

2024 Softball Winter Clinic #1

6:00 (5 min): Welcome & Introductions (Cage Area)

1. Week 1 Focus: Commit to Learning (repeating the fundamentals, muscle memory, don't repeat mistakes, focus on getting better today)

6:05 (10 min): Warmup/Agility Work (Open Gym Area)

1. Line-to-line:
 - a. Jog/Sprint
 - b. High Knees
 - c. Butt Kicks
 - d. Side Shuffle
2. Repeat with higher intensity
3. Stationary:
 - a. Jumping jacks
 - b. Twist and pivot
 - c. Arm Circles
 - d. Hip Circles

6:15 (10 min): Throwing Warmup (Open Gym Area): Discuss proper throwing technique, ball in fingertips, elbows up/palms down to L shape - ball up, glove hand & shoulder pointed towards target

1. Throw from two knees (emphasize upper body, shoulder turn, follow through)
2. Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
3. "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
4. Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives

6:25 (60 min): Station work (5 stations, 10 min each plus time to rotate)

1. Pitching/Catching:
 - a. Pitching mechanics/basics
2. Hitting Mechanics Using Tees/Nets (hit into nets)
 - a. TEACH HITTING MECHANICS:
 - i. LOAD: Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball
 - ii. CONTACT: hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher
 - iii. EXTENSION: after contact, barrel points to the pitcher; hips point to pitcher

- iv. FOLLOW-THROUGH: bat come across the body, follow hips (don't stop on contact)
- v. HEAD STILL, EYES LEVEL THROUGHOUT

- b. Load (STOP, check mechanics), Swing (STOP, check mechanics)

- 3. (a) Hitting in cages (**One Coach** - machine)
- 3. (b) Hitting in cages (coach pitch)
- 4. Infield (**Two Coaches** - open gym area)
 - a. Line up players at 2nd base; active player sets up at SS
 - b. SS fields ground balls thrown from coach (2-3 in a row, increase reps)
 - c. After fielding, throw to first base
- 5. Outfield (**Two Coaches** - open gym area)
 - a. Catch/field "fly ball" thrown by coach
 - i. Don't hold the ball - throw in to 2B (coach) right away after catch/fielding the ball
 - b. Field hard ground ball thrown by coach:
 - i. body in front of ball; last line of defense to stop the ball
 - ii. Don't hold the ball - throw in to 2B (coach) right away after fielding

7:25 (5 min): Wrap-up, Discussion, prep for next week

- 1. One thing we learned?
- 2. What can you do at home to come ready next week?
- 3. Same time, same place next week (2/4)

2024 Softball Winter Clinic #2

6:00 (5 min): Welcome & Introductions (Cage Area)

1. Week 2 Focus: "I'm going to get better today" mindset (focus on one big thing or a few little fundamentals to work on, positive attitude)
2. Team huddle: "Get Better!"

6:05 (55 min): Hitting station work (4 stations, 12 min each plus time to rotate)

1. Hitting Mechanics Using **Tees/Nets** (**One coach** - Open area near cages with **TEE**, hit into nets)
 - a. TEACH HITTING MECHANICS:
 - i. LOAD: Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball
 - ii. CONTACT: hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher
 - iii. EXTENSION: after contact, barrel points to the pitcher; hips point to pitcher
 - iv. FOLLOW-THROUGH: bat come across the body, follow hips (don't stop on contact)
 - v. HEAD STILL, EYES LEVEL THROUGHOUT
 - b. Load (STOP, check mechanics), Swing (STOP, check mechanics)
2. Hitting Mechanics Using **Soft Toss** (**One coach** - open area near cages, hit into nets)
3. Hitting in cages (**One Coach** - machine)
4. Hitting in cages (**One Coach** - coach pitch behind screen)

7:00 (10 min): Throwing Warmup (Open Gym Area): Discuss proper throwing technique, ball in fingertips, elbows up/palms down to L shape - ball up, glove hand & shoulder pointed towards target

1. Throw from two knees (emphasize upper body, shoulder turn, follow through)
2. Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
3. "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
4. Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives

