



THROWING

Bounce It – This drill targets the player throwing motions for these throws, dart, side arm and regular throws.

Equipment – balls

With players in groups of 2 about 10 feet apart, 1 player bounces ball in front of them, catches it and throws it in the dart motion to the other player across from them who then repeats the procedure and throws it back. Repeat 5 throws by each player and then switch to side arm and then regular throws.

RECEIVING

Middle Pivot - Focus of this drill is receiving the ball face on and sideways

Equipment – balls

Divide players into groups of 3 and set them up in straight lines about 20 feet apart.

Players A	Player B	Player C
Players A	Player B	Player C
Players A	Player B	Player C

Players A and C face Player B in the middle. Player A throws the ball to player B who is standing sideways with glove on player C side. Player B catches and throws it to player C and rotates so that their glove is now on Player A side. Player C catches the ball face on and throws the ball back to player B. Player B catches the ball and throws it to Player A who catches the ball face on. Repeat 3 times and then switch positions.

CATCHING

Look Way Up - Focus of this drill is for catchers to work on pop ups
Equipment – balls (catchers to wear full equipment and leave mask on)

With the catcher in a crouching position, the coach stands behind them and says “FIND IT” and as he says this, he throws the ball in the air simulating a foul tip or hit. The catcher is to find and catch the ball. Repeat 5 times and switch catchers.

OUTFIELD

Charge It - Focus of this drill is for players to attack ground balls in the outfield
Equipment – balls

Line up players in a single row. Have coach throw the ball on the ground hard at players. Player to charge the ball and bunny hop throw back to coach. Repeat with throws to both sides of players.

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INFIELD

Back Hand - Focus of this drill is for players to work on ground balls to their backhand
Equipment – balls

Players line up in pairs across from each other about 10 feet
Player A throws ball to Player B's back hand. Player B picks up ball and throws back to Player A.
Repeat 5 times and then switch. Repeat on other side.

HITTING

Double Tee - Focus of this drill is for players to stop dropping hands and bat at the back of the swing

Equipment – 2 tees, balls and net. Can use wiffle balls and hit into a wall in gym
Divide players into groups of 3

Put 2 tees one behind the other about two feet apart with the back tee about 2 inches higher than the front. The key is to hit the ball on the front tee without knocking the ball off the back tee. This will help players bring their hands and bat to the ball instead of dropping them.

Player A places the balls on the tees. Player B hits the ball on the front Tee into the net or wall, Player C chases the ball and gives it back to Player A. Coach watches for batters technique and makes adjustments if needed. After 10 swings players switch positions.

HITTING

Focus Wide to Narrow

- BENCH – watch pitcher and catcher
- IN THE HOLE – focus on pitchers mechanics
- ON DECK – time pitcher - dry swings
- IN THE BOX – ball

MECHANICS

- GRIP – line up knuckles and loose grip just tight enough so that the bat does not slip out when swinging
- BOX – middle to front of plate

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- STANCE – bat on shoulders, chin over front shoulder so that both eyes are level and focusing on ball/pitchers glove, breath and relax muscles
- READY – load bat at 45 degrees, hands at top of strike zone, knees and back slightly bent and both elbows at same height body width pointing down
- TRIGGER – front foot small, soft and fast. Open to 45 degrees
- SWING - Start rotation with hips and back shoulder and take hands to ball while back foot lifts and rotates (watch for lunging) and elbows stay at same distance. Follow the ball all the way in with both eyes. Palm up palm down at point of contact; back leg slightly bent and front leg locked. Extend arms and snap wrist. Body weight should be back, head still with eyes watching ball all the way and continue rotation to finish swing with bat at shoulder height.

Catching a ball

Demonstrate technique to catch with 2 hands

- Above the waist and below the waist
- Light on the feet to get body in front of ball
- Always show a target
- Watch ball into glove

Drill:

- In 2 lines, catch bare hand, high
- Catch back of the glove
- Catch in the glove and keep moving back

Throwing a ball

- Overhand Over and Look –Point
- Watch for elbow the same height as shoulder

Drill:

- Throw around the horn, or star pattern
- 2 lines zig zag, time the drill

Base running

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- Home to first - run through the base (hit front of bag), turn to left
- First to Second – Rolling start – Sprint start
- Home to second base

Drill:

- Hit ball off tee, run to first (record time)
- Hit ball off tee, run to all bases (record time)

Fielding Ground ball

Glove on the ground, in front of body, watch ball into glove, bring ball up into

- same position as overhand throw
- 2 lines, practice fielding, throw to fielder
- 2 lines, practice fielding, throw to left & right fielder
- (Bounce ball to increase difficulty)

Drill: players at 3rd, SS, 2nd and 1st hit or throw ball to infield, field ball, throw to first. hit or throw ball to infield, batter swings and runs to 1st, infielders field ball and throw to first, safe or out?

Backhand toss & Forehand toss

- Use to field ground ball close to base
- 2 Lines practice both toss

Drill: hit or throw ground balls and have players practice the throw to bases

- Add runners to simulate game

Outfield

Always on the move, never static CF is the boss, backs up Left & Right. Important to Communicate, Left & right will also back up CF

- Drill- catching fly balls
- Backing up the infield – communication drill
- Drill- Fly balls to outfield, Foot ball drill
- Fly ball to drop between outfield and infield
- Drill - Throw for power to in field

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- Drill – runner going from 1st to 3rd, try to throw them out

CATCHING DRILLS

- Blocking bad pitch
- Throwing from knees to Bases
- Footwork for Throwing to Bases (strong core position stay low)
- Pop Up's
- Playing Bunts

3rd BASE DRILLS

- Positioning (creeping in before a pitch, stay loose)
- Receiving ball for a Force Play (stand towards left field or towards 2nd/1st) and Tag (cradle the bag)
- Playing the Bunt (with glove and/or bare hand)
- Playing the Slap (stand your ground)
- Playing Regular Ground balls (strong core position)

HITTING

- Work on loading and Hip lead (more power)
- Check for both eyes to be on the pitcher
- Finishing in strong position to run
- Work on waiting for the ball

RUNNING THE BASES

- Take off from home (keep head down)
- Infield hitting running through first base bag
- Ball hit to the outfield (thinking about a double from home and making a proper turn)
- Lead off from bases

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