



**2023**

**Development Plan**

# Andover Girls Softball

## MISSION:

Our mission is to provide a safe and comfortable atmosphere for girls of all experience levels to improve their softball skills while promoting friendship; good sportsmanship for players, coaches, and fans alike; and a shared love of a great American pastime!

## Andover High School Softball Mentor Program:

This year AGSL will be utilizing the Andover High School Varsity and Junior Varsity players throughout the season. Each team will be assigned 2 high school players to support in the coaching role. These girls are to be Junior coaches. The goal is to bring together the softball community in Andover. The High School players will be mentors and positive role models to the younger ages.

## Merrimack College Softball Team:

We are lucky to have the support and partnership with the Merrimack College Softball Team. This partnership was developed over the off season and one that we feel can support AGSL, Merrimack College and the overall game of Softball. Development of a plan on how to bring this together took time but we are lucky to have their support and their expertise. They will provide support to AGSL through coach development, support, and training. They will also provide clinics for our players in the offseason.

## Coaches:

Thank you for being willing to invest your time into this program. Become a student of the game – if you want the players to be interested in the game you must show you are interested in the game. Keep it simple. Enjoy what you are doing. HAVE FUN!!!!

## 1) Annual CORI review

Please contact your **age group coordinator** or the **in-town coordinator** to complete this process. You will need to complete the CORI Form along with a copy of the front of your driver's license.

If you have been CORI'd by another group in town, you still need to be CORI'd by AGSL.

If you completed a CORI form for AGSL last year, you will still need to complete one this year.

The completed form and driver's license copy should be given to your age-group coordinator or the in-town coordinator or mail them to:

AGSL  
P.O. Box 344  
Andover, MA 01810

## NEW THIS YEAR\*

### 2) USA Softball – ACE Certification, Includes Massachusetts Background Check.

This year we are asking coaches to complete the ACE Certification. To register [www.RegisterUSASoftball.com](http://www.RegisterUSASoftball.com)

The ACE (Aspire, Challenge, Encourage) Coach Education Program is a coaching program, developed and designed to provide softball coaches of all levels – from beginning coaches to experienced veterans – an opportunity to be educated as a coach with a national softball organization.

This certification is provided by USA softball and is a way to ensure that our coaches achieve a certain level of understanding of what their duties are as coach of a youth softball team. The ACE Education videos are a practical guide to the everyday situations you will encounter as a youth softball coach. After obtaining your ACE education, you will be well prepared to coach a youth softball team.

#### **The guiding principles behind the ACE Coaching Education Program are:**

**A**-spire: to achieve a comprehensive level of knowledge for the game.

**C**-hallenge: your understanding and knowledge through continued education and growth.

**E**-ncourage: yourself and others to be prepared and knowledgeable as a coach in order to provide your athletes an environment in which they can achieve success.

Being educated as an ACE Coach is a simple, straight forward process. The best and quickest way to complete your ACE is online at [www.RegisterUSASoftball.com](http://www.RegisterUSASoftball.com). In each of the first three levels you will watch the ACE video that corresponds to your education level and then be tested on the material in the video. The videos cover such topics as Principles of Coaching, Legal Issues in Sports, First Aid, Practice Organization, Coach/Umpire Relations, and Sport Specific Skills. Once you have passed the ACE test you are an ACE Coach and receive full ACE Benefits. As this is everyone's first year **You only need to complete the first level.** Level 2 and 3 are for when you want to renew your ACE Certification.

**Prior to being able to complete the ACE certification you will complete the Massachusetts Background check (which is required of all coaches) and USA softball will make sure you are up to date with your Safe Sports Certification. If you are not up to date you will not be allowed to complete the ACE certification until the identified Safe Sports courses have been completed.**

### 2) USA Softball – Massachusetts Background Check and Training

Complete the registration process and pay any fees (you will be reimbursed)

Complete the background check and pay any fees (you will be reimbursed)

USA Softball Massachusetts: <https://www.usasoftballma.com/>

Registration Link: <https://www.registerusasoftball.com/Account/Login.aspx>

### **3) Safesport Certification**

Please complete the Safesport requirements per the USA Softball Massachusetts site.

There is a Safesport tab at the bottom of their home page after you've logged in.

This is free. If you are asked to pay, please contact us and we will assist.

Note: if you've done this for another league, please make sure you have linked your account with USA Softball so they have the previous records

After you have completed the USA Softball Massachusetts registration and the Background Check, please send the In-Town Coordinator your USA Softball Membership # so we can record it on our master list. Please also let the In-Town Coordinator know when you have completed the SafeSport certification.

