



softball

More Fun & Exciting Drills

PICK-UP - The player should be about 15 feet away from the coach, who has two balls in their hand. The coach will roll the ball at an angle to the player, who shuffles in the direction of the ball and scoops it up with their bare hands. While the player, rolls the ball back, the coach rolls the other ball in the opposite direction and the player shuffles to grab that one. This drill can be done in one minute segments. Players can pair off to do this drill, too.

BACK AND FORTH - The coach has each player lay a bat down in front of them and when the signal is given the players begin hopping back and forth over the bat. Players can also hop on one leg. A fun variation is for the coach to also do the drill and see how many times they can hop back and forth over the bat in 30 seconds and then see how many team members can beat the coach's score. It's a great way to get practice off to a fun start, and get kids loosened up, as well.

SIDE TWISTS - Have the players place a bat behind their head and drape their arms over it and slowly twist from side to side. This stretches out the oblique muscles along the rib cage and helps loosen up the body for swinging a bat.

SHUTTLE RUN - Place five softballs next to a player and put a bucket 10 yards away. At the coach's signal the player picks up a ball and runs and places it in the bucket and quickly returns to get the next ball, etc., until all the balls have been placed in the bucket.

FULL COUNT GAME - During intr-squad scrimmages have each player bat with a full count. This will help players become accustomed to being selective on the pitch they swing at as well as learning how to protect the plate. It also makes pitchers focus on throwing strikes.

TWO STRIKE GAME - During intr-squad scrimmages have all players bat with a two strike count. This will help youngsters learn to choke up and shorten their swing and concentrate on putting the ball in play.

SPEED THROW - Pair off the players and have them stand 15 yards apart from each other. See which pair can throw and catch the most balls in a 30 second or one minute period. Award a point for each catch. If a wild throw is made or the ball is dropped, they must start over at zero. The pair that has the most points when the time expires wins.

LONG TOSS - This drill is ideal for building arm strength. Break the team into pairs and start them 10 yards away from each other playing catch. Gradually have them back up to increase the distance of the throws. Make sure that the players are never straining to throw during this drill.