

Softball Fundamentals- Points of Emphasis

Throwing

- Proper separation of glove and hands (no "dropping" or "dipping" of throwing hands)
- Ball "cupped" either full or 3/4
- Alignment of elbows
- Alignment of feet
- Proper arm angle (90 degrees, elbow no lower than shoulder)
- Proper follow through and weight shift to front foot
- Establishing a consistent "throwing position"

Catching

- Fingers UP' (turn hand only when ball is low)
- Nose-to-Knuckle
- Throwing hand quick to ball ... does NOT catch ball
- "Right-left Catch; "Right-Left" into "throwing position"

Fielding Ground Balls

- "Right-Left" field; "Right-Left" into "throwing position"
- Glove and feet form a triangle. Backsides must down.
- Look the ball in
- Backhands and forehands are fielded with one hand

Batting

- Alignment of feet, knocking knuckles (pointers up), hands, bat and head
- Hands swing "inside" the ball; No "casting" (knob to pitcher tee drill)
- Don't "drop" hands (two tee drill)
- Keep head "in"
- Proper ball/bat contact position

Other Topics

- High-repetition practices with multiple stations (keep them moving & engaged, try to limit standing around and waiting)
- Practice makes good players, not games
- Equipment: Masks - Mandatory for ESM softball players (no more softballs to the face! No one should be scared of the ball!)

SAMPLE 1.5 HOUR PRACTICE

TEAM - Warmup & Stretch (10 minutes)

TEAM - Throwing Mechanics w/ Partners (15 minutes)

* Do the isports.com throwing drills (except the "figure 8")

* Then step & throw across body (hips twist, back foot rotates)

GROUP 1 - Fielding (30 minutes Total)

- Grounders to partners (middle, backhand, forehand) (5 minutes)
- "Right-Left, Separate, Throw" - on the line, as a team (5 minutes)
- Ground ball progression - rolling balls, short-throws, high-rep (10 minutes)
 - ◆ middle, backhand, forehand, bouncers, slow rollers
- Catch/Flyballs and throw - short-throws, high-rep (10 minutes)

GROUP 2 - Batting (30 minutes Total)

- Tee station
- Soft toss station
- Front-toss

TEAM GAME SITUATIONS/OTHER TOPICS (30 minutes Total)

More Advanced topics: Where's the play?; Force-outs; Baserunning; fielding situations, etc.

SAMPLE PRE-GAME ROUTINE:

- Warmup as team (5 minutes)
- Throwing warmup as team (15 minutes)
- Group work (25 minutes)
 - ◆ Pitchers/Catchers warmup on the side as appropriate.
 - ◆ Group fielding warmup (grounders, fly balls and throws)
 - ◆ Run an individual batting station (soft toss, heavy balls, etc.), pull players one-by-one for 5-10 swings each

Softball Drills:

Ground Ball Fundamentals

<https://www.youtube.com/watch?v=nVOpt303vro>

<https://www.youtube.com/watch?v=-BqiappeTZk>

Throwing Fundamentals

<https://youtu.be/uqbF3nIMKAE?list=PL7E1A16641C5085D7> (iSports.com)

<https://www.youtube.com/watch?v=-vhlpl-iMBM>

Catching Fundamentals

<https://www.youtube.com/watch?v=uOwC9wmhd0Y>

Running Infield Drills [**favorite]

<https://www.youtube.com/watch?v=XDwFdR4gluQ>

Hitting Fundamentals

<https://www.youtube.com/watch?v=aMcOPJRZyRM>

Pitching Fundamentals

https://youtu.be/gc99t_g9RUu

<https://youtu.be/5cSQLtTI0ZY>

<https://youtu.be/F9d2evfGPcc>

<https://youtu.be/JBxSdhaDR2o>