

Winning Through Fundamentals and Softball Specific Warmups.

Wayland Union Softball

Rain Days + Indoor Practice = Success

Wayland Union Softball

Make a commitment to play a good game of catch everyday.

Catch not Fetch.

- Kneeling/ Elbow up Ball up/ Finger hold
- Kneeling/ Move back/ Add follow through
- Kneeling/ Bring ball up to ear/ Separate @ midline/ Make it a habit
- Wrist Flips/ Ball in Fingers/ Fingers behind ball/ Push thumb down
- Dart Toss “Ball” for throw
- Repeat...add glove.
- Standing/ 3 times separate arms at midline/ Rhythm
- Say 1-2-3 1- Kick the instep 2- Step 3- Follow through/ Power line
- Feet in the Mud/ Rotate upper body

Team that plays catch the best will win the game.....

- ▶ Long throws/ Kick back leg up (anyone can catch ball in dirt/ not over head)
- ▶ Miss low.....not high.
- ▶ Hop 3 times backwards/ Load / Throw
- ▶ Fingers up high / fingers down low / catching ball
- ▶ Prepare yourself to catch / anticipate a bad throw / good athletic position
- ▶ Ball on shelf
- ▶ Loosy goosy figure 8 / start small / get big / relax
- ▶ Play catch with the back of the glove / ice skater vs. clod-hoppers
- ▶ Hang the follow-through / thumbs down

Team that plays catch the best will win the game.....

- ▶ Meet the ball with a step on the catch / freeze it / glove side lower
- ▶ Look ball into glove
- ▶ Wall behind the ball on the catch / say “ball” when ready for the throw
- ▶ Bounce the ball / throw / crow-hop vs. drive step / gain ground / work out not up
- ▶ Toss ball up / move in on catch / catch over throwing shoulder
- ▶ Roll ball behind you / scoop / glove hand to infield
- ▶ Keep feet moving / rapid fire pop the feet / first to 10 contest
- ▶ Tag it / quick tags

Team that plays catch the best will win the game.....

- ▶ Yell “ball, ball, ball” on pop-ups from partner / move in on the catch
- ▶ Shuffle throws / 3 shuffles then throw
- ▶ Front flips / follow the ball
- ▶ Side flips / quick tags
- ▶ Catch ball within your body / wall behind ball
- ▶ Long toss with partner / cut with arms up

- ▶ Expect good things from yourself / no “my bads” / no heads down / don’t need counseling from your teammates

Fielding fundamentals

- ▶ Check gloves / Wildcat Pile
- ▶ No gloves / on knees / bare handed
- ▶ No gloves / on knees / one hand behind the back / reach out / stick it
- ▶ No gloves / on knees / roll to one side / FH side
- ▶ No gloves / on knees / roll to one side / BH side
- ▶ No gloves / on knees / one hand flip
- ▶ No gloves / on knees / shoulders over ball / chest facing ground / roll back and forth
- ▶ Standing / bare handed right at partner / shoulders in front of knees / knees in front of toes

Fielding fundamentals

- ▶ Standing / forehand / with baby glove
- ▶ Standing / backhand / with baby glove / pick elbow glove / back hand toss back
- ▶ On knees with paddle / little gloves / exaggerate bringing ball up to ear
- ▶ On knees with paddle forehand little gloves
- ▶ On knees with paddle backhand little gloves
- ▶ Switch paddle / glove with partner on knees / forehands and backhands
- ▶ Standing play catch with little glove and paddle
- ▶ Standing stick-it with paddle right at them
- ▶ Standing stick-it with paddle to forehand side
- ▶ Standing stick-it with little glove to the backhand side

Fielding fundamentals

- ▶ Split steps with little glove and paddles / partner hand up / split step
- ▶ Regular gloves / on knees right at them
- ▶ Regular gloves / on knees forehands and back hands
- ▶ Standing with gloves open - pocket open / roll to partner when glove is open
- ▶ Hold imaginary watermelon / pitcher in circle / hold watermelon
- ▶ No Teddy Bears
- ▶ Backhand side cross - over / elbow up / turn / bring ball to ear
- ▶ Short hops / with partner / tosser on one knee
- ▶ Short hops / forehand / tosser on one knee
- ▶ Short hops / backhand / tosser on one knee