– After you are done with SafeSport training log back into it and click on SafeSport tab at bottom of page. Under the section “2022 Season Compliancy” you need to hit “Sync Account” button (or something like that).

## AGSL Development Plan

### T-Ball – (Pre-K & K)

Coordinator: Alexandra Day

Goals: Basic understanding of game, positions, and throwing/batting. Players will practice being part of a team, following directions and most of all have fun!!

Fundamentals:

- Basic Throwing
- Basic Batting (includes stance, swing, etc.)
  - Batting with a tee
- Base Running
- “Get Ready” Position

### 8U – Minors (1<sup>st</sup> & 2<sup>nd</sup> grade)

Coordinator: Donna Richards

Goals: Basic understanding of game, positions, and throwing/batting. Players should begin to independently remember positions, ball placement around the field, and have a beginner-level ability to play and comprehend the game. Be a team player, listen to coaches, follow directions and have fun.

Games should be played on a smaller field. Bases should be at 50 feet and a pitching machine will be used.

Fundamentals: All above fundamentals as well as

- Basic Throwing & Catching
  - Infield - basic awareness of throwing the ball to each base for outs, etc.
  - Outfield - basic training of longer throws, catching pop-flys, etc.
- Basic Batting (includes stance, swing, and running to first base, etc.)
  - Batting with tee & coach pitching
- Base Running with basic understanding of stealing, etc.
- “Get Ready” position and awareness of the field.
- Basic understanding of balls, strikes, walks, etc.

## 10U – Juniors (3<sup>rd</sup> & 4<sup>th</sup> grade)

Coordinator: Katelyn Haggerty

Goals: Players should have a greater knowledge of the game, awareness of players, positions and ball placement on the field. Players should be able to play any position asked of them and begin developing an interest in a few positions. At the end of the season, players should be able to function independently on the field, have been introduced to all positions (including pitching and catching), and contribute to their team with basic comprehension of the game.

Initially games should be played on a smaller field. Bases will be placed at 55 feet. Players should not be walking. Once 4 balls are pitched by the pitcher, the team's coach will pitch to the player, and they get another 3 strikes. The Goal of this first part is to initially increase field awareness and player engagement. By halfway through the season all players should be able to advance to playing on full regulation field for age group and follow ASA softball rules.

Fundamentals: All above fundamentals as well as

- Throwing - Able to throw accurately, different distances across the field.
  - Awareness of where to throw the ball if it is hit to them.
- Catching/Fielding
  - Basic base coverage and back up coverage. No player should ever be standing still when a ball is hit. Understand that all players have a job every time the ball is in play.
  - Calling for the Ball!!!
  - Ready stance
  - Know where to throw the ball if hit to them with help from the coach.
- Batting - stance, swing, etc. (Also includes basic understanding of pitches, balls, strikes, walks and strikeouts, bunting, etc.)
  - Player Pitch
- Running the bases
  - Read the field.
  - Basic Understanding of stealing/sliding
  - Listening to Base Coaches
- Pitching/Catching
  - Basic Introduction to Pitcher for all players - includes pitching stance/throw and dynamics of pitches, etc.
  - Basic Introduction to Catcher position for all players - includes stopping the ball.

## 12U- Majors (5<sup>th</sup> & 6<sup>th</sup> grade)

Coordinator: Sean O'Connor

Goals: Players should have a greater knowledge of the game, awareness of players, positions and ball placement on the field. Players should begin to develop skilled experience in various positions - including pitching and catching. Players should be able to play any position and understand the basics of how to play the positions. What to do when the ball is hit, where to be and how to move. By the end of the season players should have a growing interest in playing a minimum of 2 positions. At the end of the season, players should be able to function independently on the field and contribute to their team with basic -to-intermediate comprehension of the game.

Games played on regulation field and no changes to the play of game.

Fundamentals: All above fundamentals as well as

- Throwing- Accuracy and distance
- Catching/Fielding
  - **Infield:**
    - Knowing where to throw the ball if it's hit to you.
    - Base coverage
    - Moving on every pitch
    - Understanding of backing up plays
    - Ready stance/charging the ball.
    - Cut offs.
  - **Outfield:**
    - How to move and catch pop fly's
    - Knowing where the ball goes if it's hit to you.
    - Drop steps
- General ability to communicate on the field - Calling for the Ball, how many outs there are where the play is.
- Batting - stance, swing, etc. (Independent understanding of pitches, bunting, etc.)
- Base-Running
  - Higher-level understanding of reading the field as a baserunner
  - Understanding signs from coaches
  - Stealing, sliding, etc.
- Pitching
  - Basic Introduction to pitching dynamics.
  - Some players begin skilled training.
- Catchers
  - Basic Introduction to catching dynamics.
  - Some players begin skilled training.

