - Focus on changing speeds/change up
 - Covering home (ex., passed ball)
 - Control of Field (ex., when to stay in the circle)
 - Delayed Steals

- Catchers
 - Basic mechanics (ex., foot positioning, target, catching pitch, throwback pitcher, basic blocking, throw downs to second/third)
 - Focus on working with pitcher and coach (ex., getting pitcher into a “rhythm”, taking and giving signs)
 - Passed Balls/Dropped Balls (ex., dropped third strike –throw down to first, passed ball – toss to pitcher covering home)

FIELD PROCEDURES

ALL EQUIPMENT NEEDED FOR FIELD SETUP SHOULD BE STORED IN THE FIELD STORAGE BIN.

Practice set up: 5-10 minutes

1. Check and survey your field. This is very important for the safety of all the girls on your team.
 - a. If the field looks too dry and dusty, please take the time to lightly water before you begin practice.
 - b. If there appears to be bad spots, rake them out.
 - c. If your field was neglected by the last team to use it, you may need to drag. NEVER DRAG A DRY FIELD.
2. Bases
 - a. 60Ft for all ages
 - b. Remove and keep track of your base plugs
3. Pitchers Rubber (Tape Measure, Hammer, and Nails are in the orange bucket.)
 - a. 8u-30ft from the back tip of home plate
 - b. 10u-35ft from the back tip of home plate
 - c. 12u-40ft from the back tip of home plate
 - d. 14u-43ft from the back tip of home plate

Practice Tear Down: 15-20 minutes

This is where your field maintenance volunteers take over.

This is very important for continued upkeep of our fields, and safety of our girls.

1. Be sure to return ALL field equipment to the storage bin.
2. Water Field
 - a. Use the hose or the sprinkler, make sure the entire field is wet down.
3. Drag Field: NEVER DRAG A DRY FIELD
 - a. First Drag around the edge 3 x's, coming inside of your last lap each time.
 - b. Use a circle motion to drag the rest of the field.
 - i. This will ensure that clay and dirt is spread evenly across the field.

- ii. You may need to make a couple different circle patterns to cover the entire field.
4. Be Sure to Lock up ALL Equipment
- a. Field Box: DOUBLE CHECK
 - b. Drag Tractor Gate and Cable Lock
 - c. Batting Cages

GAME DAY RESPONSIBILITIES

***All fields will be prepped and lined before each game.

***Umpires will bring game balls for each game.

Week Day Set-up/Tear Down

1. Home Team Responsibilities
 - a. Set up all bases
 - b. Set and nail down the Pitching Rubber
 - i. A line will be placed in the center of the circle, marking the distance for placement of the pitching rubber.
2. Away Team Responsibilities
 - a. Put away all bases and pitching rubber
 - b. Put base plugs back in the proper hole
 - c. Water and Drag the field
 - d. Lock up: (LAST GAME TO FINISH)**
 - i. Field Box
 - ii. Equipment Gate
 1. Shed if unlocked
 2. Gate for the cart once the cart is put back.
 3. Cages if left unlocked from pre-game warm-ups.

Weekend Set-up/Tear Down (OUSD)

***Field #1 has added responsibilities:

First game of the day HOME TEAM

Unlocking Facility: Keys are found in the coaches shed behind the snack bar.

- Unlock the parking lot gate, and latch the swinging gate into the open position.
- Unlock the bathrooms: Located at the North end of the school campus

Last game of the day VISITING TEAM

Locking the Facility: Keys are found in the coaches shed behind the snack bar.

- Lock the Bathrooms: Please give a quick glance for excessive filth, if possible please pick up, or notify JR Bennett about the mess.
- Lock the parking lot gate and return the keys to the coaches shed

***IT IS IMPERATIVE THAT WE CORRECTLY UNLOCK AND RE-LOCK THE FACILITY OVER THE WEEKEND. IF IT IS NOT DONE PROPERLY, WE COULD LOSE THE RIGHT TO USE THE FACILITY. THANK YOU FOR YOU HELP.

***If for some reason a game on another field lasts longer than the final game on field #1, please be sure to lock the facility when you leave. A coach or board member should not need to stay to wait for the completion of another game. If we work together, it will all work out for the benefit of the league, facility, and the girls.

INDIVIDUAL FIELD RESPONSIBILITIES: ALL FIELDS

1. FIRST GAME OF THE DAY: Home Team Responsibilities
 - a. Set up all bases
 - b. Set and nail down the Pitching Rubber
 - i. A line will be placed in the center of the circle, marking the distance for placement of the pitching rubber.
2. LAST GAME OF THE DAY ON YOUR FIELD: Away Team Responsibilities
 - a. Put away all bases and pitching rubber
 - b. Put base plugs back in the proper hole
 - c. Water and Drag the field
 - d. Lock up:
 - i. Field Box
 - ii. Equipment Gate
 1. Shed if unlocked

2. Gate for the cart once the cart is put back.
3. Cages if left unlocked from pre-game warm-ups.

APPENDIX

- A. Practice Plan
- B. Base Running
- C. Bunting
- D. Catching
- E. Infield Drills
- F. Outfield Drills
- G. Softball Hitting
- H. Throwing Progression

PRACTICE PLANS

- 5:30-5:40p **Stretching/Jog warm up**
- Head, Arms, Leg. Then a short jog and back.
- 5:40-5:55p **Catch.**
- Knee Throw Drill: (5mins)
 - o Players get about 10 ft. apart, on knees. One girl has softball, coach says "Ready", girls with ball get into ready throw position. Girl w/out ball, gets in ready catch.
 - o Coach states, "Go" girl throws ball.
 - o Repeat with other side.
 - Throw w/out stepping (5mins)
 - o Girls stand up, still about 10ft apart. One girl with ball.
 - o Coach states, "Ready", girl w/ball gets in ready throw. Girl w/out ball gets in ready catch.
 - o Coach states. "Go," girl w/ball throws (w/out stepping, both feet stay planted on ground). Other girl catches
 - o Repeat with other side.
 - Regular Throw (5mins)
- 5:55-6:00p **Water Break**
- 6:00-6:20p **Fielding Situational**
- Half girls on infield, half girls in outfield.
 - o Infield-Put girls in positions, hit ground balls and have different situations. Switch them after a few minutes.
 - o Outfield- Girls spread out, coach fly balls or ground balls to a player, she must call it.
 - o Switch Infield and Outfield after about 10mins
- 6:20-6:30p **Relay Drill**
- Briefly talk about relay throw/catch and the importance. Show example (use Coach Shannon to throw ball to u, catch and turn). 5mins
 - 2 lines split evenly (if possible) and spread about 7-10 feet apart.
 - Give girl at one end the ball.
 - Coach states, "Go," girl with ball throws to next in line, that girl catches, turns correct way and throws to next girl in line.
 - Girl at other end catches, gets in ready throw, then throws back.
 - Once ball gets back to where started, stop and repeat.
- 6:30-6:40p **Base Running Situation.** See attached
- 6:40-7:00p **Meeting**
- Quick Review.
 - Perfect Practice Makes Perfect
 - Fri Night Lights tomorrow, pitching clinic Sun (see email)