7:10 (15 min): Fielding station work (Use both sides of the field turf area - set up infield bases on both halves; split into two groups

1. Infield
 - a. Line up players at 1B, 2B, 3B, SS
 - b. Coach tosses ground ball to various bases, TEACH WHERE THE PLAY/OUT IS MADE

- c. STRESS GETTING THE BALL BACK TO THE PITCHER (Coach) WHEN OUT IS MADE
- d. Multiple reps per lineup, then rotate players through to different positions
- 2. DON'T HOLD THE BALL - MAKE A PLAY AT A BASE, then GET IT BACK TO THE PITCHER (coach)

7:25 (5 min): Wrap-up, Discussion, prep for next week

- 1. One thing we learned? Did you get better today?
- 2. What can you do at home to come ready next week?
- 3. Same time, same place next week

2024 Softball Winter Clinic #3

6:00 (5 min): Welcome & Introductions

1. Week 3 Focus: "Trust the Process" - sometimes we might have a tough day, we may miss more than hit in the cages, our fielding seems "off" - focus on the fundamentals we've been working on, and trust that small gains week-to-week pay off in large gains over time. Focus on the process - not the immediate outcome.
2. Team huddle: "Get Better!"

6:05 (10 min): Warmup/Agility Work

1. Line-to-line:
 - a. Jog/Sprint
 - b. High Knees
 - c. Butt Kicks
 - d. Side Shuffle
2. Repeat with higher intensity
3. Stationary:
 - a. Jumping jacks
 - b. Twist and pivot
 - c. Arm Circles
 - d. Hip Circles

6:15 (10 min): Throwing Warmup: Discuss proper throwing technique, ball in fingertips, elbows up/palms down to L shape - ball up, glove hand & shoulder pointed towards target

1. Throw from two knees (emphasize upper body, shoulder turn, follow through)
2. Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
3. "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
4. Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives

6:25 (60 min): Station work (4 stations, 14 min each plus time to rotate)

1. **Hitting Mechanics** Using **Soft Toss/Nets** (One coach - Open area near cages, hit into nets)
 - a. TEACH HITTING MECHANICS:
 - i. LOAD: Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball
 - ii. CONTACT: hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher
 - iii. EXTENSION: after contact, barrel points to the pitcher; hips point to pitcher
 - iv. FOLLOW-THROUGH: bat come across the body, follow hips (don't stop on contact)
 - v. HEAD STILL, EYES LEVEL THROUGHOUT
 - b. Load (STOP, check mechanics), Swing (STOP, check mechanics)
2. **Hitting in cage 1** (One Coach - **coach pitch** behind screen)

- a. Pitch five pitches, then rotate quickly through; should get through 3-4 hitters before picking up balls
3. **Hitting in cage 2 (One Coach - machine)**
 - a. When waiting to hit, use the third cage to hit heavy balls off tee (one player hit, one load tee, the rest field)
4. **(Offense/Defense) (One coach) Wiffle Ball Scrimmage**
 - a. Full field, normal rules: hit then run; defense try to make outs at the correct base
 - b. Coach the defense on where to make the play & GET THE BALL BACK TO THE PITCHER
 - c. Three outs, then switch offense/defense

