



## Softball Drills

### Confidence Building Drills (Fielding)

#### Dead Ball

- Have the athlete begin in the “ready position” wide stance, squat down to the ground
- Then have the athlete place their glove on the ground
- Place the ball in front of the athlete’s glove and then have the athlete field the ball (bring the ball into their glove and then bring the ball and glove up to their waist) and fake a throw
- Repeat multiple times

#### Dead Ball Approach

- Have the athlete take a couple steps back and place the ball a few steps ahead of the athlete
- Have the athlete approach the ball and field the ball and then fake a throw
- Repeat multiple times

#### Roll and Approach

- Have the athlete be a couple feet away from you
- Roll the ball to the athlete and have them field the ball and then fake the throw
- Repeat multiple times

#### Low Bounce and Approach

- Have the athlete be a couple feet away from you
- Low bounce the ball to the athlete and have them field the ball and then fake the throw
- Repeat multiple times

#### Bounce and Approach

- Have the athlete be a couple feet away from you
- Bounce the ball to the athlete and have them field the ball and then fake the throw
- Repeat multiple times

[https://www.youtube.com/watch?v=Bdk1\\_Oytv5w](https://www.youtube.com/watch?v=Bdk1_Oytv5w)

### Fielding and Throwing Drills

Star Drill: [https://www.youtube.com/watch?v=5x\\_9E12OnGc](https://www.youtube.com/watch?v=5x_9E12OnGc)

#### 4 Person Catch

- Have the athletes get in a square with each athlete about 10 yards apart from one another
- Have one athlete begin the drill by throwing the ball to the person on their right, making sure to pivot and turn when throwing the ball
- Then the next athletes will go to their right, continuing to make it around the square.
- After a few rotations, switch directions and have the athletes go to the left



### **Short Pop Up Fielding**

- Have the athletes and the coach stand approximately 5 yards apart from one another.
  - o The athletes should be in a straight line, one behind the other
- The first athletes in the front of the line jogs to a position a short distance in front of the coach
- The coach throws the ball behind the athlete either to the right or left
- The athlete calls for the ball ("MINE, MINE, MINE"), hesitates long enough to see which direction the ball is going and drop steps in that direction to make the catch
- If the ball is thrown over the athlete's left shoulder they should drop step to the left for the catch. If the ball is thrown over the athlete's right shoulder they should drop step to the right and go with a backhand catch (if they are right-handed)
- The athlete then throws the ball back to the coach and returns to the back of the line
- As the coach you can advance this drill by throwing the ball further and higher to work on catching fly balls in the outfield

### **Simple Hitting Drills**

#### **Basic Hitting**

- Standing parallel to the athlete, toss the ball to the athlete
- The athlete should then swing to hit the ball
- Make sure the athlete is making contact before their arms are fully extended
  
- Standing at a normal distance from the hitter, toss the ball to the athlete
- The athlete should then swing to hit the ball
- Make sure the athlete is making contact before their arms are fully extended

*\*Both of these drills are great opportunities for the other athletes to practice their fielding drills*

#### **Bunting Drills**

- Have the athlete get in a bunting stance
- Lightly toss the ball to the athlete and have them bunt the ball
- Each time have the athlete work on bunting in different directions and distances

#### **Hitting Drills involving a Tee**

- Set up a tee and just have the athlete hit balls off the tee
- Watch the athletes form and make sure they are swinging through all the way

[https://www.youtube.com/watch?v=u\\_OP\\_KnOSVM](https://www.youtube.com/watch?v=u_OP_KnOSVM)