

SOFTBALL PLANNING SHEET #: 2

NAME: Kylee McPhedrain

TEAM NAME: 8th Street Sluggers

Objectives (Identify your teaching topic, theme AND specific teaching points/cues that you want them to learn by the end of your session.)				
1. Improve batting percentage- accuracy and power. Team goal - minimize to maximum two strike outs per game. Individual goal - 8 out of 10 hitting percentage on 7 out of 10 percentage of getting on base for stronger players. Be able to identify key points in batting; S.H.E.E.P. Additional: improve fielding and identifying where to throw the ball.				
Equipment: 8 bats (if possible, 4 is fine), 10 balls, 3 bases, 2 T's				
Topic	Diagram & Activity Description	Teaching Information	Task Extension and Simplifications	Time
Drill Name: Hitting Stations Page #: 1-18 (From the Learn to Play coaches manual on reserve at the library.) Performance / Success Goal: Make contact with all but one toss/pitch. Improve technique and accuracy of batting.	Diagram:  Activity Description: In pairs start with doing 3 practice swings each and getting the partner to help correct. Then rotate through 3 stations. Station 1: one at a time hit off T into back stop. Station 2: Partner tosses from right beside batter, hit into backstop. Station 3: One partner does normal pitches to batter- batter hitting toward backstop. 5 groups, two groups can be at a station at a time. Each partner gets 1 min. Rotation must be quick!	Teaching Cues: <ul style="list-style-type: none"> Hands together, middle toes like a sign Starting position <ul style="list-style-type: none"> Feet just over shoulder - width apart Knees bent Elbow up Transfer weight from back to front foot Snap bat with wrist Follow through SHEEP Stance, Hips, Elbow, Eyes, Follow through PSF Statement: Really done rotating your hips. That was a really good follow through. CPU-Question: What does SHEEP stand for? How should you hold a bat?	Simplification progression(s): <ol style="list-style-type: none"> Just focus on connecting with the ball Skip pitching and do another round of tosses Extension progression(s): <ol style="list-style-type: none"> Focus on making good connection to hit line drives- no pop. Toss from behind to work on reaction time. 	3-8 minutes Other info:

Drill Name: Scrimmage Page #: Multiple-127 (From the Learn to Play coaches manual on reserve at the library.) Performance / Success Goal: hit 3 out of the 4 pitches in fair territory. Make maximum 2 fielding errors. Team goal: Make 3 double plays. Improve power and accuracy of batting.	Diagram:  Activity Description: 4 players (no back catcher) will be in the field including a pitcher. 1 player will be batting. The batter will get 4 pitches and on the 4th pitch will run. They run bases until they reach home or the batter after has completed 4 hits then rotate in order above. Whenever there is a player not fielding and waiting to bat they should be practicing their swing.	Teaching Cues: <ul style="list-style-type: none"> Keep your eye on the ball Elbow up Transfer your weight back foot front foot Hips rotate from home plate to pitcher - Flashlight blind the pitcher PSF Statement: Good connection, I could really tell you kept your eye on the ball! Way to transfer your weight you got really good power. CPU-Question: What could have given you more power? Where should your hips be facing at the end of your swing?	Simplification progression(s): <ol style="list-style-type: none"> Get pitcher to stand closer. Extension progression(s): <ol style="list-style-type: none"> Point to where you are going to aim to hit- swing early/late and direction of feet. 	8 - 20 minutes Other info: If going well, add in that they have to all call where the throw is going to go when hit.
Review / Lesson Closure	Acknowledge effort and participation! @ CPU Review Questions/Activities: <ul style="list-style-type: none"> What does SHEEP stand for? What can increase power? Explain the flashlight analogy 	Self-reflection by teacher -- What worked well?	Self-reflection by teacher -- What to change for next time?	10 - 20 minutes

