

**HOME PRACTICE PLAN**  
**FUNDAMENTAL SOFTBALL SKILLS**

This plan is designed for use by novice players as a home practice schedule. The repetitions can be done against a wall or other flat surface, or with a partner to monitor technique. The important element is doing the repetitions needed to develop the skills.

**WARM-UP:**

Stretch leg, arm, shoulder, lower and upper back muscles as per conditioning manual. Hold the stretch for 10 or 15 seconds or until the muscle starts to relax. While stretching, visualize fielding ground balls. Do some windmills, jumping jacks, hill climbers or similar calisthenics. Stretch the legs and arms. Total – 10 minutes.

**1. FIELDING – GROUND BALLS**

**SHORT HOP DRILL**

This drill can be performed with a partner to throw the ball, or against a wall, fielding the rebound. On all repetitions, focus on bending the knees, keeping the hands low and watching the ball into the glove.

**FIELDING PROCEDURE:**

On each repetition, field the ball, bring the ball into the stomach area, secure the grip, then hop and throw.

**WORKLOAD**

- 10 short hops straight on – Field with bare hands.
- 10 short hops straight on – With glove using two hands.
- 10 short hops straight on – With glove using one hand.
- 10 short hops - left side – Forehand with glove.
- 10 short hops – right side – Backhand with glove.

***FREQUENCY AT LEAST 3 TIMES PER WEEK***

**2. THROWING**

- 20 easy warm-up throws with focus on;
- a) shoulder rotation
  - b) backward spin on ball
  - c) throwing downward
  - d) hitting the target.

30 throws at progressively longer distances to build speed and power.

***FREQUENCY – AT LEAST 3 TIMES PER WEEK***