## 14U- Seniors (7<sup>th</sup> & 8<sup>th</sup> grade)

Coordinator: John Ciaccio

Goals: Players should have a greater knowledge of the game, awareness of players, positions and ball placement on the field. Players should have intermediate-skilled experience in various positions - including pitching and catching. At the end of the season, players should be prepared for a higher-level pace of the game, be able to operate at a high-school level and contribute to their team with intermediate-to-high level knowledge of the game.

Fundamentals: All above fundamentals as well as

- Throwing- accuracy and distance
- Catching
  - Infield:
  - Outfield: pop fly's
- Skilled ability to communicate on the field - Calling for the Ball, etc.
- Batting - stance, swing, etc. (Independent understanding of pitches, bunting, etc.)
- Base-Running
  - Higher-level understanding of reading the field as a baserunner
  - Understanding signs
  - Stealing
- Pitching
  - General Understanding of pitching dynamics
  - Some players begin intermediate training.
- Catchers
  - General Understanding of catching dynamics.
  - Blocking
  - Some players begin intermediate training.

## Coaching Resources:

This section of the development plan will have resources for coaches of all the age levels. There will be examples of drills you can use, videos I encourage you all to watch and ways to keep girls engaged the whole practice.

This link will provide you with videos that highlight the softball fundamentals.

[Fundamentals | USA Softball | MLB.com](#)

This link will provide you with a video of fun drill you can do with all ages

<https://youtu.be/wG33NM6REPc>

The below link has provided me with ideas for drill and she breaks it down nicely. She has a lot of videos on YouTube so if you hit the subscribe button you will have access to them.

[Home - MegRem Softball –](#)

I also get a lot of ideas on drills to run by following people on Instagram. Below are a few pages I find useful.

- megremsoftball
- Dukebaxter
- heyitscoachjp
- fosterfastpitch
- fastpitchpower

**As the training and development coordinator I am dedicated to supporting the overall growth and development of this program. Myself and Alexandra Day (T-Ball Coordinator) dedicated ourselves this offseason to developing the program and this is only a start. We are hopeful this development plan will help you all understand where we want to take this program. Without you all this is not possible so please remember I am a resource for helping develop our players all ages. Do not hesitate to email me, Michelle Collins [mcollins013@gmail.com](mailto:mcollins013@gmail.com), Alexandra Day [alexandra.k.mitton@gmail.com](mailto:alexandra.k.mitton@gmail.com), or your coordinator for support.**

# DYNAMIC STRETCHING

## What is Dynamic Stretching:

The term dynamic stretching (or dynamic stretches) refers to **any stretch that is performed with movement**. In other words, the individual uses a swinging or bouncing movement to extend their range of motion (ROM) and flexibility. The force of the bounce or swing is gradually increased but should never become radical or uncontrolled.

Examples of dynamic stretching:

-lunges with a torso twist- lung as low as you can with upper body torso twist

-lunges- lung as low as you can

-arm circles-

-high knees- jog bringing knees as high as you can

-side lunges- lung go as low as you can

-karaoke- face one side and cross legs alternating one in front of the other

-high leg kicks

-hip stretching- alternate legs bringing one knee up and open out

-butt kicks – jog bringing heel to touch your butt

# Practices

All coaches should have their practices and drills planned out prior to practice. Practices should follow a general flow. Coaches should minimize talking and spend more time engaging and teaching the girl. It's important to keep the girls engaged and wanting to come back. Make practice fun.

## Softball Drills

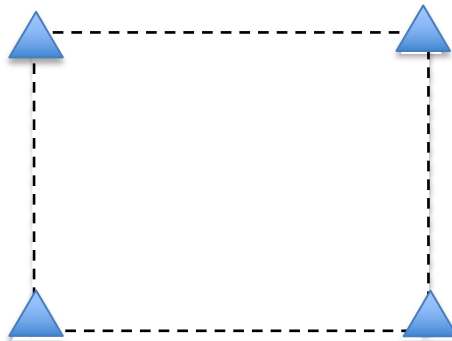
Below are some examples of drills to use for practice. All these drills can be made harder or easier depending on the ability of your group.