- 8:00-15a **Stretching/Jog warm up**
- Head, Arms, Legs (10mins)
 - Start with jogging 60 feet, then ½ run, then full speed run (5mins) 2 lines. (5 mins).
- 8:15-830a **Catch.**
- Need to watch and correct girls on throwing and catching techniques. (7-10 mins)
 - Catch Drill: (10 mins) (see next page)
- 8:30-8:35a **Water Break**
- 8:35-845a **Infield/Outfield Drills**
- 2 groups.
 - o One group getting grounders (at them, to the side and slow).
 - o One group getting fly balls. Put arm up to right or left, girl goes back like going back for fly ball past, then coach throws ball either in line or where girl has to stop and run up to catch.
- 8:45-8:50a **Hitting (talk about hitting)**
- head in front of toes, knees bent in between your feet.
- 850-8:55a **Set up Hitting Drills**
- 8:55-9:30a **Hitting Drills (3 stations, 4 girls at each station).**
- Front Toss:
 - o Girl gets front toss against Net. All girls with helmets on, one girl gets soft toss, other 2 girls practice swinging
 - Tee:
 - o Girl starts on knee hitting ball off tee. Other girls practice swinging (on knee)
 - o After 1 time through, girl then swings standing up, doing the 1,2,3 drill. Other girls practice swinging, 1,2,3 with coach's cue.
 - Hit live pitching:
 - o One girl hits coach pitching. Other girls practicing swinging, shag balls after 1st girl finish hitting. Run thru 1st.
- 9:30-9:40a **Talk**
- Team name switch to Vipers and why
 - Practice at home, "Perfect Practice Makes Perfect"
 - Hustle, Hustle, Hustle
 - Cheering teammates on.
 - Going to try to schedule practice on Tues, I'll email and call if can schedule.
 - Have a good week in school and see u Thurs (or Tues).

- 5:30-45 **TALK**
- INTRO: GIRLS, COACHES
 - PRACTICES: (TALK, ROUTINE)
 - WHAT WE EXPECT (100%, HUSTLE, TEAM!)
- 5:45-55 **STRETCH**
- HEAD TO TOE (TALK ABOUT IMPORTANCE OF STRETCHING)
 - JOG AS TEAM
- 5:55-15 **CONDITION**
- TALK ABOUT IMPORTANCE OF CONDITING
 - PICK UP BALL
- 6:00-15 **CATCH** (C. Mark & I walk and watch, instruct as needed)
- TALK ABOUT IMPORTANCE OF CATCHING & THROWING (EASIEST & MOST IMPORTANT PART OF GAME)
 - KNEE, NO STEP, REGULAR, LONG TOSS (NOT TOO FAR)
- 6:15-20 **BREAK**
- 6:20-28 **4 CORNERS**
- REGULAR
 - CATCH & TAG
 - CHASE RUNNER BACK
- 6:28-35 **GROUNDBALLS**
- NO GLOVE
 - GLOVE SHORT DISTANCE
 - HIT GROUNDBALLS
 - 3RD BASE GROUNDBALL THROW TO 1ST BASE.
- 6:35-42 **FLYBALLS**
- FLYBALL RELAY DRILL
 - 2 LINES, BACK UP
- 6:42-45 **BREAK**
- 6:45-7:05 **BASERUNNING**
- TALK ABOUT IMPORTANCE OF BASERUNNING
 - BASERUNNING RULES
 - RUN THROUGH 1B AND ROUND IT
 - BASERUNNING DRILL (INTRODUCE)
 - DIVE BACK (INTRODUCE)
- 7:05-10 **TALK**

- 8:00-10 WARM UP
- 8:10-25 CATCH (KNEE, REGULAR, LONG TOSS)
- 8:25-45 INFIELD/OUTFIELD
- IF: THROW TO 1ST, TALK ABOUT MOVING
 - OF: FLYBALLS, TALK ABOUT THROWING BALL TO 2ND.
 - INCLUDE OF W/IF AND HAVE THEM WORK ON GETTING BALL IN TO 2ND.
- 8:45-50 WATER
- 8:50-20 HITTING STATIONS (WORK FIELDERS IN TO MAKE PLAYS)
- TEE
 - TEE
 - STICK
 - COACH PITCH
- 9:20-25 WATER
- 9:25-00 SIMULATE GAME (PITCHER'S PITCH ABOUT 4-5 PITCHES PER BATTER, THEN COACH PITCH.
- PITCHERS:
 - CATCHERS:

8U Fall Ball - Practice Plan (90 minute)

5:30p – 5:45p Stretch and Run (high knee skips, butt kickers, side steps, high knee sprint, karaoke's, steal)

5:45p – 6:00p Warm-Up – Throwing Progression

- One knee w/ wrist flip (no glove)
- One knee with full throw (increase distance)
- Standing bodies facing each other (increase distance)
- Standing turned to target (increase distance)
- Standing normal throw (increase distance)

****Water****

6:05p – 6:20p/6:35p Infield ****switch after 15 minutes**

- Position drills
 - Positions – cones at positions & rotate after two rounds
 - First round w/o gloves
 - throws home
 - throws to first

6:05p – 6:20p/6:35p Outfield ****switch after 15 minutes**

- Outfield ready position (standing with walk-in)
- Ground balls (drop knee safety stop)
- Ground balls (charging)
- Ground balls left & right
- Pop fly (no glove)
- Pop fly (stationary start and pop fly front/back/left/right)
- Pop fly (running start and pop fly front/back/left/right)

****Water****

6:40p – 7:25p Hitting (three (3) stations) ****switch after 15 minutes**

1. Tee into net
2. Whiffle ball batting practice
3. Live coach pitch on field

7:25p Fun finish

- Chase the rabbit
- Group discussion about what was fun, what was learned, what impressed them or others

BASE RUNNING

In order to be an effective, aggressive base running team, a portion of each practice should be devoted to base running techniques. It is also a good way to get enthusiasm going, and once the drills become familiar is a good way to start off practice. The players should be constantly moving (no walking, even back to line) and the coaches should encourage the enthusiasm. Once your team is familiar with the drills, the basic base running drills will take 10 – 15 minutes per practice.

