



MIZZOU

SKILLS & DRILLS

- Thoughts about Skills & Drills

- Skills & Drills Philosophy
 - Make your athletes softball players and your softball players athletes
 - Prepare the individual first...NOT the team!
 - Break the skill down and teach

- Skills You Need to Do the Drills: If you don't have the skills, you'll do the drills incorrectly
 - Ball Everyday!

DRILLS:

- Monkey in the Middle – with coach / players
 - Flips
 - Sways / darts
 - Variations

- Square Drill
 - Flips
 - Sways / Darts
 - Rolling ground balls

- Tiger Drill

- The Weave

- Ball Suicides

- Running Catches

- Line Relay Drills

- Zig Zag Ground Balls

- Triangle Ground Ball Drills