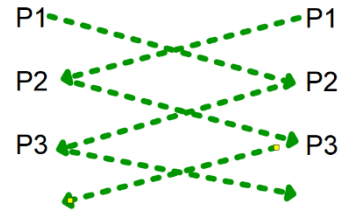


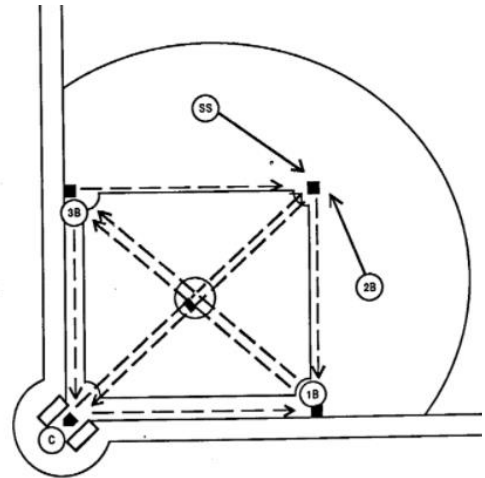
Osceola Youth Softball drills

Team Throwing/warm up

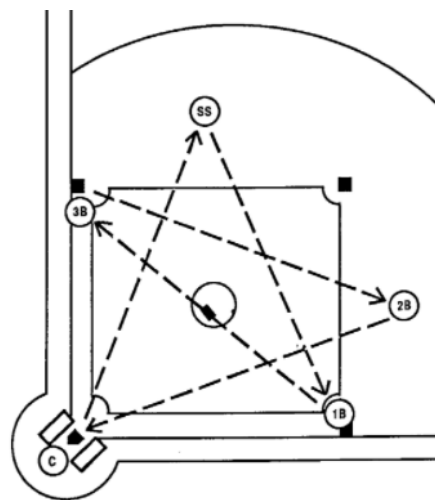
Diagonal throwing: Each girl lines up against her partner who will be on the other team. You need two balls. The first two players in line start with the ball. They throw to the person diagonally across from them (the second person in the other line). Then that person repeats and throws diagonal across from them (the third person in the other line). This continues down the line and back. We have this as a race.



Box Throwing: The catcher throws the ball to first base, the first baseman throws to third base, the third baseman throws to second base with second baseman covering the base, and the second baseman throw the ball to the catcher. The catcher throws the ball back to second base with the shortstop covering the base, the shortstop throws the ball to first, the first baseman throws to third base, and the third baseman throws it back to the catcher.



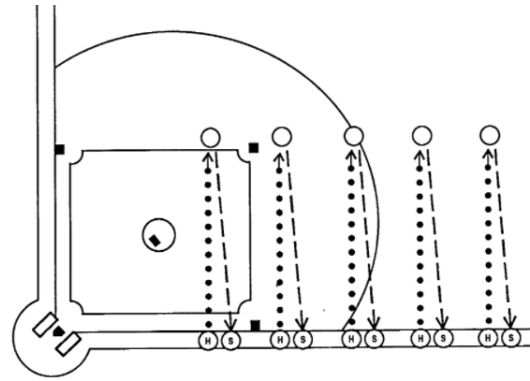
Star Throwing: Catcher throws to shortstop, shortstop throws to first base, first base throws to third base, third base throws to second base, second base throws to catcher. After you throw sprint to the next line on the left side. I do the drill two times, counting the drops, and try to get better the second time.