7:25 (5 min): Wrap-up, Discussion, prep for next week

1. One thing that was fun today?
2. What can you do at home to come ready next week?
3. Next up

2024 Softball Winter Clinic #4

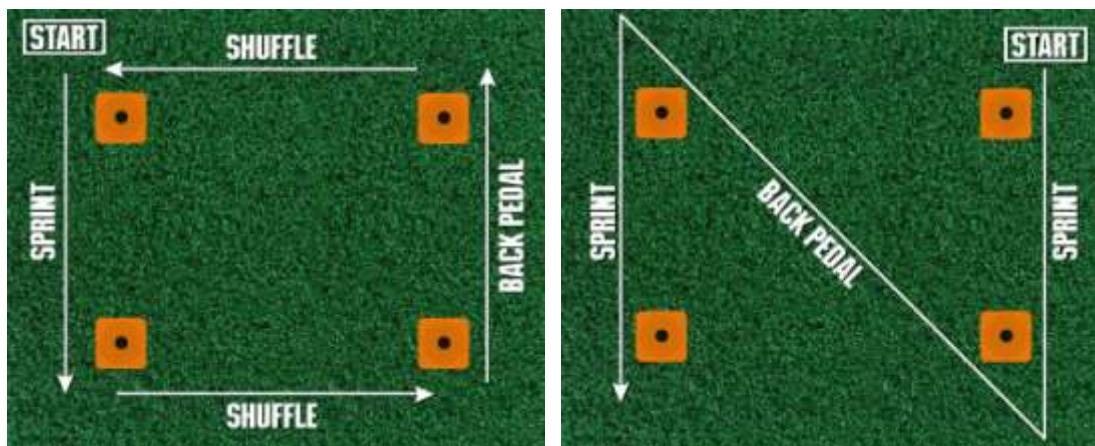
6:00 (5 min): Welcome & Introductions

1. Week 4 Focus: "Trying Hard (DIMITT: Determination Is More Important Than Talent)." In order to improve, we must put forth our best efforts at every practice and every game. Any of us can get better if we work hard and have determination to improve. We have days when things come easily, and days when things seem hard; remember that determination is more important than talent.
2. Team huddle: "Determination!"

6:05 (55 min): Station work (4 hitting stations plus agility/speed work - stick to only pairs or threes at hitting stations)

TEACH HITTING MECHANICS:

- *LOAD: Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball*
- *CONTACT: hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher*
- *EXTENSION: after contact, barrel points to the pitcher; hips point to pitcher*
- *FOLLOW-THROUGH: bat come across the body, follow hips (don't stop on contact)*
- *HEAD STILL, EYES LEVEL THROUGHOUT*
 1. Hitting Mechanics Using **Tees** into side/cage nets
 2. Hitting Mechanics Using **Soft Toss** into side/cage nets
 3. Hitting Mechanics - **Coach Pitch** cage
 4. Groups not hitting in cages rotate through Agility Drill/Skill work: Sprints, High Knees, Side Shuffle, Grapevine Footwork, 4-point Sprint/Shuffle/Back Pedal (pic 1), "N" footwork (pic 2), etc...



7:00 (10 min): Throwing Warmup: Discuss proper throwing technique, ball in fingertips, elbows up/palms down to L shape - ball up, glove hand & shoulder pointed towards target

1. Throw from two knees (emphasize upper body, shoulder turn, follow through)

2. Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
3. "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
4. Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives

7:10 (10 min): Fielding station work; split into two groups

1. Infield
 - e. Line up players at 1B, 2B, 3B, SS
 - f. Coach tosses ground ball to various bases, TEACH WHERE THE PLAY/OUT IS MADE
 - g. STRESS GETTING THE BALL BACK TO THE PITCHER (Coach) WHEN OUT IS MADE
 - h. Multiple reps per lineup, then rotate players through to different positions
2. DON'T HOLD THE BALL - MAKE A PLAY AT A BASE, then GET IT BACK TO THE PITCHER (coach)

7:20 (5 min): Group Game (two groups): Baserunning Relay

Half of players line up at 2B, half at home plate; on "GO," the first player up runs around the bases; when they make it back to their line, the next player up goes; first team to complete through the line is the winner.

7:25 (5 min): Wrap-up, Discussion, prep for next week

1. One thing we learned? Were you DETERMINED to get better today?
2. What can you do at home to come ready next week?
3. Next up

