

# SOFTBALL

WEEKLY PRACTICE: WEEK OF \_\_\_\_\_  
 COACH/COACHES: \_\_\_\_\_

MONDAY                  TUESDAY                  WEDNESDAY                  THURSDAY                  FRIDAY                  SATURDAY

BASERUNNING

- \_\_\_ HOME TO FIRST
- \_\_\_ GROUNDERS
- \_\_\_ ROUNDING BASES
- \_\_\_ GROUNDERS
- \_\_\_ FIRST TO THIRD
- \_\_\_ STRAIGHT STEALS
- \_\_\_ DOUBLE STEALS
- \_\_\_ SQUEEZE HOME
- \_\_\_ HIT AND RUN
- \_\_\_ TAGGING ON A FLY BALL
- \_\_\_ SLIDING
- \_\_\_ LEADOFFS
- \_\_\_ CUTOFFS
- \_\_\_ RUNDOWNS

DEFENSE

- \_\_\_ PICKOFFS
- \_\_\_ RUNDOWNS
- \_\_\_ COVERING BASES
- \_\_\_ BACKING UP
- \_\_\_ CUTOFFS

PITCHRS

- \_\_\_ INFIELD DEPTH
- \_\_\_ DOUBLE PLAYS
- \_\_\_ SACRIFICE SITUATIONS
- \_\_\_ SQUEEZE BUNTS
- \_\_\_ HIT AND RUN
- \_\_\_ STEALS

OTHER

- \_\_\_ BUNT SITUATIONS
- \_\_\_ TAGGING RUNNERS
- \_\_\_ RELAYS
- \_\_\_ FIRST AND THIRD SITUATIONS

CATCHER

- \_\_\_ BLOCKING DIRT BALLS
- \_\_\_ THROWS TO BASES
- \_\_\_ BLOCKING HOME
- \_\_\_ FIELDING THROWS
- \_\_\_ WP/PASSED BALLS
- \_\_\_ FOUL POP FLIES
- \_\_\_ FIELDING BUNTS
- \_\_\_ DROPPED THIRD STRIKE
- \_\_\_ PICKOFFS AND PITCHOUTS
- \_\_\_ BACKING UP FIRST
- \_\_\_ BASIC STANCE
- \_\_\_ WORKING WITH PITCHERS

PITCHERS

- \_\_\_ DELIVERY
- \_\_\_ COVERING HOME
- \_\_\_ FIELDING BUNTS AND HITS
- \_\_\_ PICKOFFS AND PITCHOUTS
- \_\_\_ TARGET PITCHING
- \_\_\_ HANDLING BASE RUNNERS
- \_\_\_ STRATEGY
- \_\_\_ FIRST BASE
- \_\_\_ ACCEPTING THROWS
- \_\_\_ SHIFTING
- \_\_\_ POP FLIES
- \_\_\_ FIELDING BUNTS AND HITS
- \_\_\_ DOUBLE PLAYS
- \_\_\_ CUTOFF POSITION
- \_\_\_ DROPPED THIRD STRIKE
- \_\_\_ PICKOFFS

SECOND AND SHORT

- \_\_\_ DOUBLE PLAYS
- \_\_\_ PICKOFFS
- \_\_\_ CUTOFFS AND RELAYS
- \_\_\_ COVERING SECOND
- \_\_\_ FIELDING BUNTS AND HITS
- \_\_\_ DROP STEPS

- \_\_\_ HANDLING BASE RUNNERS

- \_\_\_ POP-UPS

- \_\_\_ COVERING FIRST

THIRD BASE

- \_\_\_ FIELDING BUNTS AND HITS
- \_\_\_ POP-UPS
- \_\_\_ HANDLING BASE RUNNERS
- \_\_\_ PICKOFFS
- \_\_\_ DROP STEPS
- \_\_\_ DOUBLE PLAYS
- \_\_\_ CUTOFFS
- \_\_\_ COVERING THIRD

OUTFIELD

- \_\_\_ DO-OR-DIE
- \_\_\_ BLOCKING
- \_\_\_ DROP STEP AND ARC
- \_\_\_ SUN FLIES
- \_\_\_ COMMUNICATION
- \_\_\_ FENCE PLAYS
- \_\_\_ DIVING CATCHES
- \_\_\_ BACKING UP
- \_\_\_ DRIFTING
- \_\_\_ RELAYS AND
- \_\_\_ CROW HOPS
- \_\_\_ ANGLE OF PURSUIT

OFFENSE

- \_\_\_ HITTING DRILLS
- \_\_\_ HITTING OFF PICHERS
- \_\_\_ STRATEGY
- \_\_\_ BUNTING DRILLS
- \_\_\_ BUNTING OFF
- \_\_\_ SPECIAL PLAYS

CONDITIONING

- \_\_\_ DISTANCE
- \_\_\_ SPRINTS

GAME SITUATIONS

- \_\_\_ OFFENSE
- \_\_\_ DEFENSE

COMMENTS: (ABSENT), (INJURIES),