When doing these drills as a competition make sure to keep it fun and award the winning team or player with something fun, example make coaches run, pick the next drill they want to do, lead the teams warm-ups next practice, candy, not having to pick up after practice...

### Throwing

#### Four Square

- The purpose is to reinforce proper throwing mechanics.
- The coach divides the team into groups of four. The coach then sets up cones in a square formation for each team, start the players at about 20 feet (adjust the distance based on skill level and age).
- Each team finds a set of 4 cones that are set up like a square, each player stands by a cone in the square formation. Players will then throw the ball to one and other. As the players improve distance of cones can be moved, a second ball can be added, and you can have the girls throw the ball diagonally to each other.



#### Hit the Target

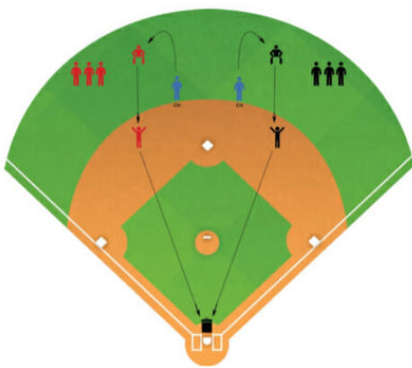
- The purpose is to work on accuracy and to have fun.
- Coach sets up targets on the fence, using hula hoops, paper plates, different colored paper... For more advanced players set up a tee with a ball on it at first base and have the players field the ball and try to hit the ball off the tee.
- Each target has a point value.
- You can have the players do this individually or divided into teams. Set up a starting cone and have each girl take turns throwing the ball. Coach will keep score.

## Relay Race

- The purpose is to work on throws from the outfield to home. Also works on how to properly receive a ball and turn and throw without wasting time. Reinforce catching it more towards your glove side so the player can quickly turn and throw.
- The coach divides into teams, typically 4 or 5 players per team. Have them spread out in a line from 3<sup>rd</sup> base line all the way out to Right Field. Girls should be a decent throwing distance apart.
- Player on the 3<sup>rd</sup> base line starts with the ball, they throw it to the next player who throws it to the next and so forth. When it gets to the end it comes back and the first team to have the ball reach the first player wins.
- You can also do this game for time.

## Hit the Bucket

- The purpose is to work on throwing accuracy from outfield and communicating with teammates.
- Coach divides into 2 teams. One team goes out to right field and the other team is out in left field. The first player will be the cut off at either short stop or in between second and first. The second player is the outfielder.
- Buckets (one for each team) is placed around home plate.
- Coach throws the ball past the outfielder. They must run, get it and quickly throw it to their cut off (at short stop or in between second and first) who turns and throws it trying to hit their bucket. The cut off must be communicating to the outfield by yelling “cut”. If they hit the bucket but don’t communicate it is minus a point. If they hit the bucket and communicate it is 1 point.
- You can also do this drill with pop flies and have the girls work on calling for the ball.



- Players rotate positions, the infielder goes to back of outfield line, outfielder moves to infield, and next player in line becomes outfielder.
- Infielder must prepare to receive outfielders throw by creating a good target with arms extended at shoulder height.
- Outfielders should use a crow hop or shuffle step to build momentum for the throw.

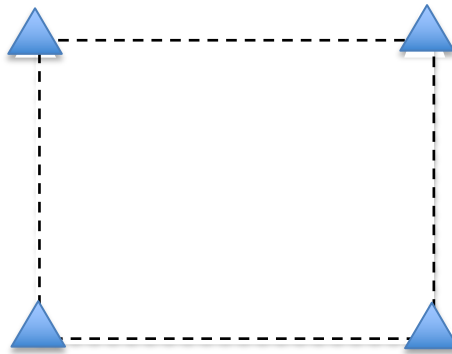
# Fielding

## Basic Fielding

- The purpose is to practice proper fielding and throwing mechanics.
- Divide the team into 2 lines. Have one line at 2<sup>nd</sup> and another at SS. Have 1 player at first base and another at third. Dependent on skill level this can be done with 2 coaches hitting grounders (one coach on the third base line hitting to second and the other on the first base line hitting towards SS) or just one coach hitting grounders to the players from home.
- Coach hits ball to player, player fields the ground ball and throws to the appropriate base. Player at 2<sup>nd</sup> base throws to 3<sup>rd</sup> and player at SS throws to first.
- This drill can be done in a variety of ways. Focus on what your team needs to work on and design the drill based on that. Examples: You can have just one line of fielders. You can have the fielders throw home. You can have girls working on double plays.

