



## SAMPLE PRACTICE PLAN

|   |                          |
|---|--------------------------|
| <b>Team Name:</b> Dominate the Diamond          | <b>Date:</b> 1-1-17      |
| <b>Location:</b> 24 Kearney St., Bridgewater NJ | <b>Time:</b> 5:30 - 7:00 |

| TIME        | ACTIVITY  | COACHES                                  | LOCATION   |
|-------------|---|--|--|
| 5:30 - 5:35 | Introduction - Rules - Expectations   | Coach Steve                              | Left Field Line  |
| 5:35 - 5:45 | Dynamic Warm-Up<br>Throwing Program   | Coach Steve<br>Coach Duke<br>Coach Chris | Left Field Line  |
| 5:45 - 5:50 | Introduction of Signs   | Coach Duke                               | 3 <sup>rd</sup> Base Area  |
| 5:50 - 6:00 | Base Running<br>1. Home to 1 <sup>st</sup>  | Coach Steve<br>Coach Duke                | Infield Area   |
| 6:00 - 6:30 | Break into 3 Stations (10 min each)<br>1. Groundballs<br>2. Fly Balls<br>3. Hitting - Batting Practice  | Coach Duke<br>Coach Steve<br>Coach Chris | Short Stop<br>Center Field<br>Batting Cages  |
| 6:30 - 6:50 | Situational Defense:<br>1. Force vs Tag Plays<br>2. Situations  | Coach Steve<br>Coach Duke<br>Coach Chris | Full Field   |
| 6:50 - 7:00 | Team Building Activity:<br>1. Relay Race - Set up cones and divide the teams into 2 groups randomly.<br><i>*Great way to do conditioning in a fun way where you can teach your players to pick each other up and cheer one another on</i> | Coach Steve<br>Coach Duke<br>Coach Chris | Right Field<br><i>Start at Fould line and sprint out and around the cone and back.</i> |

# Sample Softball Practice Plans

**Thirumalaisamy P.  
Velavancorresponding**



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