

DATE: _____

90 MIN SOFTBALL PRACTICE PLAN



01 WARMUP & ARM CARE

⌚ 15 min

Dynamic Movement

- Jog, skips, carioca
- Hip circles and leg swings
- A-skips and B-skips

Arm Care & Throwing

- Band exercises (J-band or similar)
- Wrist snap drill for pitchers
- Long toss to max distance
- Pull-downs to 40 ft

02 DEFENSIVE FUNDAMENTALS

⌚ 15 min

Position-Specific Work

- Middle infield: feeds and turns on double plays
- Corner infield: bunt fielding and throw to 1st/home
- Outfield: fence awareness, communication, routes
- Catcher: blocking reps and throw-downs

03 PITCHING DEVELOPMENT

⌚ 15 min

Windmill Pitching Stations

- Fastball location: inside/outside, up/down
- Change-up development: same arm speed, different grip
- Drop ball: wrist snap at release
- Pitch sequencing: fastball/change-up combos
- Fielding the circle after delivery

04 HITTING & SLAP HITTING

⌚ 20 min

Power Hitting

- Tee work: low/middle/high
- Front toss from L-screen
- Live at-bats: drive the ball
- 2-strike approach

Slap Hitting (Lefties)

- Crossover step timing
- Soft slap to left side
- Hard slap through the hole
- Drag bunt for hits

05 GAME SITUATIONS

⌚ 20 min

Competitive Scrimmage

- Live pitching with full defense
- Situational starts: runners in scoring position
- Squeeze play and safety squeeze
- First and third offense and defense
- 2-out hits with RISP
- Competitive consequences for losing team

06 COOL DOWN

⌚ 5 min

- Team jog and stretch
- Review game situation decisions
- Arm care reminders for pitchers
- Preview upcoming game plan