Basic Base Running Drills

- **Running through First Base** – Starting at home (not necessary to simulate swinging) have your players line up in a single file. Once the player has completed a turn, they should run and get back in line. Players should not walk during this drill.
 - **Half Speed** - The first player starting half speed runs through the base. Technique is important at this point. The player should focus on hitting the front part of the bag. Once they have crossed the bag, they should square up on the foul line facing inward towards second base. They should be somewhat crouched in a ready position to move to the next base. Twice at half speed is enough, adding a three-quarters one if players are having trouble adjusting to full speed.
 - **Full Speed** – Perform the same drill, but now with the players running full speed. The points of emphasis should still be the same, hitting the front of the bag and squaring up on the foul line past the base. An important aspect during full speed is to make sure that the players run hard through the base. They should not slow up until they have already reached the base, even if their momentum carries them into the grass. Twice through is good for this portion of the drill as well.
 - **Variation** – Once the players are squaring up properly just past the base, a variation can be added. A player who has run through first is not in jeopardy of being tagged out, nor do they need to return to the base to proceed to second. The variation is when your player has squared, have the coach shout 'GO' and have the player react as quick as possible running towards second. Make sure they are watching the field, as they will be able to see and react faster than you will be able to tell them to.

- **Rounding First Base** – Starting at home (not necessary to simulate swinging) have your players line up in a single file line. Once the player has completed a turn, they should run and get back in line. Players should not walk back to line.
 - **Half to Three-Quarters Speed** - The player should arc as they approach first. They should keep the arc as small as necessary, knowing that when they hit first base they should be moving almost directly at second base. As they come through the base the player should be encouraged to hit the base with their inside foot, on the inside corner of the base. If need be a cone can be put out to encourage players to arc around it. Also they should start their arc as soon as they realize they will be rounding first base. The move should not look too much like a question mark. Twice through is good for this portion of the drill.
 - **Full Speed** – Twice through should be done at full speed. The arc and hitting the inside corner of the base should be emphasized with no slowing as they move through the base. The player should not slow up if they are not on the right foot to hit the bag with the inside foot. Although that is the preferred foot, slowing up to use that foot should not be done. Emphasize hitting the inside corner of the bag, inside foot if possible, but full speed.
 - **Variation** – Once the players have become comfortable with moving through the base, the variation of bringing them back to the base can be used. To get your players fully committed to running through the base to second base have them execute the turn to second at full speed. As players come through the first base coach will shout 'Back' at which time the player should return to the base. If they return back standing, they should plant their right leg into the part of the bag, facing towards the outfield. If they dive back towards the base, they should extend out with their hand with their face turned toward the outfield. The variation should include turns where players are allowed to continue all the way to second base. This way you can encourage them to not stop until they here the coach shout 'BACK'. It will help them learn to run aggressively and listen to instruction from their coach.
 - **Base Stealing – Lead Offs** – Break up the team into equal players on each 1st Base, 2nd Base, & 3rd Base. With a coach on the pitchers have the first set of players get on each base. Have the coach simulate a pitch. As the coach goes through the wind up, the players should rock back in their stance, timing their forward release from the base with the release of the ball from the pitchers hand. If your age division requires the player to stay on the base until the

ball crosses the plate, the players should work on their leadoffs at a minimum. If the coaches can pitch to simulate the ball crossing the plate, that could be done as well (but will be more time consuming).

- **Coaching Points** – To be effective base stealers, players must be taught to get off the base aggressively. Stance is the start. The left leg should be placed on the back inside corner of the base. The player should get in a crouched stance, similar to how a track runner would use a starting block. The player when preparing to leave the bag, will rock back in their stance, and start their move forward, driving off the base with the lead leg. They should drive out low, accelerating to full speed, at which point they will be upright. If possible a coach should position themselves to watch each player as they leave the base to make sure their timing is not too early, but certainly not late. Players coming from third to home, should stay near the back stop in line with the third base line. As the next player approaches home, they should practice giving direction to the player coming home, using arm signals (both arms raised above their head), shouting 'Up, Up, Up'. This will encourage them to get in the right position to help a player during game situations.

Additional Base Running Drills

- Here are some additional drills that can be done to work on certain aspects of base running. If you find you are lacking in a particular area of base running, try to simulate drills for your players and coaches that will put you in the situations that need the work.
 - **First and Second Base Runners Communication** – Have half your players go to first base, the other half will start at second. Also position a coach on the mound to simulate a pitch, and the coach who would normally coach third base will take their position at third. This is not only a drill for the players, but is also good practice for the coach to work on visual and verbal communication with their runners. The players should move on the pitcher's motion, proceeding to the next base. The runner moving from 2nd to 3rd base should pick up the coach with verbal communication. So it is clear to all your runners, the verbal communication should be the same each time. 'Go, Go, Go' is good for proceeding to the next base. 'Stop' is good for getting them to stay at the base. If you say 'Turn' to get them to aggressively turn towards home, the coach will need to move down the line towards home to stay in front of them.

If they will bring them back to the base, they will need to shout 'Back' before the player passes the coach. Once the player has passed the coach, they should not be brought back to third base (the reasoning why the coach must move down the line). While giving the verbal communication to the runner approaching third, they also need to be giving visual instructions to the runner rounding second. Hands held straight up above their head will indicate to the runner to stay at second. An arm moving in a circular motion will indicate to the runner to keep moving towards the next base. Once the runner has moved past second base, they now are on verbal commands. As they see what is going on in front of them, they should be aware of a coach yelling back to the lead runner, which would also be an indication for them to move back to the base.

- **Stealing Bases** – Players on all bases should be taught to be as aggressive as possible in moving to the next base. Any player is capable of stealing a base, as long as they are looking for the opportunity. Past balls, balls in the dirt, bobble balls are all possible options. Also if the player is not checked back to the base by the catcher delayed steals can be used. To practice have a coach be the pitcher and have players start at second base. The pitcher will throw to a catcher, throwing balls in the dirt, throwing balls away, balls down the middle where the catcher does not check the runner back. Since second base is where lead-offs can be taken more than any other base, the runner should be encouraged to take every lead-off from second as if they are stealing third. They should proceed to third if the ball is bobbed, dropped, or look for an opportunity for a delayed steal. Also they should pay attention to who is covering third base. If it is the short stop, and the runner gets even with the short stop, they should just continue to third (if they are even with the short stop, they already have the base stolen). If the third baseman is covering the base, they should be looking for the one time the third baseman does not return to the base.

