

Squaw Softball Practice Schedule 2010

Week 1

1/22/2010 Fri	Defensive Practice	Morning	6:00am to 7:30am
1/23/2010 Sat	Hitting Session	Morning	8:00am to 9:30am

Week 2

1/25/2010 Mon	Full Practice	Afternoon	4:30pm to 6:30pm
1/26/2010 Tue	Defensive Practice	Morning	6:00am to 7:30am
1/27/2010 Wed	Full Practice	Afternoon	4:30pm to 6:30pm
1/28/2010 Thur	Defensive Practice	Morning	6:00am to 7:30am
1/29/2010 Fri	Hitting Session	Morning	6:00am to 7:30am

Week 3

2/1/2010 Mon	Full Practice	Afternoon	4:30pm to 6:30pm
2/2/2010 Tue	Defensive Practice	Morning	6:00am to 7:30am
2/3/2010 Wed	Full Practice	Afternoon	4:30pm to 6:30pm
2/4/2010 Thur	Hitting Session	Morning	6:00am to 7:30am
2/5/2010 Fri	Scrimmage 5 pm at San Diego Leave School at 2:30		

Week 4

2/8/2010 Mon	Full Practice	Afternoon	4:30pm to 6:30pm
2/9/2010 Tue	Hitting Session	Morning	6:00am to 7:30am
2/10/2010 Wed	Scrimmage 5 pm at Poteet Leave School at 3:45		
2/11/2010 Thur	Full Practice	Afternoon	4:30pm to 6:30pm
2/12/2010 Fri	Scrimmage 5 pm Here vs. Charlotte		
2/13/2010 Sat	2 Game Scrimmage at Floresville Leave Field at 9:00am		
	Game 1 Jourdanton vs. Goliad		11:30am
	Game 2 Jourdanton vs. Floresville		3:15pm

From here on :

Practices will be held afterschool except on Basketball playoff dates for Squaws and Indians. Basketball playoff dates we will practice in the morning Softball Games scheduled on a Basketball playoff date will be canceled. If you miss practice you will have O.F.I. To compensate for lost conditioning time

Head Softball: Manuel Ramos 830-200-6435
mramos@jourdantonisd.net

Asst. Softball Tabitha Edwards
tedwards@jourdantonisd.net

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)

Hitting Session

Active Warm up 15 min

Tee Drills: 2 tees working inside and outside pitches

5 cuts with each hand (solo)
25 cuts two hands

Wiffle Balls (soft toss) 3 stations

30 cuts strong side (right or left)
10 cuts weak side (right or left)

Hit aways 4 stations

10 cuts with each hand (solo)
30 cuts two hands
15 cuts on the weak side (right or left)

Blue U into the net

30 cuts strong side
10 cuts weak side

Soft toss

15 from side
15 from behind
15 from side on weak side (right or left)

Machine

15 strong side
5 bunts
10 weak side
5 slaps

Auxillary Station

Zip tie
Striker

Work on stepping into the hit, transferring weight from backfoot to frontfoot.

Swing level across the plane to increase chance of hitting ball

Work on using your weak side as we will use the short game (slapping, bunting)

Relax your stance and work on going from fast to slow with your swing as you hit target

Keep your chin down and see ball all the way to the bat

Keep swinging, if you finish early and are waiting for next station, jump on an auxillary or keep working your station.