

## Hitting Drills List

<b>Lower Body</b>	<b>Bat on hip</b>	Hitter holds bat against hips, snap through rotation properly and hit ball off tee
	<b>Ball by back foot</b>	Place a ball on the outside of back foot, on swing hitter should push away from ball and finish with vertical back heel – Ball should remain in place
	<b>Front Knee Barrier</b>	Place a bucket next to front foot, hitter stays away from bucket on swing and finishes with body between knees
<b>Load &amp; Transfer</b>	<b>Bustos</b>	Start back from tee, Feet start together, knees bend and then stride out to tee, transfer weight to heel plant
	<b>Flamingo</b>	Stance starts on back leg with front foot pulled up, then stride out to tee, transfer weight to heel plant
	<b>Happy Gilmore</b>	Start a step back from tee, Back foot crosses over front foot, Front foot strides out to tee, transfer weight to heel plant
	<b>Step Back</b>	One way to load is to step back with the back foot about an inch or two. Stepping back transfers weight to back leg.
	<b>Balance Beam</b>	Have the hitter stand on a wooden board while swinging. The hitter should try to remain on the board throughout the entire swing. This is a great drill for balance.
<b>Upper Body</b>	<b>Frisbee Toss</b>	Hitter holds Frisbee in bottom hand, throws down to ground 10 feet out front
	<b>Ball throw</b>	Hitter holds ball in top and going through swing motion throws ball out front to a ball sitting on a tee
	<b>Barrier</b>	Extra tee placed in back or on outside of tee and raised up to prevent bat from casting or dropping on initial movement
	<b>Top/Bottom Hand</b>	Hit with either just the top hand or just the bottom hand to clearly identify which hand tends to have more problems. Work each hand separately to build strength and good habits.
	<b>Top hand bat lag triangle</b>	Player kneels to a tee and chokes up on the bat. She places her top hand middle finger on her back ear and thumb on shoulder – creating a slot. The bat should then start and slide through this slot, creating bat lag, and then release to contact
	<b>Reverse Top Hand</b>	Reverse grip of top hand, top had is upside down with loose grip, starts swing by pulling with bottom hand and then top hand pushes and throws bat through zone and releases bat
<b>Putting it Together</b>	<b>Plyo-Tee</b>	This drill is designed to teach the hitter how to slow down the swing and create habits that will allow them to take a short path to the ball and a long path through the ball. The hitter goes to contact, retracts her wrists back and forth three times and swings on the fourth path.
	<b>Front Toss</b>	Have a tosser stand behind a screen and toss underhand (with some zip on the ball) to various locations throughout the zone so hitters get a chance to adjust to hitting all pitches.
	<b>Long tee Hitting</b>	2 tees set up 30 feet apart, hitter hits ball off tee 1 and attempts to knock ball off tee 2
	<b>Three Plate Hitting</b>	This is a front toss drill or live BP drill that is performed to force the hitter to adjust her timing according to which plate she's standing at. Three home plates should be set up: one at normal depth, one about three feet behind that plate, and the last one three feet in front of the middle plate. The hitter randomly moves from one plate to another while working on timing.
	<b>Numbered Toss</b>	Toss a tennis ball with a number or shape marked on it and tell the hitter to recall the number or shape as they hit it.
	<b>Drop Ball (1, 2, 3)</b>	The tosser stands sideways (facing where the hitter is hitting into) and holds her arm out straight to the side at shoulder height. The hitter gets into her loaded position and waits for the tosser to drop the ball. Once the ball is dropped, the