## Four Square

- The Purpose is to reinforce proper fielding mechanics. This drill can be done with gloves, w/o gloves or with fielding paddles.
- The coach divides players into groups of four and each player will stand at a cone.
- Players will roll the ball to each other in a square pattern to work on their proper fielding mechanics.



## Know where to go- Infield

- Players will learn their responsibilities in the field.
- You need an entire infield. To start, make sure all girls understand the infield positioning before adding outfield. Also, you can switch up the situation by adding runners in different situations for the players in the field to practice.
- Start without a ball being hit and call out a situation (start basic and increase difficulty as the players get the hang of it) and have the girls just get into position as if there was a ball in play. As you progress have a coach hit a ball into the field and have the players field and all get into the proper position. **Every girl on the field should move as soon as the ball is in play.**
  - Example (w/o outfield): ball hit to SS no runners on – SS fields ball and throws to 1<sup>st</sup>, 1<sup>st</sup> covers bag, 2<sup>nd</sup> base goes to cover second, 3<sup>rd</sup> goes to third.
  - Example (w/o outfield): ball hit to 2<sup>nd</sup> no runners on – 2<sup>nd</sup> fields ball and throws to first, 1<sup>st</sup> covers the bag, SS covers 2nd, 3<sup>rd</sup> covers 3<sup>rd</sup>.

- Example (w/ outfield)- ball hit to SS no runners on– SS fields ball throws to first, 1<sup>st</sup> covers bag, 2<sup>nd</sup> covers 2<sup>nd</sup>, 3<sup>rd</sup> covers 3<sup>rd</sup>, RF backs up throw to first, CF backs up 2<sup>nd</sup>, LF backs up SS fielding and then goes to back up 3<sup>rd</sup> and pitcher will back up home.
- Example (w/ outfield)- ball hit to 2<sup>nd</sup> no runners- 2<sup>nd</sup> fields ball and throws to first, 1<sup>st</sup> covers bag, SS covers 2<sup>nd</sup>, 3<sup>rd</sup> covers 3<sup>rd</sup>, RF backs up throw to 1<sup>st</sup>, CF backs up 2<sup>nd</sup>, LF backs up 3<sup>rd</sup>.
- Important to note that when the players are covering their bag make sure that they leave the base path open. If they block the base path and interfere with a runner, then the runner the runner is automatically safe.
- As the players progress, make it a competition with runners trying to score and players getting the outs.

### **Know where to go- Outfield**

- Same drill as above except players will learn their responsibilities out in the outfield.
- You need an entire infield and outfield to start.
- Start w/o a ball and progress using a ball also you can add runners once the players understand their positioning when a ball is hit to the outfield. Coach will call out play and all players have to get into position as if the ball was hit. **Every girl on the field should move as soon as the ball is in play.**
  - Example: ground ball hit to LF – LF fields ball, CF shifts towards LF to back up LF, RF shifts towards CF and is backing up throw to 2<sup>nd</sup>, 1<sup>st</sup> loosely covers 1<sup>st</sup>, 2<sup>nd</sup> covers 2<sup>nd</sup>, SS is the cut off for throw to 2<sup>nd</sup>, 3<sup>rd</sup> loosely covers 3<sup>rd</sup>, C backs up 3<sup>rd</sup>, P covers home
  - Example: pop fly hit to LF –
    - **Situation 1-** LF catches ball and with throw into SS. But all players begin shifting to their position they a responsible for in case the ball is not caught. CF and is backing up throw to 2<sup>nd</sup>, 1<sup>st</sup> loosely covers 1<sup>st</sup>, 2<sup>nd</sup> covers 2<sup>nd</sup>, SS is the cut off for throw to 2<sup>nd</sup>, 3<sup>rd</sup> loosely covers 3<sup>rd</sup>, C backs up 3<sup>rd</sup>, P covers home.
    - **Situation 2** - LF does not catch ball, CF shifts towards LF to back up, RF shifts towards CF and is backing up throw to 2<sup>nd</sup>, 1<sup>st</sup> loosely covers 1<sup>st</sup>, 2<sup>nd</sup> covers 2<sup>nd</sup>, SS is the cut off for throw to 2<sup>nd</sup>, 3<sup>rd</sup> loosely covers 3<sup>rd</sup>, C backs up 3<sup>rd</sup>, P covers home.
- Make it harder by coach hitting the ball and not telling girls where the play is.