BUNTING

An important skill for every softball player is the ability to bunt. The sacrifice bunt is a required skill for each softball player, and becomes increasingly important as the player moves up in levels of play. Each player should spend time working on this skill and should be a important part of the offensive/hitting practice plan.

Bunting Technique:

In a sacrifice bunt situation, the most important thing is to get the bunt down and in fair territory.

Position - Positioning in the box is the first step in executing the sacrifice bunt. The player should move to the front of the box and by doing so they will have moved themselves into fair territory. Since a sacrifice bunt is not a secret, the player can set up in the front of the box as soon as they enter the batter's box.

Stance – The player should open their stance slightly, with their body facing towards the pitcher. Again, the player can get in their stance early as the sacrifice bunt is not a surprise.

Hand Position – The player should use a split-handed grip on the bat sliding the top hand up the neck of the bat towards the barrel. The top hand should stop right where the barrel start to expand into full size. The bottom hand will come up slightly (not much) and is to be used to keep the bat balanced and still.

Bat Position – The player should position the bat square to the field (facing the pitcher), and the bat should be positioned at the top of the batter's strike zone. It is important the batter starts the bat at the top of the zone, this way, anything above the bat is a ball, and they cannot offer at those pitches.

Bunting the Ball – The bat at this point becomes very similar to the glove when catching. It is used to catch the pitch, and should not be pushed forward to go get the ball. The player should not need to extend the bat forward to go meet the ball, but should just catch it with the bat. A good drill to emphasize this point if players are struggling with this concept is to put the player's glove one, have them get in the proper stance, and catch the ball. Once they understand the concept, the player can move back to trying it with the bat. Players should attempt to bunt the top half of the ball, ensuring that the ball will be hit on the ground. If the player decides not to offer at the pitch, they simply pull the bat back against their shoulder.

Adjusting to pitches – The player will get the bat in pretty much the same position, but will use their legs to adjust to pitches that are lower in the strike zone. Since the player does not need to adjust to pitches higher than their bat (remember the bat is at the top of the strike zone already), they only need to concern themselves with the pitches that are lower in the zone. The player simply needs to bend their knees to adjust to pitches lower in the strike zone. If they find that they need to go lower than their knee bend will take them, mostly like that pitch is below the strike zone, and is one they should not offer at.

CATCHING

Putting on Equipment

- Make sure you have appropriate sized gear for each player that wants to catch. Keep in mind; the player must still be able to move freely and quickly even with all this protection on. Poor fitting equipment will only hinder this process.
- Shin guards must be clipped on the outside of each leg. This will keep the player from unclipping the shin guard by rubbing the two guards together.

Stance

- **No One On-Base** - Body is in a square/squat position. Sit as low as possible for comfort (catching can be pretty tiring on their legs). Glove is placed (opened) in the target area. Be sure player has a relaxed glove hand and to not stretch it out too far (for protection). Glove is to remain as still as possible to avoid distracting the pitcher. Throwing hand is to be placed either behind glove or behind back for protection.
- **Runners on Base or Two Strike Counts** - Again body is in a square position; however, the player is now off of lower legs, backside is slightly raised, throwing side foot is slightly behind non-throwing side foot, glove is placed open and still in target area, and throwing hand is placed behind glove in a relaxed cupped position. This is important because it allows the player to get the ball out of the glove in a throwing position quicker than if it was behind the back.

Throwing Runners Out on Bases

- Very important; none of what is said below means anything unless the player CATCHES the ball. Emphasize Catch First Then Throw.
- Once ball is received it must be transferred to throwing hand as quickly as possible.
- Body now must be shifted to get feet and non-throwing shoulder pointed to their intended target. This is very important to avoid throws sailing to the right for right-handers and to the left for left-handers. It is also important to teach the kids to shift and avoid stepping on the plate, which could cause slippage and/or injury.

- Emphasize throwing to the base not to the player covering the base. This will keep the player focused on getting rid of the ball rather than waiting on someone to receive it.
- Teach the kids to keep throws low; a bounced ball will get there a lot quicker than a higher arcing ball.

Blocking Balls in the Dirt

- Most important thing is to get each player to realize the equipment WILL protect them from injury. The best blockers of pitches are the ones that have little to no fear of being struck by the ball. Explain that all of their protection is in front of them, so never turn your body away from the ball.
- Blocking position is very important as well. Both knees must drop to the ground (quickly), glove is to be placed (facing out) between the legs to prevent the ball from slipping through, throwing hand is placed behind glove for protection, upper body is slightly cupped downward, chin is tucked to the chest (this protects throat), and shoulders are cupped inward. Cupping of chin, upper body, and shoulders is done to keep balls in front of player rather than having them bounce to either the left or right. Emphasize not trying to catch balls in the dirt rather block balls in the dirt. Balls do not always bounce in the same spot, so trying to catch them rather than blocking them will create a lot of running back to the back stop to retrieve the ball.

Important Notes

Drills vary from age to age and skill level to skill level. For some players, the act of putting the gear correctly and just catching the ball are the most important drills that can be done. Higher levels need to catch as much live pitching as possible, working on stance, footwork, receiving, and ball transfer. Blocking drills can be done with soft balls and/or whiffle balls to avoid injury and instill confidence.

Catching sometimes is a thankless position and it takes a rare type of player to do it well. The catcher is the captain on the field; game tempo can be made or broken by a skilled or less skilled catcher. In many ways, a good catcher can help the rest of the team play their best. If the tempo of the game stays quick, all players will stay alert, thus limiting errors due to not paying attention. Catchers set the Tempo. Like in any other things, if you can make something fun for kids to learn and do, the kids will want to keep doing it. That being said, teach the kids

who want to catch in a fun instructive manner and they will want to continue and get better.

INFIELD DRILLS

Triangle Recognition Drill – Place all girls in a line facing the coach. Infield stance with feet even with their heels off the ground spread about shoulders' width. Knees are bent with body over balls of their feet; hands are out stretched on the ground in front of them so that a triangle is created with the front of the feet and hands being the tips of the triangle. Coach instructs to get into triangle position and simulate fielding a ground ball.

This should be done 5-10 times. Coach should instruct "relax-triangle". On hearing the command "triangle" the players get into the fielding position.

Emphasis – Make sure girls have their heels off the ground and knees bent. Ensure that their hands (or the tip of the triangle) are out stretched away from the body. In fielding ground balls the hands should move towards the ball. This drill should show them how they should be at the point the ball is fielded.

