

DATE: _____

90 MIN SOFTBALL PRACTICE PLAN



01 WARMUP & THROWING

⌚ 15 min

Dynamic Warmup

- Jog, high knees, carioca
- Band work for shoulders
- Hip mobility series
- Sprint work: 3 at game speed

Throwing Progression

- Short to long: 30 ft to 100 ft
- Pull-down throws to flat ground
- Quick exchange drill (timed)
- Accuracy challenge at 60 ft

02 DEFENSIVE STATIONS

⌚ 20 min

Infield Station

- Slow roller charge and throw
- Backhand and forehand
- Double play turns (SS/2B)
- Bunt defense coverage

Outfield Station

- Gap reads and routes
- Line drive reactions
- Crow hop throws to bases
- Cutoff and relay timing

03 PITCHING / CATCHING

⌚ 15 min

Pitching (40 ft circle)

- Fastball command: 4 quadrants
- Change-up: same arm speed
- Introduce drop ball grip
- Pitch sequencing drills

Catching

- Receiving and framing pitches
- Blocking with runners on
- Quick release to 2nd and 3rd
- Pop-up and bunt coverage

04 HITTING

⌚ 20 min

Cage / Tee Work

- Inside-out swing: opposite field
- Turn on inside pitch
- Low ball: drive through zone
- Slap hitting intro (lefties)

Live At-Bats

- Coach pitch or live pitching
- 2-strike approach: shorten up
- Situational: move runner over
- Hit and run execution

05 TEAM SITUATIONS

⌚ 15 min

Live Game Situations

- First and third defense with runners
- Bunt defense: wheel play vs. rotation
- Double steal defense
- Relay and cutoff with live runners
- 2-out rally situations (offense and defense)

06 COOL DOWN & DEBRIEF

⌚ 5 min

- Jog and stretch together
- Review key situational plays
- Highlight hustle and coachability
- Individual goals for the week