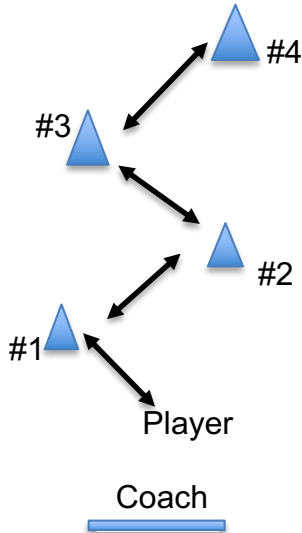
### **Reaction Drill**

- The purpose is to improve players' reaction to the ball.
- Coach makes a square with 4 cones set up about 15 feet apart from each other. Coach stands in the middle with 4 tennis balls. Players line up at the first cone with gloves.
- The first fielder in line stands facing away from the coach at the first cone.
- The coach throws the first tennis ball toward cone 1 and yells "GO" as soon as ball is released.
- When fielder hears "GO" they turn around and catch the ball. After catching the ball, the player drops it and runs to cone 2.

- As player is rounding cone 2 coach tosses the ball, if successful catch is made players drops the ball and moves on to cone 3 and then back to cone 4.
- Reinforce players calling for the ball and catching over their throwing side.
- Make it hard by having players start lying on their stomachs.
- Make it easier by having players start by facing you.

### Drop Steps

- The purpose is for the players to learn how to properly drop step and catch pop fly in the outfield.
- Players line up in the outfield.
- Cones are set up in a zig zag formation (usually 4 cones are used). Players start by facing the coach and go one at a time. The coach throws a pop fly towards cone 1. The player must drop step and catch ball at cone 1, player then drop steps towards cone 2 as the coach throws a pop up towards cone 2, same for cone 3 and cone 4. (See Diagram)



### **Fielding and Baserunning**

#### Tag out Drill

- Coach hits grounders to the infield with runner on 2<sup>nd</sup> base.
- Players must understand, as well as the runner, that the runner can stay on 2<sup>nd</sup> base or go to 3<sup>rd</sup>. If the player runs then the ball can go to 3<sup>rd</sup> for the tag out, if the runner does not go then the fielder looks the runner back and throws to first.
  - IMPORTANT NOTE: Players need to assess if they have enough time to make that throw to 3<sup>rd</sup> or if it's better to just get the out at 1<sup>st</sup>.
- As coaches you should expand on this drill and utilize the outfield as well. Also place runners at 3<sup>rd</sup> and challenge your players.

## Tag up Drill

- This allows players to properly learn how to tag up on fly balls.
- Put runners on all bases. Explain what it is to tag up when you do it and how to do it.
- Coach goes to the mound and tosses themselves a fly ball, runners tag up and run to the next base with a player at home going to first.
- Other coaches can be the judge to see if players leave the bases too early or if they are not tagged up (back at their base) when the ball is caught.
- Increase the difficulty by playing fly balls to the outfield.

## Offensive Strategies

- A fun drill that trains your players how to execute offensive strategies in game-like conditions.
- Split your players into three even teams.
- Two teams fill out the defensive positions while the third team is on offense.
- Write 5-10 offensive plays down on small pieces of paper. For example: hit and run, sacrifice bunt, squeeze play, double steal etc.
- Place the papers into a helmet.



- One player from the offensive team draws a piece of paper from the helmet and shares it with her team. Coach quickly reviews the play with the offensive team if necessary.
- The defensive team is not allowed to know what play is coming.
- The batter and baserunners begin to take to the field.
- Coach pitches to the batter and the offensive team executes their play, while the defensive team tries to make an out.
- After each play, the offensive team picks a new paper from the helmet. The offensive team gets a point for each successful play.
- After 3 outs are made, the teams switch, rotate and repeat.
- **Make it easier:** Instead of hiding the play from the defense, discuss it openly and practice it at half-speed. Then attempt to execute it at game-speed. • Use soft-toss pitching or a pitching machine.
- **Make it harder:** Coaches are not allowed to help. Offensive players have 10 seconds to review the play and get into position. • Use live pitching

## Batting

**Tee Drills** -These drills are basic hitting drills that coaches should be doing with their teams at practice.

- Set up tees near the fence or if you have nets use those. Tees should be a good distance apart from one and other to avoid any potential accidents. Have players in pairs for these drills, each tee should have whiffle balls or real balls to use.
- **First drill** – have players set up like they are going to hit into the fence. They are going to swing with only their top hand and so their other hand doesn't get in the way typically players hug their stomachs with it. Some players may need to choke up on their bat. Each player takes 10-15 good swings with only their top hand swinging the bat. Also reinforce with the players rotating their hips so they get their legs and hips into their swings.
- **Second drill** – Same drill as the first drill accepts girls are to use only their bottom hand to swing the bat.
- **Third drill** – Players will now swing the bat with both hands holding the bat. Reinforce a straight swing and not a swooping swing.