Pickups – players pair and line up in two parallel lines facing each other about 15-20 feet apart. Ensure that there is plenty of room between the pairs.

Short hops – one partner throws ball so that it short hops their partner. The ball should be thrown with good velocity. The receiving player is in a triangle position with the glove down and moves the glove to the ball to field the short hop. They do not move their feet. Receiving partner gets 10 consecutive balls and then the other partner becomes the receiving partner for 10 short hops. After this is mastered you can go through another set of 10 for each partner.

Emphasis – Players should remain in triangle with heels off the ground. Glove should be on the ground and move toward the ball. Emphasize not moving the head but keeping their eyes on the ball.

Backhands – Remaining with their partners receiving partner turns to a 90 degree position from their partner toward their throwing hand. Their glove leg should be in front as if they are taking a stride, but close enough their head is over their front foot. They will have their glove in front of their lead foot. Their partner then throws 10 short hops to the glove backhand. The receiving player moves glove to the short hop. After receiving 10 short hops the partners switch and the receiving player throws 10 backhands to their partner. You can advance to a second set of 10 throws.

Emphasis – Both knees bent balanced with head over front foot. Back knee should be bent.

Variation – Throwing hand foot forward and glove foot back. Same process with glove.

Ground Ball Fundamental

Balls right at fielders - Single line of infielders line up at shortstop with a coach or first baseman at first. Coach lines up at pitching rubber with a bucket of balls. (Coach or first baseman at first should have an empty bucket). Coach rolls ground balls at one player at a time. Player fields ball in a good triangle reaching for the ball, bring ball to throwing shoulder and make throw to first base. After making the throw, run to back of line. Drill should go quickly with coach providing verbal instruction as you go. When balls are finished trade buckets with first base.

Emphasis: The emphasis is form so coach should roll the ball so that player can concentrate on good technique. Field ball on the balls of your feet, move to your throwing side leg and make the throw. Flow through the ground ball with your hands going to the ball. Keep fielders from standing straight up to make their throw.

Balls to the left of fielders (toward center field) – Maintain single file of infielders roll the ball to the left of the infielders. Infielders should arc so that can move into the ground ball with a good triangle. Moving into the ball, bring the ball to throwing shoulder and make throw to first.

Emphasis: The emphasis is form so coach should roll the ball so that player can concentrate on good technique. Cross over and get depth so that you can move forward toward ball. Make sure that the balls you roll are such that each fielder can arc and still get the ball moving forward. Field ball on the balls of your feet, move to your throwing side leg and make the throw. Flow through the ground ball with your hands going to the ball. Keep fielders from standing straight up to make their throw.

Balls to the right of fielders (toward 3rd base foul line) – Maintain single file of infielders, roll the ball to the right of the fielders. Infielders should arc so that can

move into the ground ball with a good triangle and moving toward 1st base. Again bring ball to shoulder and make the throw to first.

Emphasis: The emphasis is form so coach should roll the ball so that player can concentrate on good technique. Cross over and get depth so that you can move forward toward ball. Make sure that the balls you roll are such that each fielder can arc and still get to the ball moving forward. Field ball on the balls of your feet, move to your throwing side leg and make the throw. Flow through the ground ball with your hands going to the ball. Keep fielders from standing straight up to make their throw.

Advanced Drill: Roll the ball with sufficient speed so that the players have to move at full speed and barely reach the ball. This will force the player to arc to have any chance of getting to the ball. On balls to their left, they may field the ball with one hand outside of the triangle. They will then have to rotate their body so that their left foot is facing the target, plant the right foot and make the throw.

Emphasize good arc, reach for the ball, turn so that left foot is in front, avoid standing up and get to your right foot and make the throw.

For backhands: Coach rolls the ball with sufficient speed so that the players have to backhand the ball. There are two ways to field with a backhand. With both you need to have knees bent. One method is to field the ball with the throwing hand foot in front. With this method, you can plant the throwing hand foot push off by stepping with the glove foot to the target. The second method is field the ball with the glove hand foot in front. With this method (maybe the most common) you will need to continue forward with the throwing hand foot, plant with that foot and pivot back with the glove hand foot toward the target and make the throw.

Emphasis: it is difficult to determine which technique will be used. It will depend on how the fielder gets to the ball, but both techniques should be taught.

Redirecting the ball: The majority of infield play is fielding the ball and throwing to another base. On ground balls to infielders the infielder will field the grounder and make a throw to 1st. However, there are many other throws that an infielder needs to make in the course of their play. Since softball is a speed game the

ability to catch the ball and throw it to another infielder quickly is a vital element of a good infielder.

Young infielders view the catching or fielding of a ball and then throwing the ball to another base as two events. Catch the ball and then begin the process of throwing the ball. You need to train the infielders that they are only REDIRECTING the ball to another player. You need to teach that the catching the ball is just the first step in making the throw to another base. This is a very difficult concept, but mastering is the key to becoming a good infielder.

Redirecting the Ball Drills:

The purpose of this drill is to have the player catch the ball and make the throw all in one motion. The player who is in the drill stands a short distance from the receiving player. Coach stands in front of the player and tosses the ball underhand to the player in rapid order so that the player needs to catch and throw and be ready for the next toss. (High school players should be 30 feet from the receiving player – 10u players are about 15 feet from receiving player)

Emphasize catching the ball by reaching for the ball with hands. Shift weight to throwing hand foot (right foot for right hander and left foot for left hander). Keep reminding them to be quicker, shift weight, no extra steps. Drill should be rapid about 10 balls per player have a bucket at the receiving player so that when you run out of balls you can switch quickly. Lots of enthusiasm. For younger players have an adult receiving the throws. Coach can hold bucket in his hands so that we can get balls rapidly.

Advanced redirecting the ball:

Four Square Drill: Set four players in a square inside the infield. Repeat the process as in the individual drill where one player is catching and throwing the ball. Coach throws the ball to one player and they begin the throwing the ball to on the corners of the square.

Emphasize catching the ball and switching the ball to the throwing hand foot. Catch and throw in one motion. Emphasize on the quickness of the drill. No extra steps. Emphasize quickness.

Taking an Infield: Taking an infield is designed to put all the fundamentals together. Infield is a throwing and a movement drill. It is NOT a grounder drill. Every player has to move somewhere on every ball hit (this includes outfielders).

If players are trained to move on every ball hit and have a purpose to that move infield defense will become a strong part of a team.

Corners go to their bag and middle infielders will either move toward the ball or will cover second base. If this is done each time a ball is hit, a base will never be uncovered on a base hit. For a ball hit to the right side of the infield second base will move toward the ball and shortstop will move toward second base. For a ball hit to the left side of the infield the shortstop will move toward the ball and second base will move toward second base.

