



**Just Softball Clinic Notes**  
**Becky Turi clinician**  
**Jan 29<sup>th</sup> & Feb 5<sup>th</sup>, 2011**

**Active Warm-ups**

50% jog X 2

75% jog X 1

High knees

Butt kicks

Carioca-keep shoulders still, rotation is from hips down

Power skips-use arms

Toy soldiers

Back peddles

75% sprint

100% sprint X 2

**Circle stretch X 30 seconds each side**

Arms across & behind

Bend & hang

Calf stretch

Beach Barbie

Hip flexor lunge-shoulders back

**Throwing Progression**

Start with end of throw and move back

Grip

Black circle across four seams middle finger on line, thumb on bottom, both touching seams- pointer and ring finger on seam either side of middle finger

Wrist snap

Arm 90d

Elbow at shoulder level

Thumb down on release

Extension

Hips turn & throw

Right -kick soccer ball/left step (right handers)

Opposite Equal

Both arms close to 90d

Pull with glove elbow

Body moves forward , Glove comes to heart

### **Fielding**

short hops/ groundball footwork (kick soccer ball)

Catches pop-ups (Jerry) ½ group

Pull ball out of glove leading with elbow

Field out in front-Triangle keep ball away from body

Get down glove and bottom when ball approaches the top of the triangle

Elbows up and out small circles

Ground balls pivot and push-stay low to ground

Chest over foot closest to ball on forehand or backhand

Drop step

Use two cones behind fielder

Drive elbow back right for right turn, left for left

Over play balls hit to the outfield

Corners

Low

Creep

Middle Infielders

Athletic Position

Up a little higher, ready to move, wider range than corners

Focus word as pitcher sets-"butterfly"

Infielders focus on strike zone. Not batter, not pitch. Pick ball up from contact.

### **Hitting**

Use body (not arms) to swing bat

Opposite Equal

Toe touch  
Heal plant  
Bottom hand elbow stays up  
Firm up front  
Opposites equal  
Keep 90d back elbow 90d bat to hand  
Hide hands from pitcher-tap helmet with bat  
Left arm stays close to body  
Back foot pushes  
When committing to swing-back elbow moves forward  
Use body to deliver bat to the ball  
Back shoulder drops/front shoulder up/head still  
At contact, back foot comes off the ground  
Firm up front  
front shoulder-shoulder to shoulder/dot to dot  
Opposites equal-back shoulder travels to starting position of  
Ideal contact point is at toe touch foot

#### Drills

Tee-top hand  
Tee-top hand  
Walk through swing/starts at ground-weight transfer

#### Terms

Up in the box  
Back in the box  
On the plate  
Off the plate

### **Running**

Explode out box run through 1<sup>st</sup>

1<sup>st</sup>

Run through  
Round-body lean towards infield

Lead off

Rocker  
Sprinter  
Get off base hard/get back hard  
1<sup>st</sup>-3 steps  
2<sup>nd</sup>-6 steps  
3<sup>rd</sup>-up to 3<sup>rd</sup> base position, watch for a sneaky SS  
In foul territory

Steal

(2<sup>nd</sup>) on drops-transition from 3 step on lead off to full run

Any pitch that is down, catcher has difficulty transitioning from the catch to picking up the ball, runner & effective throw

### Toys

tennis ball-hand/eye  
Velcro disc  
Tees-Hitting  
Heavy Bat  
Doggie fetcher  
Insider bat

### Outfield

Get back on balls quickly-over play  
Drop step-elbow first  
Changing direction  
    Hip to hip  
    Shoulder to shoulder  
Set foot for the throw

### Misc

Planks-core  
    Both-hold  
    Left  
    Right  
Superman-on bell  
    Lift arms & legs  
    Hold  
    Strengthens back muscles  
    The part of the body in contact with the ground is the contact point  
    on a dive back or head first slide  
Explode to  
    Swing / Throw / Pitch

### Gloves

Two fingers in glove little finger slot  
Middle in glove ring finger slot  
Pointer finger in glove middle finger slot  
This allows fielder to close glove more tightly  
When glove is not in use have a ball tucked into the pocket  
Breaking in gloves  
    Have on dashboard of car on warm days  
    Put in bag in trunk of car  
    Play catch-catch balls from pitching machine  
Papa Jack hitting mat