

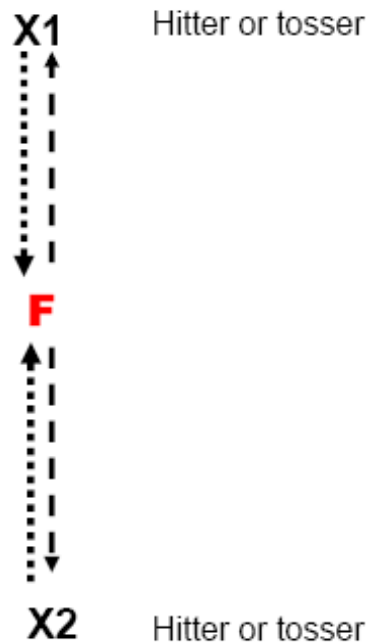
Turn and Throw Relay.

My favorite drill is lining the girls up into 2 - 3 rows (depending on how many girls there are). All are facing the same way. Give the first girl in each line the ball. I guess it's more of a relay and also works their accuracy and throwing. The first girl turns around and throws the ball to the next, and so on till the end of the line when the last girl throws the ball back to the girl in front of her who has to turn around and catch the ball. They go back and forth up the line 2 or 3 times and the first group to get the ball back to the very first girl wins. Of course, if the ball is dropped during this drill, it goes back to the beginning and they have to start over again.

Great drill to get them warmed up and also to push the competitiveness in them.

Rapid Fire:

Works on fielding, throwing and endurance



- X1 hits (or tosses) a GB to the **F** who fields it, throws it back to X1, then turns and faces X2 who hits another GB to F, who fields it and throws it back to X2, then turns and faces X1 again and repeats.

- 15 will be touch
- 20 will kill them

Progressive Throwing

A drill for players that don't throw the ball 3/4 arm slot or have their elbows too low:

1-Have a player and a partner sit Indian-style about 10-15 feet away, toss the ball to their partner keeping their elbow up and when ball is released, right hand should be at left knee on grass. Repeat at least 10 -15 times or until done satisfactory. Stress throwing "over-the-top".

2-Next, players increase distance 5 ft., kneel on right knee, and toss to partner. Throwing hand should touch opposite knee. Repeat 10-15 times or until players are improved or repeating drill efficiently.

3-Finally, players spread out another 5 ft. and on both feet. Ball is tossed between players at a normal warm-up drill, ensuring elbow is at correct height and angle.

This drill is really productive for 1st year players. They don't acquire bad habits dropping down or throwing sidearm. Doing this drill at every practice for the youngest players, and at the end of the season most bad habits were broken. It took time but it was worth it.

Relay Run

Here is a drill I use with my 8-10 yr. olds. They have fun and it really wears them out. It's much more running than they expected. We do a relay race between the 1st base line and left field fence. Depending on field size, use 4-6 on each team. Line up enough balls for each player along the base of the outfield fence. The first player is about 10 ft. back. Players are spaced equally between 1st player and end line (1st base line). On go, the 1st player runs to the fence, picks up the ball and throws to next person in line. Like a relay throw, the 2nd person turns and throws to the 3rd, and so on. The last person drops the ball in the bucket. After each throw, the player moves up to the next spot in line. So, the 2nd player moves up to number 1 position and runs to the fence to get the next ball, then throws to player 3 who has moved into number 2 position. While this is going on, the 1st player runs to the back of the line. The first team to get all the balls in the bucket wins! May sound a bit complicated at first, but it's really not too bad.

Paper Targets

This is a throwing drill where I taped paper plates to the backstop about 6 feet off the ground. I had the girls throw from 15ft, then from 30ft, then back to 15ft. These are 6,7,8,9 year old girls playing with an 11 inch ball. I was trying to get them to throw more accurately and to stop throwing a rainbow. They loved it and asked me every practice to do it. And it helped.

V Throwing Drill

Purpose: To improve the infielders' throwing accuracy.

Set-Up: The catcher, first baseman, and third baseman are at their respective bases while the second baseman and SWS are at their defensive positions.

The ball should be thrown continuously in the following sequence: C to 1st to 3rd to 2nd (Covering bag) to C to SS (covering 2nd), SS to 3rd then back to C.

Football Throw

Teaching Softball players proper throwing:

I have done this (trick) drill with our freshman softball players at the beginning of each season. It has really improved their throwing.

Have them partner up in twos or groups of fours. Put down their gloves and softballs. Hand out a football to each group and have them throw it to each other. (Give them a quick demo on how to hold and throw the football) I will do this for 10 min. 2 or 3 times in the first week of practice. (It will improve there arm motion, follow thru and accuracy)

25

At the end of practice we use a drill called 25.

It is intended to keep the focus on the task at hand.

The starting infield without the pitcher takes their positions the coach will hit a grounder to the 3rd baseman that fields it then throws to the 2nd baseman. She then throws it to the shortstop who then throws it to the 1st baseman. She in turn throws to the catcher. Each catch is counted as one. The object is to make 25 good throws and catches. After they get the idea you can throw in a timed goal to enhance the skills. The outfielders and the pitchers help by counting and cheering for the others

Four Square

This drill is quick and gives everyone a chance to field and throw many times.