		<p>hitter works on getting her heel planted and drives the ball forward.</p> <ul style="list-style-type: none"> <li>• If the tosser says “1”, the hitter must hit the ball before the ball hits the ground and is on its way down.</li> <li>• If the tosser says “2”, the hitter must hit the ball right after it bounces once and the ball is on its way up.</li> <li>• 3. If the tosser says “3”, the hitter must hit the ball right after it bounces once and is on its way back down.</li> </ul>
	<b>Bounce Toss</b>	This drill can be done as soft toss or front toss drill. The tosser bounces the ball on the ground once while the hitter reacts to the spin and movement of the ball.
	<b>Numbered Toss</b>	Toss a tennis ball with a number or shape marked on it and tell the hitter to recall the number or shape as they hit it.
	<b>Rapid Fire</b>	Toss the hitter three balls back to back in a soft toss formation. Allow the hitter just enough time to swing and once her bat is almost back to her starting position, toss another ball.
	<b>Back Toss</b>	“Have the tosser stand behind the hitter (about 5-10 feet) and toss the ball forward through the strike zone. The hitter looks back at the tosser and watches the ball enter the strike zone. As the ball gets toward the front part of the plate, she works on driving her hands forward quick. The ball should travel right back up the middle as the drill works on driving the hands inside the ball and the bat head up the middle.
	<b>Dog toy</b>	Chuck It! Using dog toy, hitter swings and focuses on extending through zone and throwing ball up the middle
	<b>Ball on a Rope</b>	Use a piece of string and three wiffle balls. Tie the wiffle balls to the string and have them be extended a bat length across. The hitter works on slow motion swings while making contact with each of the balls along the rope. Stay above the rope on high pitches and below the rope on low pitches.
	<b>3 Tee hitting</b>	3 Tees lined up the middle about 1ft apart, hitter hits ball off each tee working bat long through zone as all 3 balls are hit up the middle
	<b>Total Control Balls Or Basketball toss</b>	These balls are rubbery with sand on the inside and are good for front toss, tee drills, or soft toss. They require the hitter to stabilize and create power in the arms during the contact phase.
	<b>High/low toss</b>	This is a soft toss drill where the tosser tosses two balls at the same time and as the balls are in the air, communicates :high to hit the higher ball, or “low” to hit the lower ball.
	<b>Skinny bat with Golf ball wiffles</b>	Working on eye/hand coordination. Either front toss or side toss with golf ball wiffles

## Defensive Drills List

<b>Infield</b>	PFP	Perfect Fielding Position
	Short hops	Players partner up, facing each other (3-4ft apart), in PFP, players skip one hop grounders to each other. Working on proper fielding
	Short hops off knees	Regular short hops but working off of knees and no glove. Focus on getting hand on ground and fielding through ball with hands
	Long hops	Short hops, ball gets bounced high up to player's chest, fielder keeps glove on ground until very last second and then attacks ball. Works on keeping glove down on all hops and fielding up to it
	Roll with approach	Partners now stand 30-60ft away from each other. Partner rolls or skips ball to partner in ready position. Fielder works on proper attack of ball and fields ball properly and finishes by simulating a throw to partner. She then rolls ball to partner and repeats same routine.
	2 ball shuffles	Fielder stand in ready position, tosser stands 5ft away in front of her. Tossers has 5 balls and begins to roll 1 ball 3 steps to fielders right side. Fielder shuffles to ball, staying low and fielding ball properly up into stomach. Fielder rolls ball back to tosser and tosser immediately toss ball 3 steps to fielders left side. Working back and forth at a quick pace 5-10 times. Fielder should stay in low, fielding position through shuffles and fielding
	Wally ball with tennis ball no glove	Player faces a wall, 5ft back. Tossers stands behind fielder and tosses tennis ball low against wall. Fielder must work on reacting to ball and field properly
	Flips and tags – 4 corners	Girls split up into groups. They set up into 4 groups, points of a square. 2 or more in a line. Starting in 1 corner, player simulates fielding a ball into stomach, pivots and flips ball to next corner. Receiver catches ball and slaps a tag. She then simulates fielding and flips to next corner. The process repeats all around square. Can begin to add second ball into rotation.
	USA drill - <a href="#">Link</a>	Basic ground ball situations drill, split into 2 groups, 1 group at an infield position and second group at preferred base (depending on situation). Coach rolls different type of grounders to fielding group and they throw to receiving group, either playing for a force out or for a tag out. Focus is on proper fielding and receiving in simple game situations.
	Star drill	Throwing drill, girls split up into groups of 5, creating a star. Ball starts with one player and she throws to the 2 <sup>nd</sup> girl to her left, receiving catches ball properly and pops her feet and throw to the 2 <sup>nd</sup> girl on her left. Ball continues to work its way around star. Focus is on quick feet and hands, proper throwing and receiving and glove to hand transitions
	Cross fire	Players split up into 2 groups, 1 at 2nd base position and the other at SS position. 1 coach will be on 1 <sup>st</sup> base line, hitting grounders to SS and 1 coach will be on 3 <sup>rd</sup> base line hitting to 2 <sup>nd</sup> base. Can make into completion – 1 <sup>st</sup> to 10
	Chinese drill	Girls are split into groups of 4. On the field, mark off lines at 20', 40', 60' to each base (creating 20'/40' base paths). 1 group of 4 will start at 20' mark, ball will start at home, girls starts by throwing ball to player to right and continues around square 2 times. On 3 <sup>rd</sup> time players move back to 40' mark and continue to throw ball around 2 times and then moves back to 60' mark and throws ball around 2 times. Coach times group starting with 1 <sup>st</sup> throw and ending on final catch. Groups compete against each other and against themselves to continue to get better times. Professional softball players are able to get through all throws and positions in under 30 seconds. Focus should be on proper throwing for different distances, quick feet and hands, and strong accurate throws