Note: This drill should move quickly so the players make not get to their destination before a play is made. For example, a ball hit to the third baseman fielded cleanly will not provide sufficient time for the shortstop to get to the ball or the second baseman to get to second base. It is important to emphasize the purpose of the direction of the moves. To begin the taking of an infield each player should line up at their respective positions. After each player receives the ball and completes their assignment all players must quickly move back to the respective positions. The purpose of getting back into position is the discipline of moving quickly and always aligning properly. When teaching, this begin slowly but be constantly reminding them to get into position and in a good fielding position so that drill will get faster as they understand where they are to go on each hit ball.

Begin with "throwing the ball around". Catcher starts with a ball. Catcher throws the ball to third; third throws to second; second throws the ball to short; short throws to first and first throws to catcher. Do this twice. Then reverse by throwing to first; first throws to short; short throws to second; second throws to third who throws to the catcher. Do this twice.

Emphasize catching transferring the weight to throwing hand foot. Make the catch a start to making the throw.

Infield begins by hitting the ball to third who throws home. Continue to hit to successive players and you move around the infield. Do this twice. Even though each player moves on each ball hit you can't move far, because you need to be back in position when coach hits the next ball.

Reminder: When ball is hit to third, shortstop will move toward the third baseman as if they are moving to field the ball. Second base moves toward the second base bag. First baseman moves to the first base bag.

Begin the next round by hitting the ball to third who then throws to first who throws home. Continue to hit the ball to each infielder who throws to first and then home. First touches the bag before he throws back to catcher.

Next round add a throwback to the fielder who began the round. Begin by hitting the ball to the third basemen who fields the ball and throws it to first, who throws home. Third baseman goes back to bag to receive the ball from the catcher and then throws to the second baseman on the second base bag who then throws to ball to first at the bag who then throws home. Middle infielder's back-up throws from the catcher. For the ball hit to the third baseman, the shortstop is already moving toward the ball so that they can continue to line up directly behind the third baseman to act as a backup to the throw from the catcher. The shortstop shall line up well behind the third baseman to be prepared for an errant throw (the left fielder will also be lineup as a further backup. The left fielder will line up behind the shortstop). The third baseman upon receiving the throw from the catcher they will throw the ball to the second baseman who is covering second base. The second baseman will then throw the ball to the first baseman. If the ball gets by the third baseman, the back-up (shortstop or left fielder whomever gets the ball will continue the progression by throwing the ball to second base). Always keep the progressions going.

Hit the ball to the shortstop who fields the ball and throw the ball to first base and then goes to second base to receive a throw from the catcher. The first baseman will throw home. The catcher will throw the ball to the shortstop covering second base who will throw the ball to the first baseman, who throws to the ball to the catcher. The second baseman will back up the throw at second. Immediately after backing up the second baseman will get back to her position ready for the next ball to be hit.

Hit the ball to the second baseman who will field the ball and throw to first who throws home. The catcher throws the ball to the second baseman covering the second base bag. Shortstop will back up the throw at second base.

The next ball is hit to the first baseman who touches the bag and then throws to the catcher who throws the ball back. The second baseman backs up the first baseman. The first baseman will then throw to the shortstop who is covering second base who then throws the ball to the third baseman covering the third base bag who then throws the ball to the catcher.

End with a bunt with the catcher throwing to first.

The goal is to take two rounds of throwing to first and throwing back.

Take a round of turning double plays. No throwback to the base by the catcher. End this round with the catcher fielding a bunt and throw the ball to second for a double play.

There is no magic way of taking infield. It is important to emphasize that taking infield is a moving and throwing drill.

OUTFIELD DRILLS

Drop Step/Reaction Drill – Put the girls in a line facing the coach. Ready stance, feet are even, balls of the feet. Coach has a ball, makes a motion to the right, left, or back. The girls react together and move in the direction that the coach motioned.

Emphasis - Make sure they open and are moving back at an angle with their hips open. Keep them from moving flat, and make sure they stay on the balls of their feet.

Bare Hand/Glove Ball Drill – Give each girl a ball and have them get in a single file line. Have them get set (feet even, balls of the feet), once the girl is set, have them flip the coach the ball and take off in the direction you are working (2 each left, right, straight back).

Emphasis - Have them keep their body behind the ball, staying on the balls of their feet. Running on their heels will cause their heads to bounce up and down and make it more likely they will drop the ball. Have them catch it moving in they are running (don't let them square their bodies). Drill is usually done without gloves, but not sure what age you would want to use gloves.

Rolling and Throwing Drills – In a single file line go through the different fielding positions and fly ball movement. Here are the ones that should be done:

Block – Roll the ball to the player, the player moves laterally to position them in front of the ball. Before the ball reaches the player, the player drops to a knee (knee opposite of the glove goes down). With the glove and the body covering the hole between the legs, they have created a wall or block to prevent the ball from getting by. Used when there is no danger or runners advancing bases or when the ball is hit hard and the outfield needs to make sure it does not get by.

Regular – Roll the ball to the player, just like the infield drill. Outfield will field in a triangle position, moving through the ball. They continue to move through the ball and make a throw. This is used to force out runners at bases (like right field to 1B).

Scoops – Roll the ball to the player, they will scoop the ball up, on the run, positioning the glove just outside the front foot on the glove side. At times the ball will be fielded with the ball coming with the glove side foot in the back position. After scooping the ball, the player will get into their crow hop. The hop is initiated with the glove side leg coming up, long circular arm, and as the glove side leg comes down, the arm should be coming down with it. The body will follow through the throw. This is used to throw runners at bases that are further away, like throwing a runner out at home.

Fly Balls – The ball is thrown up to the player. The player takes a drop step, opening to the side of their throwing arm. The player is to position themselves ‘behind the ball’ trying to make sure they are at least a few strides behind it. Timing the ball coming down, they move forward towards the ball, trying to catch it shoulder height on the throwing side of the body. Momentum will continue them forward, and ideally, they can initiate their crow hop near the time they catch the ball over their throwing shoulder.

Hitting to the players – Go through the same drills you did throwing/rolling the balls, just with hitting the balls.

Variations when hitting - The coach can do the same process as they did when rolling/throwing the balls. Hit at least a couple balls for each item listed above. Once the players get used to the flow of the drill, you can add variations. When hitting ground balls to them, make them move from left to right, to work on positioning. Hit a few right at them. Then a few to the left/right making them move laterally before they make a move on the ball. Once they have positioned themselves properly and move toward the ball, they should be moving in a line that is moving straight toward their throwing target. Same can be done with fly balls.