It can be used as a competition game between teams.

Have your team break into squads of four - coaches can join in to make even teams.

Arrange the players in a small square, about 10 feet apart on a side, with a base in the middle:

A B

[]

C D

One player starts with the ball, and sends the ball across the square.
The player fields the ball and throws/tosses to the player to the left.
The player receiving that throw/toss sends the ball across the square.
The player fields the ball and throws/tosses to the player to the left.
Eventually, the ball comes back to the starting player from a fielder.

So, using grounders and tosses going left, it looks like this:

Player A starts with the ball and rolls a grounder to player D across the square.

Player D fields the ball and underhand tosses to the left to player C (like a toss from SS to 2nd).

Player C takes the toss and rolls a grounder across the square to player B.

Player B fields the ball and underhand tosses to the left to player D.

Player D takes the toss and rolls a grounder across the square to player A.

Player A fields the ball and underhand tosses to the left to player B.

Player B takes the toss and rolls a grounder across the square to player C.

Player C fields the ball and underhand tosses to the left to player A.

The throw going across the square can be:

* a rolled grounder

* a short hop

* a pop up

* a normal throw

The throw going around the square can also be any type of throw.

The direction of the throw around the square can be to the left or to the right.

I try to use this combination, four times around each:

Across Around Direction

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Grounder Toss Left

Grounder Toss Right

(Back up 4 steps away from the base)

Short hop Throw Left

Short hop Throw Right

(Back up 4 steps away from the base)

Popup Throw Left

Popup Throw Right

Every time around, each player starts a play, fields a play, makes a throw, and takes a throw. Once players get quick with the drill, they can go around each square pretty quickly.

In less than 10 minutes, the each player has performed 96 actions! (4 actions * 4 squares * 6 drills)

This drill can accommodate up to 16 players (four at each base) at one time, and all are involved.

This quick drill can be used prior to games, keeps everyone alert and involved, and gets a lot of reps fielding and throwing.

Throwing Accuracy

I attach small hula hoops to a fence and have two cones, 15 and 25 feet away from them.

- 1) There are 5 balls placed at each cone. The girls charge the ball and throw at the hoop target.
- 2) Each girl is tossed 5 balls at each cone from forward position and a right angle position. They must retrieve the ball then make the throw to the target. This is great group work when working with stations.

Star Drill

Start out slow. Cather throws to SS who throws to 1B who throws to 3B who throws to 2B who throws to Catcher and starts all over again. I keep adding a ball as they get better until they have 4 balls going at once.

Black Tape Drill

I have one for softball that works on the girls' throwing motion, accuracy, and form:

The Black Tape Drill (with a partner)

Take a piece of electric tape and tape one strip all the way around the softball.

Have the girls kneel on the knee of their throwing arm, facing their target.

When they start the drill, they put their thumb and middle finger along the tape.

The ball faces away from the target, while the glove points to the target. (Like showing their wing span)

They throw from one knee, concentrating on trying to have the tape spin straight. If they throw it correctly, they should see the strip of tape the entire way to their target...not a black blur.

Quick Throw Drill

Have the team split in 2 groups A& B one group fielding (A) one group batting (B) from a "tee".

The fielders (A) must field in regulation fielding positions. The batting team (B) can hit the ball anywhere they like as long as it stays inside the playing field. The fielding team (A) must get the ball and make as many throws to other players as they can before the batter can run and touch all bases. You award the fielding team(A) with the same number of points as throws made before the runner touches all bases repeat this for all on the batting team(B). Then have the teams change positions (team A bats and team B fields) and see if the team (A) can stop the team (B) from scoring as many points as they did. Losing team packs up at the end of training. Just one thing the person receiving the throw can not throw it back to the person who threw them the ball if they do no point is awarded.

Throwing

Start out on one knee 5 – 6 feet apart (depending on the age). Have them put their throwing arm elbow in the pocket of their glove (glove arm going across their body and hold it at the normal height their elbow would be). Using just their wrist, throw the ball to their partner making sure that their wrist is coming straight over the top beside their face/eye and not to the side. This takes all the body motion out of the throw and is forcing an over the top and not a side arm or twisting throw.

Once they have successfully completed 25 to 30 repetitions we then stand up and move back to a distance 10 – 15 feet (depending on the age). Use the same procedure as described above with one exception, take the elbow out of the glove pocket and rest it on top of the closed glove. At this point we want them to use from their elbow up, no body motion, to throw the ball to their partner. Again, make sure that they are bringing the ball beside their face/eye and not to the side.

After 25 to 30 repetitions we again take a few steps back and then go into a full motion throw, making sure that they are bringing the ball over the top and beside their face/eye. After a few weeks of this drill we have seen a vast improvement in our throwing. Their throws are more accurate, flatter (took out the “rainbow”) and have greater distance to them.

Cross

I like to use a throwing drill called "cross". Have players divide themselves at the four bases. One ball is thrown from position to position. The order goes, home to second, to first to third to home.

After each throw is made the player follows the throw to the next base. The drill is completed when the first girl has finished at home plate with the ball.

A variation on this drill is to have the girls throw one hoppers to each of the bases.