

PWYSA and Hit Dawg Academy

PRESENT

Spring Preseason Strength and Softball Skills Training

First and foremost = **PLAY CATCH!**

A series of throwing videos have been created specifically for our membership with proper throwing techniques. You can view these videos at our link below on our PWYSA softball website.

<https://www.pwysa.com/page/show/158860-coaches-corner>

(Scroll down to get to Video #1)

Variations for playing catch and fielding:

- A glove and tennis ball – throwing your tennis ball against a large wall.
- Fielding the returning thrown tennis ball with good fielding position and quick feet.
- Partners throwing fly balls using real softballs or tennis balls (depending on age and skill of player).
- Throwing a tennis ball on the roof of your house and trying to catch it as it rolls back down.
- Be creative!

*Tennis balls are a great softball tool. Even though they are not the size and feel of a real softball – you can work on your eye-hand coordination, eye tracking, whole body coordination, and footwork using this piece of equipment!

Younger players: playing catch is essential to the sport of softball – 10 minutes a day will make you a better player. We recommend using both a regular softball and a tennis ball to create variety in your practice. Be creative and come up with different games and challenges for yourself!

Older players: below is a workout schedule created by Lisa Kohler, Hit Dawg Academy, for strengthening muscle groups to support your softball skills. She has also listed various softball specific defense drill and hitting drill suggestions.

Medicine Ball/Body weight	Set 1	Set 2	Set 3
Russian twists	20	20	20
Lunges with rotation	12 each leg	12 each leg	12 each leg
Sit ups	20	20	20
Single leg Bridges	10 each leg	10 each leg	10 each leg
Leg lifts	15	15	15

Squat jumps	12	12	12
Heel touches side to side	10 each side	10 each side	10 each side
Mountain climber	15	15	15
Plank	1- minute	1- minute	1- minute

Dumbbell/Barbell workout	Set 1	Set 2	Set 3
Single leg v ups	10 each leg	10 each leg	10 each leg
BB/Bench Hip Thrust	8-10	8-10	8-10
DB/BB Row	12	12	12
Squat	8-10	8-10	8-10
Tricep push ups	12	12	12
Romanian Dead lift	8-10	8-10	8-10
Renegade Row	6 each arm	6 each arm	6 each arm
Split Squat	8-10	8-10	8-10
Dumbbell/Bodyweight Sit up	12	12	12
Broad Jump	10	10	10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Throwing	Warm up working on form and transfers	Quick Throw	Off	Long Throws	Off	Arm slot angle throws	Long toss
	10 - Minutes	5 min warm up 5 min quick throws		Warm up plus long toss 15 minutes		10 - Minutes	Warm up plus long toss 15 minutes

Defensive drills	Receiving drill/ Tags/ bad thrown balls/ bad hops for outfield	Double plays at your positions/ Outfield getting it to your cut off quick	Tennis ball infield or out field work	Infield throwing on the run/Outfield crow hops throwing home	Drop steps/ over shoulder catches/ short pop flies	Different angle throws to different bases/ Outfield working on do or dies also dead plays that you need to just keep the ball infant of you	Diving day for infield and outfield
	15- Minutes	15- Minutes	15- Minutes	20- Minutes	15- Minutes	20- Minutes	20- Minutes
Hitting	Extension drills	Lower body power with a drill we did this winter	Top hand bottom hand drill and Full swings	Separation	Full swings-working on bat path or a drill we did this winter	Load/gather Mirror drills	Full swings
	Lift- more core/speed for pitchers		Lift		Lift		
Pitching	Long toss leg day	Spins	Arm circle speed day, knee drills, quick pitching		Leg drive day- Lunges to pitch, Squat jump to pitch, Single leg pitch	Spins	Live day

With every drill or activity, BE CREATIVE!

Throwing Routine – We want you to play catch every day that is possible and work into long toss as much as you can to build your arm strength up. (15 minutes of throwing)

Defense –

- Infielders – short hops, regular ground balls (in front, glove side, backhand) – 10-15 reps each – (during regular ground balls, make sure to move feet prior to fielding position – Right, Left, Field)
 - Variation - can use a tennis ball with no glove and bounce off your garage door.
 - Make sure you are moving your feet to where you would throw
- Outfield
 - Ground ball approach (in front, to your left, to your right) – make sure to work in crow hop footwork, also get around ball on left and right.
 - Fly balls – Drop step to your left and right
 - Use your parent to throw in air to various locations
 - Also, you could throw the ball in the air to catch and for groundball work could use tennis ball against garage door.
 - Remember, BE CREATIVE

- Catching
 - Stick to your academy drills that you have learned as much as possible.
 - BE CREATIVE

- Pitching
 - Try and stick to some of the drills you were taught during the pitching practices.
 - Review our PWYSA Pitching Progression videos and follow those sequenced drills. They can be found at: <https://www.pwysa.com/page/show/158860-coaches-corner> - scroll down past the throwing videos to the pitching progression videos.

Hitting -

- Mirror swings
- Tee work if possible
- Soft toss and Front toss if possible
- You can use regular softballs, tennis balls, ping pong balls, or balled up socks!
- Be creative here too!

PLAY CATCH.....PLAY CATCH.....PLAY CATCH.....PLAY CATCH.....PLAY CATCH.....