Fly Ball Variation – Once the players are comfortable with fly balls straight on, you can put them on the run to simulate balls to the side. Start the players from one side of the field, put them on the run, and hit a fly ball that they have to pursue. If they can get in a position to get behind the ball and move toward the target, then they should. If not, they should not square to the ball before catching it. If they catch it moving away from the target make sure they stop themselves, and move toward the target before throwing.

Communication – With players starting on opposite sides of the field, hit a ball between them. One player should make an aggressive move on the ball, while the other should take an angle to make sure they are in a position to stop the ball from splitting the gap. When this takes place in the game, the centerfielder will have primary control over the gaps, and communication.

Backups – Backups are best taught when the infield is taking infield practice. The outfielders should join behind the infield and run through their backups as the infielders make throws to 1B, 2B, 3B, Double Plays, Bunt Coverage, etc.

Emphasis – This is a critical component of being an outfielder. Each outfielder must be able to run from their position, and move to the proper back-up location, and before the ball is. It is a lot of running, but they should be able to take pride in how it will look when done properly.

SOFTBALL HITTING

This document will break hitting down into stance, pivot, head position, and swing. After discussion of each of those, drills will be discussed to emphasize each of those areas.

Stance – First thing to consider is the address to the plate. All though stance and positioning may vary depending on pitcher, speed, pitches, preference, we will address everything as if they will take a standard position in the batter's box. The batter will take an even stance, which means both feet are about the same distance from the plate. The batter's front foot should be even with the front part of the plate. The distance between the batter's feet should be about six to 8 inches wider than the shoulders. This will vary from batter to batter, but it is a good starting point. The batters weight should be more on the balls of their feet, with knees slightly flexed.

Your shoulders and hips should be level. Your eyes should be level, with your chin tucked in on your front shoulder. Your hands should be slightly away from your body, about six to eight inches with your elbows slightly bent. Your back elbow should be about six inches away from the side of your body. The bat angle also will vary but should angle halfway between horizontal and vertical.

Grip – The batter's middle knuckles should come close to lining up, with the top hand's knuckles being slightly offset, more toward the large knuckles on the bottom hand.

Stride and the Load – As the batter prepares to take the swing, they will need to take a stride and load their hands. The stride is used as the triggering mechanism for loading your hands (the process of taking your hands back slightly to load up the swing). The length and timing of the stride depends on the batter. The stride length is typically between 3" – 6", the stride can be longer, but should not be at a length where the batter becomes off balance. The weight should remain still more on the back leg than the front, so it is important to make sure the player does not lunge. The timing of the stride will also depend on the batter. The stride can be put down early, or late, but needs to be down with the hands in a ready position in time for the swing to take place.

The load of the hands is a mechanism to prepare for the swing. It is a slight moving back of the hands as the stride is taken. The hands should move slightly back and up, making sure that they are not dropped. The batter should take

care not to “wrap” the hands or create too much movement, as it will make the timing of the swing difficult.

The Swing – As the ball approaches the batter initiates the swing. As the bat hands come forward, they should stay inside the ball. If the hands are inside, then the hitter will be able to stay in a strong position when they make contact with the ball. The hitter should drive through the ball, finishing their swing in a full, circular motion.

The Pivot – As the player initiates their swing, the back foot will pivot to transfer power into the swing. As the hands begin the move for the swing, the players back foot will begin its rotation forward, along with the hips. As mentioned earlier, the hitter should already be on the balls of their feet. As the swing comes through the players back leg rotates inward, with a slight knee bend. The hips will rotate through and the player should finish with the back leg pivoted inward, with the weight transferred up against the front leg.

The Head – The head is a key for consistency in your swing. The head will need to be kept on the ball when the swing is being made. The head should be kept still and on the same plane throughout the swing.

Hitting Drills

Hitting like many of the skills in softball is something that is developed through repetition. Not only is the volume of swings an important aspect of developing a good hitter, but it is equally important for each of those swings to be a quality swing using the proper form. That should be kept in mind as a description of the drills will follow.

Drills can be done in stations, splitting your team up so you can maximize the amount of swings each player will get during a practice. A fielding group should also be included to shag balls for a live hitting group if that group is hitting out on the field.

Especially in the hitting portion of practice, each hitting station should have supervision from a coach, not only to ensure safety, but also to ensure that good, quality swings are taken.

Tee Work – The tee is an excellent way to work on technique and develop proper swing mechanics. There are many variations for tee work, and depending on the need of the team or the hitter, specific ones can be used to address those issues.

Lead Hand (One Hand) Swings – In order to develop a swing where the hands are kept inside the ball, and in a strong position, lead hand swings can be used to emphasize these things. With a smaller, lighter bat, the player sets up to the tee in a position to drive the ball up the middle. The stance is the same as a normal two-handed swing, and the movement of the hands should be the same as well. The player should bring their hands inside the ball, hitting the ball in a strong position, following through with full extension. **Teaching Points:** This drill is especially helpful for those players who cast out their hands (extend their hands out away from their body). The coach also needs to be mindful of the fact that younger players will have the tendency to drop their hands as the one-handed swing is new to them. Try to find a bat that is light enough for your level players to swing. Although it is preferable to use a bat with some weight, if need be a whiffle ball bat or light-weight bat can be used with whiffle balls.

Inside, Middle, Outside Tee Swings – In order to drill on different contact points for pitches that are inside, down the middle or outside, work on the tee is essential. To keep the hands inside the ball and in a strong position, the contact for each different pitch location is different. The inside pitch will be met out in front of the batter, the pitch down the middle will be met slightly in front of the front hip, and the outside pitch will be met close to even with the back hip. Depending on the pitcher being faced, or if the players are struggling with one particular area, the drill can be adjusted. The drill is conducted by having the player take a normal stance in relation to the plate, and the coach places the tee in the position of the location that will be worked on. If a catch net is being used, make sure that the player is positioned properly so that the balls will be directed into the net. **Variation:** This drill can also be done with soft toss. In comparison to normal soft toss which would work on pitches down the middle, the player can close their stance with the coach tossing the ball to the front hip to work on the inside pitch. The player can have an open stance with the coach tossing the ball towards the back hip to simulate an outside pitch.

