

DATE: _____

120 MIN SOFTBALL PRACTICE PLAN



01 WARMUP & THROWING

⌚ 20 min

Dynamic Warmup

- Jog with arm circles
- High knees, butt kicks
- Side shuffles, karaoke
- Sprint progression (60%, 80%, 100%)

Partner Throwing

- 4-seam grip check
- 15 ft, 30 ft, 45 ft progression
- Focus: point, load, step, throw
- 10-catch challenge at each distance

02 WINDMILL PITCHING STATION

⌚ 20 min

Pitching Development (2-4 Players)

- Slow-motion arm circles (no ball)
- Add ball: focus on smooth circle and release
- Add stride: weight shift and follow through
- Start at 20 ft, progress to 30 ft

Remaining Players: Fielding Stations

- Ground ball fundamentals
- Fly ball tracking and communication

03 HITTING STATIONS

⌚ 25 min

Station 1: Tee Work

- Low, middle, high placement
- 8 quality swings per round
- Focus on level swing path

Station 3: Live Hitting

- Coach pitch at batter
- Focus on contact and timing
- 3 rounds per player

Station 2: Soft Toss

- Side toss, 6-8 swings
- Front toss from screen

04 TEAM DEFENSE

⌚ 20 min

Game Situation Defense

- Rotate all positions on 60-foot diamond
- Runner on 1st: where does the throw go?
- Runner on 2nd: cutoff and relay practice
- Bases loaded: force play awareness
- Outfield communication drills

05 BASERUNNING & COMPETITION

⌚ 25 min

Baserunning (10 min)

- Home to 1st: run through the bag
- 1st to 3rd: reading the ball
- Tagging up from 3rd on fly balls

Competition (15 min)

- Scrimmage with coach pitch
- Defensive relay races
- Hit-and-run situations

06 COOL DOWN & DEBRIEF

⌚ 10 min

- Walk bases together as a team
- Light stretching and water break
- Ask: "What did you get better at today?"
- Celebrate specific improvements
- Preview next practice focus