

Active Warm Up 15 min

Jog (Walk, Jog, Run)
Static Stretch (Feet together, right over left, etc.)
Dynamic Stretch

1. Trunk Rotation (360° Bend forward, side, back, side) Hands extended above the head
2. Arm Circles (Hands extended in front making big circles one at a time, forwards then backwards.) tip toe everytime a hand goes up
3. Body hugs, trying to stretch the back and then hands out trying to stretch the pecs
4. Running motion (top only) stretch ball and socket slow, fast, slow, fast, slow
5. Heal to toe, rocking motion. High on the tip toes and low on the heels
6. Toe touch with back leg lifts (alternate leg with every toe touch walking backwards)

Throwing Warm UP 25 min

1. One knee drill
Do not throw with chest facing target
45 degree angle with foot, keep hips and shoulders in line with target
Follow through with chest to knee
Ball facing away from you
Use both sides of body
Point glove to target and pull it in towards the body as you release
2. Side straddle throw
hips and shoulders in line with target
Reach back with ball hand and point to target with glove hand before the throw
follow through with shoe laces to the ground on the follow through
3. Cross drill
side straddle crossing both arms wide before the throw
all other principles apply
4. long toss drill
step with right foot in a 45 degree angle
all other principles apply
5. ball in glove drill
hard throw, one hop to other player
start with weight on left foot and crow hop to throw

Water 2 min

Individual Drill Work 45 min

Ground ball work (Coach toss, throw to coach towards first)

Glove Work
Proper Foot Work
Accurate / Quick Throws

1. Straight on
2. Right
3. Left
4. Left with Back hand
5. Left with rake through
6. Short hop drill (Straight, Right, Left)

Third to second (ground balls and short hops)

Quick feet shuffle to set up throw to 2nd
good throws

Girls on second call for ball and make good catch

Third to first (ground balls and short hops)

Communication between 1st and 3rd

quick feet

shuffle to buy time and set up throw to first

First to third

Shuffle to set up throw to 3rd **Girls on 3rd call force or tag**

Force (ball above the waist)

Tag (ball below the waist)

Short to second

Communication from 2nd

good foot work

quick hands

throw or soft toss (show the ball on soft toss)

Second to short on 2

Good foot work. (quick shuffle to throw back to 2)

Communication from short

Water 2 min

Live Ground ball work

3rd to 2nd, Short to 1st (One hitter)

lots of reps

quick pace in practice

quick feet

Glove work

Strong accurate throw

Communication

1st to 3rd, Second to short (Two hitter)

Short to second, 3rd to 1st (Two hitter)

1st to short on two, 2 to first

1st, 2nd, 3rd and short to home (force and tag)