

Awesome Team Drills

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Drills Don't Equal Skills!

**Feeling
Understanding
Repeating Under Pressure**




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Bat Sprints



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Beat the Runner



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Scatter





TRY:

- Fielders start with Backs to field
- OF's yell "NOW!" when cross OF line
- Runner on 1st

POINTS –

- Defense gets:
 - +4 for Lead R Out
 - +2 for Trail R Not getting to 2nd
- Runners get:
 - +4 for Lead R Scoring
 - +2 for Trail R getting to 2nd

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Race to 1st





POINTS –

- Runners gets:
 - +1 for Reaching 1st
- Hitters get:
 - +1 for Tagging R
- Stay in Same Line, till ALL have gone
- Rotate
- Line with Most Points Wins!

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2 & Stop

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Hitters - 1 Base, Runner - 2 Bases




00:00:13;15

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This image shows a softball field from an elevated perspective. Two players are positioned at home plate. A white bucket is placed on the ground between them. The text 'Hitters - 1 Base, Runner - 2 Bases' is overlaid in yellow. A black timer box in the bottom right corner displays '00:00:13;15'. The 'softball EXCELLENCE COM' logo is in the top right corner.

Whistle Leads

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00:00:25;08

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This image shows a wide view of a softball field. A red oval highlights a player in the center of the field. A black timer box in the bottom right corner displays '00:00:25;08'. The 'softball EXCELLENCE COM' logo is in the top right corner.

4 Skill Drill



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- Go 1 Base at a time
- Walk through first
- Work through it

Hitters
NO BATS

Swing & Run
thru 1st

00:00:00;00

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The image shows a softball field from an elevated perspective. A yellow box on the right contains three bullet points: 'Go 1 Base at a time', 'Walk through first', and 'Work through it'. Yellow text on the field reads 'Hitters NO BATS'. White text on the field reads 'Swing & Run thru 1st'. A black timer at the bottom center shows '00:00:00;00'. The Softball Excellence logo is in the top right corner.

Zig Zag



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00:00:00;00

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The image shows a softball field with a zigzag drill path marked by yellow lines. The path starts at the pitcher's mound and zigzags between the bases. Numbers 1 and 2 are placed at various points along the path. A black timer at the bottom center shows '00:00:00;00'. The Softball Excellence logo is in the top right corner.

Triangle - Square



A photograph of a softball field with a diagram overlaid. The diagram shows a square path connecting the bases, with a triangle formed by the pitcher's mound, first base, and second base. White arrows indicate the direction of play. A timer in the bottom right of the image shows 00:00:27:00.

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Around the World



A photograph of a softball field with a diagram overlaid. The diagram shows a path that goes around the bases in a square pattern. The bases are labeled: P (Pitcher's Mound), SS (Short Stop), 2B (Second Base), 1B (First Base), and 3B (Third Base). Yellow text at the top of the diagram reads "1st Throw-1B, 2nd Throw-DP, 3rd Throw-Home". A timer in the bottom right of the image shows 00:00:53:28.

1st Throw-1B, 2nd Throw-DP, 3rd Throw-Home

SS P 2B 1B 3B

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Machine Tags



00:00:01;11

Can't Advance on Tag...DON'T TAG
CAN Advance on Tag...TAG

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The image shows a wide-angle view of a softball field. Three yellow circles are drawn on the outfield fence, indicating specific locations for the 'Machine Tags' drill. A timer at the bottom of the field image shows 00:00:01;11. A text box on the right side of the slide provides the rules for the drill.

Beat the Clock



+2: catch at 1st btwn chest/face
+1: catch anywhere else
-2: gets past 1B

Get 21 before 3 Minutes

00:00:07;11

+2: Between Chest/Face
-1: Anywhere Else
-2: Missed

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The image shows a wide-angle view of a softball field with players in position. A timer at the bottom of the field image shows 00:00:07;11. A text box on the left side of the slide provides the scoring rules for the 'Beat the Clock' drill. A text box on the right side of the slide provides the scoring rules for the drill.

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