### **Hitting Derby**

- Allows players to understand the importance of weight shift and reinforces fundamentals of hitting (head down, eyes on the ball, straight swing, stride towards pitcher)
- Coach will divide the team into 3 teams. The coach will keep score and teams will compete with one and other.
- 1 team will bat while the other two teams shag the balls hit.
- Start with a tee at home plate and the coach will decide on points to award the player for their hit. Based on your players' level decide the points to award. Use cones as distance markers on the field.
  - 1 point for a hard-hit grounder in the infield
  - 2 points for ball hit right outside the infield.
  - 3 points for ball hit into the outfield.
- Players get 5 swings and every ball that lands in the scoring zones get the allotted points.
- Make it harder by doing soft toss or have live pitching.

*\*\*This drill can also be done to teach bunting. Points are assigned based on where the bunt lands.*

*\*\*This drill can also be done as a line drive contest. The scoring zone for a line drive is right between the outfield player and infield. Players compete to hit line drives into the scoring zone. Players get 5 swings and every hit that lands in the scoring zone gets a point.*

The goal of these drills is to help the players keep an eye on the ball. Many girls have solid swings, but they take their head off the ball. Try some of these if you are noticing that.

### **Balls and Strikes:**

Have the pitchers throw pitches, coach throw pitches or use a pitching machine and the batters just watch the ball into the glove and call balls and strikes. You'll be amazed at what batters think are balls. The best thing for good eyes is just seeing live pitching...lots of it, even if it is just being a batter while your pitcher is doing a workout. You can learn to read different pitches, and the pitcher gets better practice when there is a batter in the box.

### **Hitting different objects:**

Try golf whiffle balls, small coffee can lids (thrown like frisbees), pinto beans, etc, anything that has them concentrating on a smaller than usual target and hitting something that moves, rather than

moving in a straight line. This will improve their concentration and teach them to follow the ball all the way in.

**MISS/MISS/HIT:**

Use a series of three pitches to teach them to watch the ball. On the first pitch, the batter swings over the ball. The second pitch batter swings under the ball. On the third pitch the batter hits the ball. Repeat this drill until they can do it every time. After that, you can fine tune this: Pitch 1- just nick the top of the ball. Pitch 2-Just nick the bottom of the ball. Pitch 3- Hit it right in the middle of the ball.

**TWO-BALL SOFT TOSS:**

Get two different color whiffle balls (say red & white) or mark half of the balls with a different color dot. Works better with whiffle baseballs or even golf whiffle balls. It's easier to toss smaller balls plus helps hitters in focus and coordination. Toss the two balls at the same time (from the same hand) and ask the player to hit one of them, either red or white. This helps players to coordinate, focus and react to hit the correct color ball.

**PICK A NUMBER:**

Take 3 or 4 balls, write a number on each ball. The player's job is to see the ball well enough to tell you which number is on the pitched ball.

# PRACTICE PLAN

Date \_\_\_\_\_

TIME	DRILL
5:30-5:45	<b>Warm ups</b> Jog and stretch as a team Dynamic stretching (line up across foul line and use distance of 60 feet) -high knees, butt kicks, lung with trunk twist, karaoke, side lunges with stretch Review the plan for the team during this time
5:45-6:00	<b>Throwing and Dailies</b> Review proper throwing mechanics and partner up Start close and move further back Dailies - fielding -10x's in front 10x's glove side 10x's back hand
6:05 – 6:30 Stations 1 6:05 – 6:20  Station 2 6:20 – 6:30	<b>Footwork divide into 2 groups</b> Station 1 (Coach Collins): Infield Footwork – with cones make boxes of triangles and have the girls practice 1,2 field without ball and eventually add ball Station 2 (Coach Magenheim): Outfield Footwork- no ball have girls work drop step catch over throwing side and crow hop eventually add ball
6:30-6:55	<b>Hitting/fielding</b> Soft toss hitting and set up infield/outfield to work on fielding and positioning. Have the player hitting run on 3 <sup>rd</sup> hit. Field plays out the hits. Reinforce what was worked on earlier in practice
6:55	<b>Wrap up</b> Bring the girls together and review practice.
<b>Notes and Announcements</b>	

As a coach always ask yourself and assistant coaches did this work?