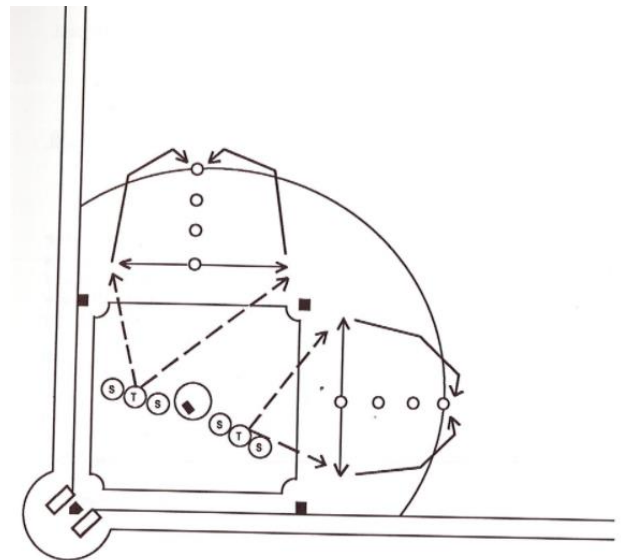
Fielding

Full team

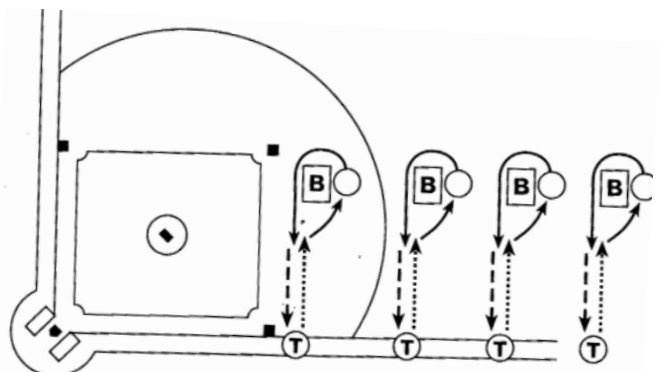
Fungo Fielding: Self toss the and hit ten ball (variation: soft toss and or tee). The hitter hits 10 ground balls to the player. After fielding the 10 ground balls, the player becomes the catcher, the catcher becomes the hitter, and the hitter become the new fielder. All players are doing something.



Lateral movement drill: The coach or player throws a ground ball randomly to the right or the left of the player making the player move laterally to field the ball. (I used cones in the gym and bases on the field.) The fielder becomes the catcher and the catcher becomes the fielder.



Bucket drill: The player stands to the right of the bucket. The tosser throws a ground ball to the player. The player round the bucket to her right and moves up and field the ball. Switch with partner. You will then repeat Then the player will round the bucket to the left.

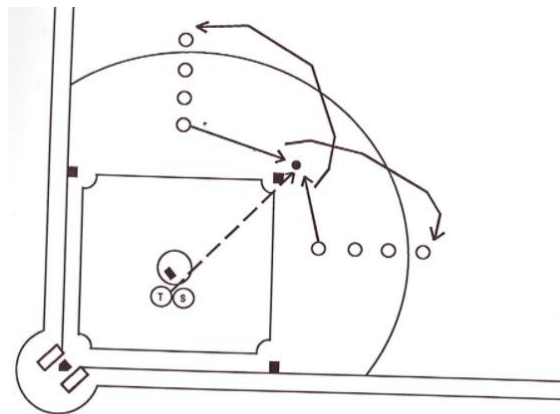


Mike Candrea – youtube titled “Infield drills – Mike Candrea”

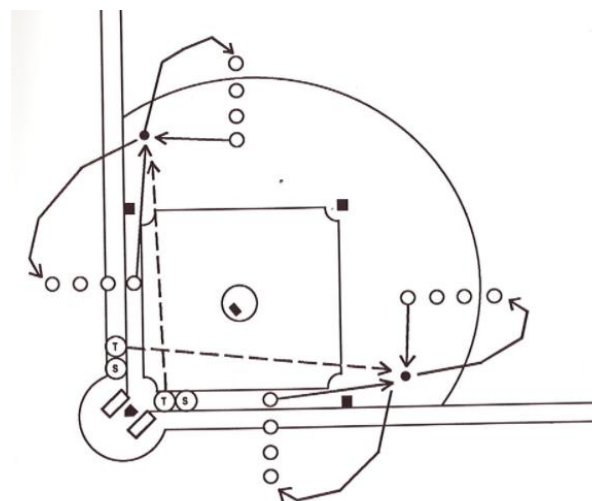
<https://youtu.be/14iwfk2ZiaQ>

Infield

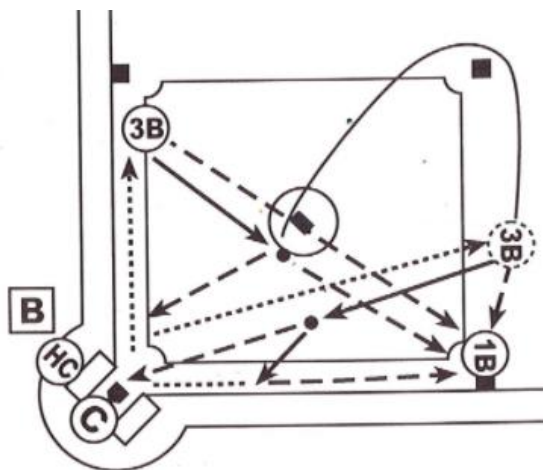
Player Communication Drill #1: The coach throws a ground ball toward second base and the first players in each line work together to try to cut off the ball before it goes into the outfield. The player then jogs to the end of the opposite line from which they started. Repeat with fly balls. Use cones so they don't cheat towards the base.



Player Communication Drill #2: One tosser throws a fly ball in the gap behind first base, while the other tosser throws a fly ball in the gap behind third base. The first players in each group work together when catching the ball. The player who catches the ball throws it back to the tosser and the player jogs back to the end of their respective lines.

