

# Austin Softball Practice Plan

Date: 3/29/11

Goals & Objectives: increase bat speed and timing. Also, work on defensive miscues.			
Time	Skills & Drills	Equipment	
3:15	Warm-up <ul style="list-style-type: none"><li>- Olympic Warm-up</li><li>- Ladders – (1 ft. ea. sq, straddle jumps, 180 straddle jumps L &amp; R, 2 ft. in. 2 ft. out)</li></ul> Pitchers & Catchers throw Workout #2 (stagger when they throw)	Ladders	
3:35	Fielding <div>Throwing &amp; Receiving Form &amp; Fundies<ul style="list-style-type: none"><li>- 4 seam grip</li><li>- Underhand scissor flips: 5</li><li>- Overhand wrist flips: 5</li><li>- Scarecrow arms w/ clap: 5</li><li>- Knocks: 5</li><li>- Swims: 5</li><li>- Throw</li><li>- Distance throws</li><li>- Position throws (catcher, pitcher, IF, OF)</li></ul><div>1. OF footwork &amp; throws outside</div><div>2. Run downs &amp; cross field run downs</div><div>3. Throw downs, while 1<sup>st</sup> &amp; 3<sup>rd</sup> work on footwork</div><div>4. Pick-offs</div><div>5. 1<sup>st</sup> &amp; 3<sup>rd</sup> plays (1, 2, 33, 34, 44 45, 5, 6)</div><div>6. Defending advancing runners. Steal 3<sup>rd</sup> from 2 and runner at 3 runner stealing 2<sup>nd</sup></div><div>7. Bunt defense</div></div> <div>Base Running Base running<ul style="list-style-type: none"><li>a. Starts &amp; steal</li><li>b. Swing &amp; run, Steal, 2-H</li><li>c. Swing-2, 1-3, 3 tag</li><li>d. Swing -3, 2-H, 3-H</li></ul></div>	<div>Infield Fundies w/ ext. &amp; throws<ul style="list-style-type: none"><li>- Fielding position</li><li>- Straight on rolls: 5</li><li>- Forehand w/ leg switch: 5/each leg</li><li>- Backhand w/leg switch: 5/each leg</li><li>- Short Hops</li></ul></div> <div>Outfield Fundies<ul style="list-style-type: none"><li>- Field straight on w/ block x 5</li><li>- Do or Dies x 5</li><li>- Drop step x 5<ul style="list-style-type: none"><li>- Right</li><li>- Left</li><li>- Straight</li><li>- R – L</li><li>- L – R</li></ul></li></ul></div> <div>Catchers Fundies<ul style="list-style-type: none"><li>- Block straight, L and R - 5x/each</li><li>- Footwork throw downs – 2<sup>nd</sup>, 1<sup>st</sup>, 3<sup>rd</sup> – 5x/each</li></ul></div>	4 Bases 2 empty Buckets Of Balls 2 bags hard balls Bat 2 Helmets
4:30	Hitting <div>Stations (5 min stations)</div> <div>1. 1-2-3 drop drill – stand on buckets (1 –before bounce, 2-bounce &amp; hit at peak, 3 – bounce &amp; hit on decent)</div> <div>2. 3 ball - Tee Stacker &amp; three tees set out in front. Each ball hit to each field and try to knock the ball of the distant tee.</div> <div>3. Hi-Yas w/ sm. Bat and <b>golf ball</b> wiffles behind end of cage</div> <div>4. Front Bounce Tennis Balls from behind screen – ½ cage, hit to end &amp; sit-up/push-up pyramid</div> <div>5. JUGS small ball machine – ½ cage, hit to end &amp; Sledge Hammer Exercises</div> <div>6. Machine Game – score yourself on <u>15</u> hits, 3 – line drive back cage, 2 – line drive sides, 1 – grounder, pop-up -1.</div> <div>7. Cone call “No” or “Go”</div>	Tennis balls 4 tees Tee stacker Sm.. Bat Golf wiffle JUGS Sm. Ball Machine Balls cords	
5:30	Team Huddle & Clean-up		