

DATE: _____

90 MIN SOFTBALL PRACTICE PLAN



01 WARMUP & THROWING

⌚ 15 min

Dynamic Warmup

- Jog, high knees, butt kicks
- Side shuffles, karaoke
- Leg swings and trunk rotations
- Sprint progression to 1st base

Throwing Progression

- 4-seam grip: point, load, step, throw
- 20 ft to 60 ft progression
- Accuracy: hit partner in chest
- Quick release practice

02 INFIELD / OUTFIELD DEFENSE

⌚ 15 min

Infield

- Ready position, feet active
- Forehand and backhand grounders
- Field and throw to 1st base
- Double play feeds (SS to 2B to 1B)

Outfield

- Drop step and go drill
- Communication: "I got it" 3 times
- Crow hop and throw to cutoff
- Line drives and fly balls off bat

03 WINDMILL PITCHING / CATCHING

⌚ 15 min

Pitching (3-4 players)

- Arm circle warm up (no ball)
- Full windmill from 35-40 ft
- Focus: smooth circle, wrist snap
- 10 fastballs, 5 change-ups

Catching Station

- Receiving and framing
- Blocking balls in the dirt
- Quick throw to 2nd base
- Pop-up coverage

04 HITTING PRACTICE

⌚ 20 min

1. Tee and Soft Toss

- Inside, middle, outside pitches
- Top hand and bottom hand drills
- Walk through tees for timing

2. Live Hitting

- Coach pitch or machine
- Round 1: Opposite field focus
- Round 2: Pull side
- Round 3: Swing away
- Round 4: Situational (runner on 3rd)

05 TEAM SITUATIONS & COMPETITION

⌚ 20 min

Situational Scrimmage

- Start with runners on base, work specific situations
- Bunt defense: 1st and 3rd coverage
- First and third situations with runners
- Fly ball tag ups from 3rd
- Competitive game with consequences (push-ups, sprints)

06 COOL DOWN & DEBRIEF

⌚ 5 min

- Walk bases, light stretching
- Highlight great plays and effort
- One takeaway for each player
- Preview next practice