

DATE: \_\_\_\_\_

# 90 MIN SOFTBALL PRACTICE PLAN



## 01 WARMUP & LONG TOSS

⌚ 15 min

### Dynamic Warmup

- Jog, high knees, carioca
- Band work (shoulders)
- Leg swings, trunk rotations

### Long Toss Progression

- 20 ft to max distance (60-80 ft)
- Focus on throwing on a line
- Pull-down throws to finish
- Quick feet and transfer drill

## 02 FIELDING FUNDAMENTALS

⌚ 20 min

### Ground Ball Circuit

- Slow rollers: charge and barehand
- Routine grounders: field in triangle
- Backhand: crossover step and field
- Short hop: soft hands at glove
- All throws to 1st base with footwork

### Fly Ball Work

- Drop step reads left and right
- Coming in on line drives

## 03 PITCHING & CATCHING

⌚ 15 min

### Windmill Pitching

- K-position drill
- Power line stride work
- Full delivery from 35-40 ft
- Fastball command: inside/outside
- Introduce change-up grip

### Catching Fundamentals

- Receiving stance and target
- Framing inside and outside
- Blocking: ball in the dirt
- Throw down to 2nd base

## 04 HITTING STATIONS

⌚ 20 min

### Station 1: Tee Work

- Low ball, middle, high ball
- Inside pitch: pull side
- Outside pitch: opposite field

### Station 2: Front Toss

- Coach tosses from behind L-screen
- Focus on pitch recognition
- Hit to all fields

### Station 3: Bunting

- Sacrifice bunt form
- Drag bunt for speed players

## 05 BASERUNNING & SITUATIONS

⌚ 15 min

### Baserunning

- Home to 1st: explosive start, run through
- 1st to 3rd: reading ball off the bat on 60-foot bases
- Stealing 2nd: jump, read, go
- Tag ups from 3rd on fly balls

### Game Situations

- Runner on 2nd, less than 2 outs: advance the runner
- Squeeze bunt with runner on 3rd

## 06 COOL DOWN & DEBRIEF

⌚ 5 min

- Jog outfield fence and stretch
- Team talk: best play of the day
- Individual goals for next practice
- Break on team name