What worked and what didn't work? Make adjustments for the next practice.

# PRACTICE PLAN

Date \_\_\_\_\_

TIME	DRILL
<b>5:30-5:45</b>	<b>Warm ups</b> <b>Jog and stretch as a team</b> <b>Dynamic stretching (line up across foul line):</b> <b>-high knees, butt kicks, lung with upper body twist, karaoke</b> <b>Review the plan for the team during this time</b>
<b>5:45-6:05</b>	<b>Throwing and Dailies with coach</b> <b>Review proper throwing mechanics and partner up</b> <b>Start close and move further back.</b> <b>Separate the players into groups each group has a coach. This is to make sure the mechanics are correct. Have coach roll ball to player and have them field a ball and throw to coach</b>
<b>6:10 – 6:30</b>	<b>Stations</b>
<b>Station 1: 6:10-6:25</b>	<b>Coach Collins - Outfield with tennis racket and tennis balls. Reinforce footwork and calling for the ball</b>
<b>Station 2: 6:25-6:40</b>	<b>Coach Day -Protect my house drill</b>
<b>6:45-6:55</b>	<b>Baserunning</b> <b>Fielders: Set up players at 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. Coach will roll ball to player at 3<sup>rd</sup>, they field throw to first, first throws to second, second throws to third, and third throws home.</b> <b>Runners: As soon as the coach rolls ball to 3<sup>rd</sup> runner takes off and tries to get home before the ball makes it home.</b>
<b>6:55</b>	<b>Wrap up and review</b>
<b>Notes and Announcements</b>	

As a coach always ask yourself and assistant coaches did this work? What went well and what didn't that way you can make adjustments for the next practice

It is important to remember to keep girls always engaged. No one should be standing around.

# PRACTICE PLAN

Date \_\_\_\_\_

<b>TIME</b>	<b>DRILL</b>
<b>5:30-5:45</b>	<b>Warm ups</b> <b>Jog and stretch as a team</b> <b>Dynamic stretching (line up across foul line):</b> <b>-high knees, butt kicks, lung with upper body twist, karaoke</b> <b>Review the plan for the team during this time</b>
<b>5:45-6:00</b>	<b>Throwing and Dailies</b> <b>Review proper throwing mechanics and partner up</b> <b>Start close and move further back</b> <b>Dailies - fielding</b> <b>-10x's in front</b> <b>10x's glove side</b> <b>10x's back hand</b>
<b>6:05 6:15</b>	<b>Batting mechanics</b> <b>Review mechanics with players. Use the 10 keys of batting.</b>
<b>6:15-6:45</b>	<b>Batting</b>
<b>Station 1: 6:15 – 6:30</b>	<b>Station 1 (Coach Collins): tee work – top hand, bottom hand together</b>
<b>Station 2: 6:30-6:45</b>	<b>Station 2 (Coach Day and Coach Magenheim): soft toss and live batting in cage</b>
<b>6:55</b>	<b>Wrap up</b>
<b>Notes and Announcements</b>	

As a coach always ask yourself and assistant coaches did this work? What went well and what didn't that way you can make adjustments for the next practice

It is important to remember to keep girls always engaged. No one should be standing around.

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<b>6:05 6:15</b>	<b>Fielding</b> <b>Set up 4 square drill and have girls rolling ball to each other and fielding properly</b>
<b>6:15-6:45</b>	<b>Infield/Outfield</b>
<b>Station 1: 6:15 – 6:30</b>	<b>Station 1 (Coach Collins): Footwork for fielding. Use cones to reinforce proper fielding. Verbal cues of right, left, field start with no ball and add ball after a few rounds. Have players then line up and field throwing to first</b>
<b>Station 2: 6:30-6:45</b>	<b>Station 2 (Coach Day and Coach Magenheim): Outfield work with ladder Run through ladder and catch pop fly Coach will have you cut either left or right. Stress importance of getting behind the ball and catching it over throwing side</b>
<b>6:55</b>	<b>Wrap up</b>
<b>Notes and Announcements</b>	

As a coach always ask yourself and assistant coaches did this work? What went well and what didn't that way you can make adjustments for the next practice

It is important to remember to keep girls always engaged. No one should be standing around.

# PRACTICE PLAN

Date \_\_\_\_\_

TIME	DRILL

**Notes and Announcements**