Sample Softball Practice Plans

Jill Elliott, Martha Ewing



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Defensive Softball Drills Jacquie Joseph, 1998 66 drills for improved individual and team fielding *Coaching Fastpitch Softball Successfully* Kathy J. Veroni, Roanna Brazier, 2006 Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend *Coaching Fastpitch Softball Successfully* provides the guidance and technical expertise you need in order to build and maintain a competitive team covering every facet of leading a squad on the field and developing a program off of it Hall of Fame coach Kathy Veroni who has won more than 1 250 fastpitch games in her career and pitching expert Roanna Brazier share their insights and experiences in this authoritative comprehensive guide to coaching fastpitch softball From developing a coaching philosophy and planning for the season to teaching the skills and tactics of the game you will find proven formulas for success within these pages With practice and conditioning plans administrative forms sample scouting charts tactics for dozens of game situations and more than 130 drills *Coaching Fastpitch Softball Successfully* is the most complete resource available for aspiring and experienced coaches alike Take advantage of the authors expertise to gain a winning edge over your competition *Coaching* Ralph J. Sabock, Michael D. Sabock, 2005 *Coaching A Realistic Perspective* is the ideal textbook for anyone who is preparing to coach athletics All aspects of the profession are addressed in a clear and straightforward manner presented with advice gained from decades of experience The expanded and updated eighth edition examines the qualities of successful coaches presenting tools for self evaluation recruiting off season planning player and parent expectations of coaches potential problem areas and the balance between a coach s work life and personal and family life a topic often overlooked in other textbooks **Youth Softball** Jill Elliott, Martha Ewing, 1992 *Baseball-softball Playbook* Ron Polk, Donna Lopiano, 1983 *Practice Perfect Softball* National Fastpitch Coaches Association, 2016-06-24 The road to a championship season begins long before the first pitch of the opening game It begins before a player even steps onto the field In *Practice Perfect Softball* the game s premier coaches share their approaches experiences and philosophies of every aspect of practice This authoritative guide goes beyond the stretches and drills straight to the heart of winning effort and attitude From structuring sessions to evaluating practice performance you ll find proven and practical recommendations from the all star lineup of contributors Julie Lenhart Rachel Hanson Beverly Smith Rachel Lawson Lisa Sweeney Van Ackeren Dot Richardson Ken Eriksen Connie Clark Celeste Knierim Bill Gray and Melissa Chmielewski Lonni Alameda Jo Evans Jen McIntyre Donna Papa JoAnne Graf editor Inside you ll identify and establish practice ethics assess team strengths and develop players skills in the field on the mound and at the plate Developed by the National Fastpitch Coaches Association *Practice Perfect Softball* is your guide to developing champions on and off the field *Coaching youth softball : American sport education program* Jim Kestner, 1996 **The Complete Book Of Softball Drills** Gary Leland, 2013-12-16 Great practice drills for fastpitch softball players This book has drills for base running pitching hitting catching and fielding Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network

Gary's teams won the 14 and under and the 15 and under Texas USSSA State championships back to back. His teams came in fourth and fifth in the USSSA National Championships for 14 under and 15 under. Now he shares some of the drills his team used while training his fastpitch softball team. It seems like a lifetime ago but I still remember when I started coaching my daughters fastpitch softball team. I had played a little baseball growing up and some slowpitch softball along the way too. I soon found out two things. One is that fastpitch softball was a sport of its own. While so many things are the same, there are many things that are different in fastpitch softball than baseball or slowpitch softball. Two is that I knew nothing about coaching fastpitch softball players at all. Playing sports had not really taught me how to coach. One of the main things new coaches are looking for is information. This book is my attempt to provide another source for that information. While I admit I did not come up with these fastpitch softball drills, many of them have probably been used for years and years. What I did was find many of the great drills I used with my players while coaching. Then I wrote them in an easy to understand format. Trying to make them easy to learn and use. While this may be a guide for coaches to help their young players, this is also a great resource for parents hoping to help their daughters become better fastpitch softball players.

Winning Softball Drills Dianne I. Baker, Sandra S. Cole, 1989
Rookie Coaches Softball Guide American Coaching Effectiveness Program, 1992
instruct young players in softball specific skills and strategies and how to conduct drills. No other resource offers such a unique blend of coaching and softball expertise at a level that is perfect for you and your players. Special features include 22 defensive play diagrams, self tests and checklists to help you master the content, error detection and correction tips for technique and tactic performance and extensive illustrations of basic skills and strategies. The Championship Slowpitch Softball Judy A. Blucker, JoAnne Graf, 1984
Prentice-Hall grammar and composition Gary Forlini, 1987

Championship Softball Practices and Plans Jerrard Hardin, 2018-02-20. This complete guide provides you done for you highly effective championship softball practice plans. It's perfect solution for any coach who want to get new ideas, make their practices more effective and turn their team into a championship team.
Sport Bibliography: Sports Linda Wheeler, Coaching Association of Canada. Sport Information Resource Centre, 1983
The Softball Drill Book Kirk Walker, 2007. The Softball Drill Book contains the same drills that 14 elite U.S. softball coaches have used to help their teams capture 13 NCAA Division I titles and dozens of NCAA regional championships. Margie Wright, Yvette Girouard and Carol Hutchins, each of whom have amassed more than 1,000 career wins along with contributors from legendary programs such as UCLA and Florida State, team up to share the most authoritative collection of softball drills ever assembled. This comprehensive collection features 180 drills for individual and position specific fundamentals as well as warming up, training and team tactics. Each drill is presented with a description of purpose, organization, execution, variations and coaching points along with photographs and diagrams to enhance instructional clarity. The progressively arranged sequence of drills further optimizes learning and helps readers make the most of every practice.
Sport Bibliography, 1983
Girls' Softball

Karen Linde, Robert G. Hoehn, 1985 A guide with over 150 drills for improving pitching fielding throwing ball control and conditioning Coach's Guide to Game-Winning Softball Drills Michele Smith, Lawrence Hsieh, 2008-02-28 Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well confidence Michele Smith Two time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill building drills developed especially for coaches of fast pitch recreation league travel ball and high school softball players ages eight to eighteen Straight from the Michele Smith Gold Camps and Clinics these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball skills With Michele s expert guidance and instruction you ll coach your players to Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast pitch skills so they can windmill like Michele And much more **Youth Baseball and Softball Drills, Plays, and Situations Handbook** Bob Swope, 2007-08 Swope presents 147 drills plays and diagrams all numbered for easy reference between coaches He covers all the basic offensive defensive and situation fundamentals one needs to get started *The Physical Educator* , 1971

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