2024 Softball Winter Clinic #5

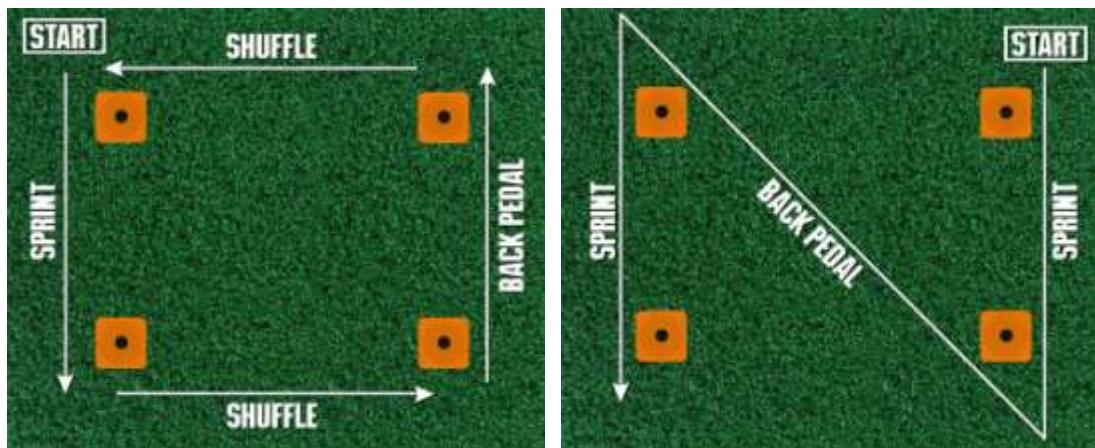
6:00 (5 min): Welcome & Introductions

1. Week 5 Focus: "Be a great teammate." Make teammates better by filling their emotional tanks - cheer for them, give high fives, encourage them, tell them you're glad they are out on the field with them. Take any chance you can today to tell your teammates something good they are doing.
2. Team huddle: "Teamwork!"

6:05 (55 min): Station work (4 hitting stations plus agility/speed work - stick to only pairs or threes at hitting stations)

TEACH HITTING MECHANICS:

- **LOAD:** *Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball*
- **CONTACT:** *hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher*
- **EXTENSION:** *after contact, barrel points to the pitcher; hips point to pitcher*
- **FOLLOW-THROUGH:** *bat come across the body, follow hips (don't stop on contact)*
- **HEAD STILL, EYES LEVEL THROUGHOUT**
 1. Hitting Mechanics Using **Tees with wiffle balls** into side/cage nets:
 - a. LOAD AND PAUSE, then swing through the contact, extension, follow-through; focus on balanced weight - hips, hands, then barrel to the ball
 2. Hitting Mechanics Using **Soft Toss** into side/cage nets
 3. Hitting Mechanics - **Coach Front Pitch with heavy balls** cage
 4. Groups not hitting in cages rotate through Agility Drill/Skill work in open area: Sprints, High Knees, Side Shuffle, Grapevine Footwork, 4-point Sprint/Shuffle/Back Pedal (pic 1), "N" footwork (pic 2), etc...

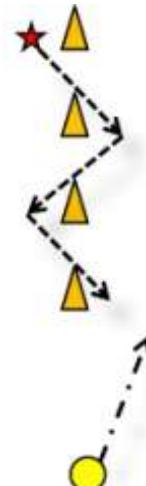


7:00 (10 min): Throwing Warmup: Discuss proper throwing technique, ball in fingertips, elbows up/palms down to L shape - ball up, glove hand & shoulder pointed towards target

1. Throw from two knees (emphasize upper body, shoulder turn, follow through)
2. Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
3. "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
4. Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives

7:10 (15 min): Fielding station work; split into two groups

1. Infield (Two Coaches)
 - a. "Stay Low" drill: Split groups in two; one coach throwing ground balls to each group. Focus on fielding the ball in the middle of the body, staying athletic, fielding and tossing in one motion
 - i. Active fielder gets into athletic defensive position
 - ii. Coach throws ground ball so fielder has to STAY LOW and slide 1-2 shuffle steps left
 - iii. Player fields the ball and tosses it to the side, STAYING LOW through the toss
 - iv. While the player tosses the ball to the side, coach throws a second ball so the fielder has to continue to STAY LOW and slide 1-2 shuffle steps left again, come up and throw the ball to the coach/target
 - v. After Fielding these two, move to the back of the line
 - b. "Zig Zag shuffle through cones": focus on feet staying in constant motion; timing footwork so that when the ball hits the glove, player can come up throwing in one motion
 - i. Four cones set up in a line between fielder and coach
 - ii. Active player starts to their right side of first cone and shuffles back and forth through each cone
 - iii. When the player reaches their right side of the last cone, coach rolls ground ball so they shuffle through the last cone, field the ball, come up throwing back to coach/target in one motion



7:25 (5 min): Wrap-up, Discussion, prep for next week

1. One way you encouraged a teammate? A teammate or coach encouraged you?
2. What goal will you set for our LAST session next week?