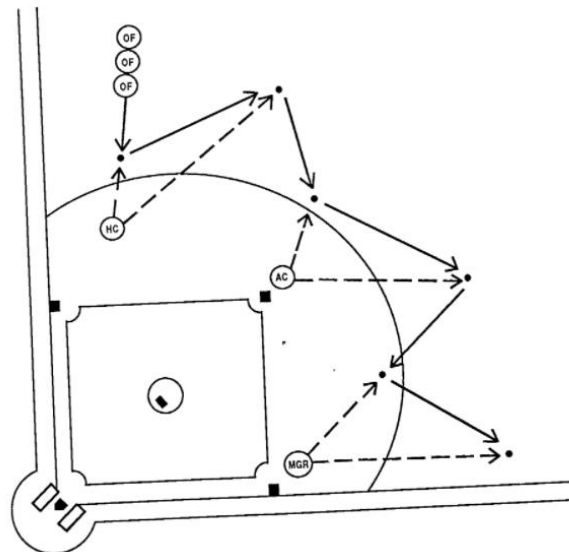


Infield loop: The coach hits a ground ball to third base, who fields the ball and throws to first. Then runs and gets a stationary ball near the pitching circle and throws to first. Then loops around second base and is hit a fly ball and throws to first. The fielder catches a slow roller and throws home. The catcher then gives them a bunt and throws to first.

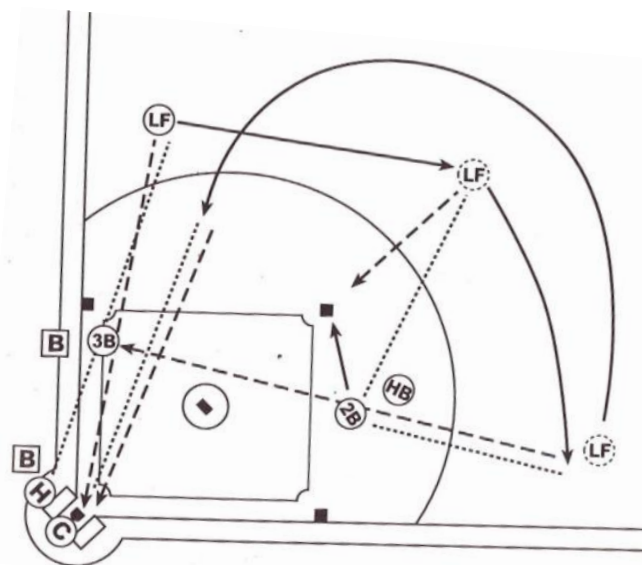


Outfield

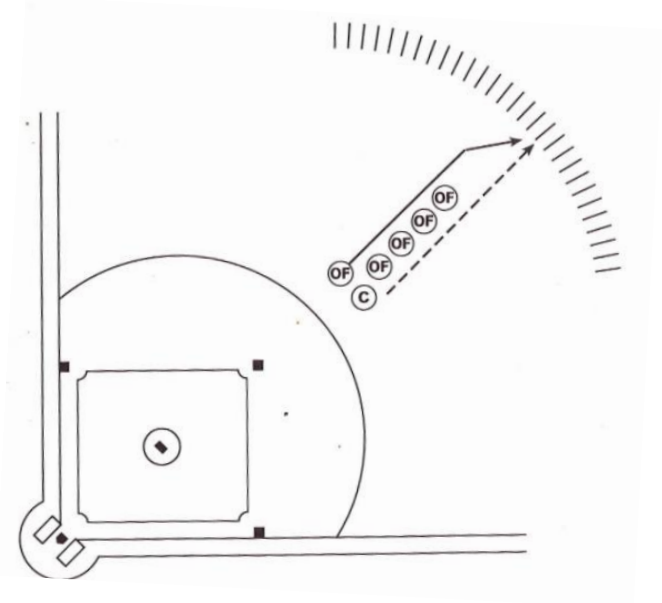
Weave Drill: The head coach throws a short fly ball to the outfielder, making the outfielder move up. The outfielder throws the ball back to the coach and then runs towards center field, where the head coach leads the outfielder with a deeper ball. After catching the ball, the outfielder throws it to the assistant coach, and the assistant coach throws a short fly ball. The fielder throws the ball back to the assistant coach and then runs towards right field. After making the catch the fielder throws the ball to the manager, who throws a short fly ball. Then the fielder heads to the foul pole for one deep ball from the manager. The fielder then forms a line and once everyone is done they repeat going the other direction.



Outfield Loop: A ground ball is hit to and outfielder in left field, who fields the ball and throws home. Then runs to center field where the second baseman throws them a fly ball. The outfielder throws that ball to second base. Then the outfielder runs to right field where the second baseman gives them a ground ball toward the foul pole. The outfielder throws the ball to third base. The outfielder then runs back to left field and receives a fly ball from the coach and throws home.



Fence Drill: The coach shouts “go” the player drop steps turns, and springs about 15-30 feet away. The coach will throw the ball towards the fence and should “look” The player will then look and find the ball and adjust for the ball and fence.



Batting

Front arm swings – tee and paddle or small batt

Back arm swings – tee and paddle or small batt

One knee swings – tee and small bat

Double tee

Stacked tee

High outside tee

Low inside tee

Machine

Soft toss

Bounce – tennis balls

Drop – off chair

Live pitching hitting