<b>Outfield</b>	Outfield Roll with approach	Similar to infield roll with approach. Players start beyond 60 feet and work on proper approach from outfield, dropping knee to prevent ball from getting past. Player then pops feet and makes a low 2-hop throw to partner and she repeats same routine.
	Do or Dies	Roll with approach, but now fielder fields ball running through it. Field ball outside glove hand foot, throws glove up to throwing hand shoulder and jumps into a crow hop and simulates a throw, repeat to partner
	3 hop crow hops	With either Popfly work or grounder work, player fields ball, jumps into crow hop and hops 3 times before separating hands and feet to throw. Purpose is to get body to close up before throwing ball.
	Drop steps	Players get into 3 lines, facing coach, in ready position, coach then points to a direction, girls work on proper drop step to that position. Start with just one step and progressively add more and then add simulated throw. To create competition, place a partner arm's length behind lead player and on go, both players drop step. Lead players goal is to catch player behind her.
	Octagon	Players individually work in 8 directions on proper first step footwork. Forward, back, left, right, and 45degree angles forward and back
	Quarterback	Players line up behind coach, 1 player up, 6ft in front of coach. Coach says go and player drop-steps toward direction, coach throws Popfly and player must sprint to spot and either catch ball on the run, or work to get around ball, then finishes with a simulated throw.
	Wrap around Drill	2 coaches stand back to back, a line of players faces each coach about 75ft away. Player in front starts with ball and throws to coach, player begins to run toward coach, coach tosses a shoe string catch, player catches ball still running through it and flips ball back to coach. Player continues to then sprint past coach and coach tosses ball past player for a Popfly to catch on the run. Player should finish toward end of second line. Opposite line works the same routine. Each line should run to the right of the coach.
	Partner Flys	Similar to roll with approach except now partners are toss ball in air and player must work on proper footwork and approach to pop fly
	Target throwing	Using a net or bucket set up 75-150' away at base or plate. Players work with either grounders or popflys, crow hop and then throw to target
	Grounders to gaps	Girls line up in outfield and coach rolls balls to the gaps, girls are to work on taking the proper angle to the ball, working behind and around ball, not chasing ball to fence.
	Slides and dives	Starting off knees in grass, girls work tossing ball back and forth out in front of body. Fielders progressively get lower and extend body out front to catch ball. Wrist stay off ground, body stays low, land airplane, not helicopter