

DRILL CONTINUUM

This suggested drill continuum for minor softball should be viewed with flexibility. Some of the drills will carry over to the next older category, but performed at a more intense or complex level. To accelerate development, young players should be challenged to perform the most complex and demanding drills they can handle.

<u>CATEGORY</u>	<u>FIELDING</u>	<u>THROWING</u>	<u>BASERUNNING</u>
<u>SQUIRT</u>	SHADOW DRILL REBOUND DRILL (WALL) SHUTTLE DRILL SOFT HANDS GOAL	SHADOW THROWS BODY DRILL WITH SCORES TARGET THROWING ONE KNEE THROWING	OUT OF THE BOX HOME TO 1ST TURNING DRILL START AND JAM DRILL
<u>PEEWEE</u>	SHUTTLE DRILL COMPETITION REBOUNDS FLY BALL FEET FLY BALLS RUNNING CATCH DRILL BASIC FIELD DRILL	TARGET THROWS FOLLOW THE BALL DRILLS AROUND THE HORN TWO KNEE THROWING ISOKINETICS	RUNNING TECHNIQUE - HIGH KNEE MARCH - WITH SKIP - HIGH KNEES - HEEL KICKS - HEEL TO TOE SPRINTS - BREATHING - LEG DRIVE - KNEE ACTION - ARM PUMPS HOME TO 1ST, 2ND, 3RD, HOME TIGHT TURN DRILL LEAD-OFF DRILLS STARTS & STEALS
<u>BANTAM</u>	ONE ON ONES RUN & CATCH INFIELD POP-UPS CRISS-CROSS MAKE THE PLAY ADVANCED FIELD DRILL	AROUND THE HORN - 2 BALL DRILL D.P. SHUTTLE RELAY THROWING POSITION THROWS CUT-OFF THROWS SPEED THROWS ISOKINETICS DYNAMIC STRENGTH DRILLS W/TUBING	ONE AND TWO LEG PLYOMETRICS RESISTANCE SPRINTS WITH TUBING BODY LEAN DRILL EXPLOSION STRIDES STEAL SPRINTS STEAL W/DELAY