Front Toss – Front toss is a good tool to get a high volume of swings, while reacting to a ball coming from the front. From a short distance in front of the batter, the coach standing behind a screen under hand tosses the ball to the batter. The toss does not need to be as hard as a normal pitch, but should be at a nice pace that allows the batter to react and put a

good swing on the ball. Make sure the player gets set in a good stance for each swing, and uses all the technique described in the above sections. **Variation:** Inside and outside pitches can also be easily worked on using front toss. Since the toss is at a short distance, the coach should be able to consistently throw the ball to a particular area to work on either the inside pitch or the outside pitch. It is usually best to pick one to work on at each practice, and make that the point of emphasis for both tee work and front toss work.

Live Batting Practice – The best drill and essential to every hitter's development is live batting practice. As a player progresses in their softball career the need for a coach that can throw batting practice becomes an important aspect for training a hitter. Although it may seem difficult, it is a skill that can be learned. Live batting practice is usually done at a distance that is shorter than what the normal pitching distance is. The coach can set up at a comfortable distance that will allow them to keep the speed at a level that matches that of the pitchers at their level, and will allow them to throw a high volume of pitches. Protective screens should be used at any level where the players become capable of hitting the ball back sharply up the middle (most likely at the 12 & under level, but certainly by 14's).

Live batting practice in a team format needs to be structured to make sure that each player gets a specified amount of swings, and they also have time to rest between sessions, so their swings can be good, solid swings. If players are in groups (3 or 4 players to a group), the players should take five swings, then switch with another player in the group. This should continue until each group has gone through three rounds (15 swings). **Note:** Younger players will need time to adjust to regular live batting practice. From a coaches standpoint you want them to get good swings, and the more they see live practice, the better they will get at it. Try to avoid the tendency to continue to throw pitches to a batter who is struggling to make contact. Although the goal is to get them to have success, you must remember that you have an entire team to get through, and throwing extra pitches to one batter will lead to the extension of your practice time, or it will shorten the time other players will have. Players will get better every time they see live pitching, so don't get frustrated if they struggle at the outset.

Summary: Live batting practice with the swings the players will get off the tee, soft toss, and front toss should get each player 50+ swings during the hitting portion of practice. Make sure that your drills are organized, and keep the players moving through the drills to make hitting an efficient, effective time at practice.

THROWING PROGRESSION

Overview: Using a throwing progression will break down the mechanics that are needed to make a good throw. This progression should be used as the warm-up throwing drills, and should be done at the beginning of each practice and/or game activity. The more effective your team gets at doing the drills, the quicker they will go. Allow 10 – 15 minutes to complete the throwing drill process. Start with at least five of each progression step, working up to 10 of each item. This is primarily a throwing drill, but players who are receiving the ball should move their feet to the ball, and try to catch it in the center of the body.

- **Flip** – To work on the wrist flip have the player set their glove down. Standing about 10 feet away from their partner, have them raise their throwing arm up, with their elbow bent, while holding the ball. They should cross their non-throwing arm in front of the throwing arm to ensure the forearm does not move forward in the drill. The player should then 'flip' the ball to their partner, using the wrist flip only. The ball should roll off the tips of their fingers and should be spinning.
 - **Note:** If a player is palming the ball, or the ball is not rolling off their finger tips they will have the tendency to throw the ball towards the ground.
- **Throwing from a knee** – Have the players move about 20 feet apart. Taking a knee (throwing knee down), with the opposite leg up in front. The player should make a nice circular throw, getting their arm up, and follow through the throw. The follow through should bring the arm forward and down, touching just outside the toes of the front leg.
 - Note: Players will need to use their flip, as players who palm will also struggle in this drill by throwing the ball into the ground. Release point, flip, and follow through are keys for this step.
- **Turn to the side** – The players should stand up and move about 25 feet apart. Turning to the side (right hand players turn to the right), standing on the balls of their feet, they throw the ball to their partner, with no step. Focus again should be on making a nice circular throw, getting their arm up, pushing off their back leg as their arm comes through. As they continue through their throw, and pushing off that back leg, the player should walk toward their target after they release their throw.
 - **Note:** Players will want to step with the front foot, as is natural when throwing. This step has already opened them up, and is intended to make sure they use their legs (back leg) with their throw. It is important for them to 'walk through' their throw and will create a stronger throw.
- **Step and Throw** – Similar to the turn to the side step, now the player should take a step with the front foot and throw. Like a baseball pitcher, they

should use a leg kick, step towards their target, drive off the back leg, and walk through the throw. The throw should now encompass the flip, arm mechanics, arm follow through, driving off the back leg, and walking through their throw.

- **Note:** The players should be putting everything together. The exaggerate leg kick will allow them to feel the timing of how the step and the arm should work together (arm should be coming forward as the leg comes down). It will also help them on trying to use their whole body while throwing.
- **Long Toss** – As you progress through step and throw, the players should gradually start to move away from each other. Still using the technique listed above, they will now play long toss. They do not throw the ball on a line, but instead with some arc. Depending on the age, players can range from 60 – 120 feet. They should angle the ball up and try to get it to reach the target. This will strengthen the arm as well as work on the mechanics of the throw.
 - **Note:** The tendency will be to throw the ball on a line, and not put arc on it. You must get them to put arc on the ball, and also make sure they work through their mechanics. Those who throw across their body or do not get there arm up and extended will struggle with long toss. Encourage them to continue to work on it, as it is one of the best drills to help with those issues, in addition to strengthening the arm.
- **Ball in Glove Drills** – Ball in glove drill is to finish up the throwing session of practice. They are as the name describes, start with your ball in glove in a fielding position and make a throw using the mechanics learned in the drills above. Different positions will do different drills. Here they are:
 - **Infield** – With the ball in glove, the player gets in the triangle fielding position. Moving forward to simulate moving through the ball when fielding. For a right handed field, the steps will be right, left, throw, moving through the target.
 - **Catcher** – Catchers should start in their crouch with the ball in glove. Moving out of their stance toward they target they should move aggressively and move through their target.
 - **Outfield** – Outfielders have three ball in glove drills, they are listed below:
 - **Balance Drill** - The first is a balance drill that will help them get into their hop. Balancing on their glove side foot, with the ball in glove positioned a few inches outside that foot. Kicking the opposite foot forward and up, the outfielder will move into their hop. As the kick foot comes down the glove foot will come up as the arm starts to move in a circular motion. As the glove leg comes down, the arm should be coming down

as well. The outfielder's momentum should take them toward their target.

- **Crow Hop** – Similar to the balance drill, but now the player will run through the throw. Starting with the ball in glove, the outfielder will simulate a scoop, simulating picking the ball up just outside the glove foot (as in the balance drill). The throw will be just like the throwing portion of the balance drill.
- **Infield Ball in Glove** – The outfielders should practice fielding just like the infielders to as they will use an infield throw when making quick throws to bases.