2024 Softball Winter Clinic #6

6:00 (5 min): Welcome & Introductions

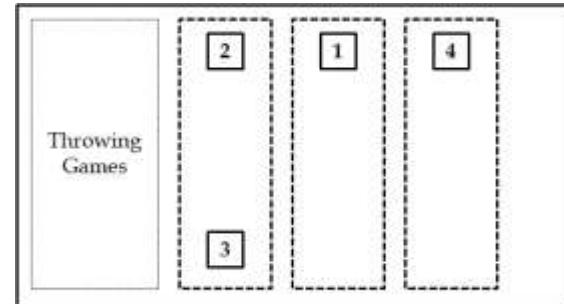
1. Week 6 Focus: "Stay motivated to work towards your goals." Last week we ended our session with the question "What is your goal for our last practice?" Think about what that might be... Hit line drives in the cage off the pitching machine; just make SOME contact in the cage off the machine; Make good throws to my partner during warmup; have some fun with my teammates... Let's focus on achieving those goals for everyone.
2. Team huddle: "Work Hard"

6:05 (55 min): Station work (4 hitting stations plus throwing games - stick to only pairs or threes at hitting stations)

TEACH HITTING MECHANICS:

- *LOAD: Hands back; step - balanced, strong back leg; hips, hands, barrel to the ball*
- *CONTACT: hands a bit higher than the barrel (hit line drives); elbows bent; chest behind belly; power comes from hips; point back toes towards the pitcher*
- *EXTENSION: after contact, barrel points to the pitcher; hips point to pitcher*
- *FOLLOW-THROUGH: bat come across the body, follow hips (don't stop on contact)*
- *HEAD STILL, EYES LEVEL THROUGHOUT*

1. Hitting Mechanics Using **Tees with cage balls** into side/cage nets:
 - a. LOAD AND PAUSE, then swing through the contact, extension, follow-through; focus on balanced weight - hips, hands, then barrel to the ball
2. Hitting Mechanics Using **Soft Toss** into side/cage nets
3. Hitting Mechanics - **Coach Front Pitch with heavy balls** cage 3
4. Groups not hitting in cages play throwing games in open area:
 - a. Hit the helmet (place a helmet on a tee; line up ~35' from the tee; take turns throwing whiffle balls at the helmet and see who can hit it the most times in five tries - **MAKE IT A COMPETITION TO KEEP THEM ENGAGED, BUT ALSO EMPHASIZE CORRECT FORM**)
 - b. Throw into the bucket (same as above, but line up farther away; use game balls and throw hard with the bucket on its side; see how long it takes the group to get 12 balls into the bucket - **MAKE IT A COMPETITION TO KEEP THEM ENGAGED, BUT ALSO EMPHASIZE CORRECT FORM**)



7:00 (5 min): Throwing Warmup: Discuss proper throwing technique, ball in fingertips, elbows up/palms down to L shape - ball up, glove hand & shoulder pointed towards target

1. Throw from two knees (emphasize upper body, shoulder turn, follow through)

2. Turn and throw: toes pointed towards partner, feet under shoulders, turn throwing shoulder away from partner, follow through pointing the throwing shoulder towards partner, arm through across body
3. "U-L Repeats": Turned sideways with shoulder towards target, elbow up/back, repeat elbow up/back, throw (no step, just turn hips)
4. Long toss: walk into throw - (for righty) step right, step left, throw; big range of motion in shoulders, hips, legs - don't throw line drives

7:05 (20 min): Whiffle Ball Game:

1. Play a whiffle ball game - coach is all-time pitcher

7:25 (5 min): Wrap-up, Discussion

1. Did you accomplish your goal? Today? Over the past six weeks?