Fielding fundamentals

- ▶ Quick glove / slide glove / keep glove on ground / forehand / backhand
- ▶ Add crossover step to forehand side
- ▶ Add crossover step to backhand side
- ▶ On catch / glove foot forward / freeze it
- ▶ Toes fast / heels slow
- ▶ Ready position / corners protect face
- ▶ Slow rollers / get rid of it
- ▶ Suicide toss to partner

Outfield Drills

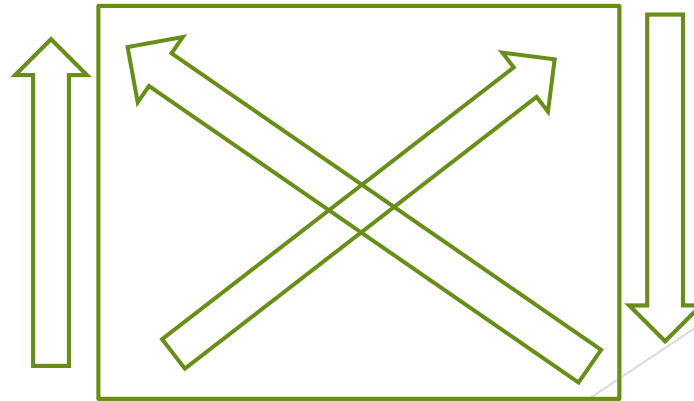
- ▶ Run with glove down as long as you can
- ▶ Catch ball below eye level
- ▶ Drop steps with partner
- ▶ Tennis ball catch / drop step catch with partner
- ▶ Get behind the ball catch / get into throwing position / never have a 2nd gear / high gear 100% of the time
- ▶ Add softie
- ▶ Zig-zag drill with tennis ball / softie
- ▶ Change direction drills
- ▶ Roll to the inside / roll to the outside
- ▶ Long toss / toss to self / toss to partner

Outfield Drills

- ▶ Two lines / grounder toss grounder in between
- ▶ Same drill but in the air
- ▶ Let it hit the bleachers / communicate / throw it in
- ▶ Shoe-string catch
- ▶ Quarter back drill

Full Team Drills

- ▶ Three person weave / start ball in middle / go behind person you throw it too
- ▶ Dart throw / expect a bad throw / one side dart / one side side-arm / groups of 4 / contest
- ▶ Two lines with partner / one person rolls / one person throws / (one person runs backwards)
- ▶ Base drill
 - ▶ Underhand no gloves / say, “ball, ball, ball”
 - ▶ Reverse it
 - ▶ Add gloves / throw it and follow it
 - ▶ Reverse it
 - ▶ Add another ball / underhand and overhand
 - ▶ Do it perfect / 21 outs
 - ▶ Short hops / follow throw
 - ▶ Throw across the bases



Full Team Drills

- ▶ 6 on 6 Bucket Drill - played on a basketball court
 - ▶ Do not run with the ball
 - ▶ Jump ball to start
 - ▶ Drop ball goes to other team
 - ▶ No goalie / no blocking
 - ▶ Stay out of the key

- ▶ Queen of Diamonds Drill - played on a basketball court
 - ▶ Teams start in middle
 - ▶ Two vs. Two
 - ▶ Winners stays on
 - ▶ Ball must be on ground and hit wall for a point
 - ▶ Throw outside 3 point line

Full Team Drills

- ▶ 6 Out Game / Individual / Team
 - ▶ 6 outs take the field
 - ▶ Sacrifice not an out
 - ▶ Bunt back to fence is out
 - ▶ Play everything off wall and ceiling
 - ▶ Keep track of runs
 - ▶ Ghost runners if not enough players

Hitting Stations

- ▶ 10 Stations
 - ▶ Live hitting / baseball bat
 - ▶ TCB ball / soft-toss
 - ▶ Bunting off machine / routine
 - ▶ Front toss / vb bb hit
 - ▶ 2 T drill / hit ball off T
 - ▶ T work / Happy Gilmore
 - ▶ High T on bucket
 - ▶ Tennis ball bounce / load
 - ▶ Golf ball / little stick
 - ▶ Conditioning

- ▶ Pitcher / Catchers do 5 stations / go to Aux gym