

DATE: _____

90 MIN SOFTBALL PRACTICE PLAN



01 WARMUP

⌚ 15 min

Coach Led Stretching

- Hold each stretch for 10 seconds
- Dynamic warmups with movement
- High knees, butt kicks, side shuffles

Partner Throwing Warm Up

- Shuffle partners each practice
- Focus accurate throws to chest
- Max 60 ft on 60-foot bases

02 POSITION DEFENSIVE DRILLS

⌚ 15 min

Ground Balls

- Ready position, no ball first
- Coach rolled grounders
- Ground balls off bat
- Shortstop to 1st base throw

Fly Balls

- Two hand form practice
- Coach thrown fly balls
- Sprint to cones for catches
- Crow hop and throw in

03 TEAM DEFENSIVE DRILLS

⌚ 15 min

Team Defense on 60-Foot Diamond

- Rotate players around positions with remaining players as baserunners
- Hit ball to various positions and simulate game situations
- Focus on plays that incorporate multiple players
- Emphasize quick releases (plays happen fast on 60-foot bases)

04 HITTING PRACTICE

⌚ 20 min

1. Tee Work

- In, middle, away
- Walk through tees
- High tee drill
- 1 player re-teeing

3. Live Hitting (On-Field)

- **Round 1:** Bunts and opposite field
- **Round 2:** Swing away
- **Round 3:** Swing away
- **Round 4:** Situational hitting

2. Soft Toss

- Side toss into net

05 FUN COMPETITION / GAME

⌚ 20 min

Fun Games to Play:

- **Grass Game:** Each player gets one swing to hit past the infield grass. Last player standing wins
- **Baserunning Relay Race:** Teams race around 60-foot bases
- Simulated game with coach pitch
- Defensive relay competition

06 SNACKS AND DEBRIEF

⌚ 5 min

- Players socialize and eat snacks
- Coaches chat with parents
- Highlight one thing each player did well