



Pacifica Girls Softball League
10U+ Field Practice Plan - 1.5 Hours
Updated January 2026



Arrival:

- 5-15 Minutes Early

0:00-0:10 (10 Minutes):

- PGSL Dynamic Stretching
- Lap

0:10–0:30 - Warm Up Stations (30 Minutes):

- 10 Min. Station 1 (Group 1, Infield) - Baserunning - 1 Coach
 - HP to 1B
 - HP to 1B dive back
 - 1B lead on fly, go if dropped
 - 1B to 3B slide
 - 3B to HP Tag up
 - HP to HP (home run)
 - Audible options are okay to focus on a specific baserunning area if needed.
- 10 Min. Station 2 (Group 2, Outfield) - Throwing Warmup - 1 Coach
 - Concrete Catch (20-30', feet planted, exchange / elbow up / follow through)
 - Step Catch (20-40', glove foot step catch, set feet / exchange, follow through)
 - Regular Catch (40-60', focus on hard / flat throws and good mechanics)
 - Long Toss (40-100', focus on crow hops by swinging throwing leg forward)
 - Zigzag finish drill (20-30' apart in zig-zag form, buckets at ends, start side is full)

0:30-0:50 - Fielding (10 Minutes):

- 20 Min Fielding (Full Team, Infield) - 2+ Coaches
 - Quick reps warm up 2B / SS (half at 2B, half at SS), coach hit ball, field ball, set feet / pause, then and run to put it in bucket at 2B)
 - 1B and 3B players play position, rest at 2B and SS, coach hits to 2B / throw to 3B, and SS throw to 1B. Bucket at 1B and 3B
 - Double plays, stay in spot unless you touch the ball
 - Catchers to catcher position, balls hit, go 4, catcher throw to 1B, bucket at 1B
 - Audible options are okay to focus on a specific infielding area if needed.

0:50-1:10: - Stations (20 Minutes):

- 20 Min. Station (Group 1, Infield) - Pitchers and Catchers - 1 Coach
 - Pitcher warm ups routine
 - Glove Spins
 - Step, drag, point (15-20', middle, inside, outside)
 - One knee / activate legs (20-35', glove leg forward, knees bent or throwing knee down)
 - Walk Throughs (35-45')
 - Full Pitch / all pitches (35-43')
 - Audible options are okay to focus on a specific pitching / catching area as needed.
- 20 Min. Station (Group 2, Outfield) - Outfield/Batting (Right Field) - 1+ Coach
 - 10 Minute Station 1 - Paired up / throwing to each other (20' away)
 - Partner Grounders (20', catch, set feet, 10 then switch)
 - Safety stops (throwing knee down)
 - Glove foot come through the ball
 - Partner Fly Balls (20', catch, set feet, 10 then switch)
 - Traditional two hand above forehead
 - Drop right, aggressive 5 steps, square up, partner throw ball, catch
 - Drop left, aggressive 5 steps, square up, partner throw ball, catch
 - Audible options are okay to focus on a specific outfield area as needed.
 - 10 Minute Station 2 - Tee Work (2 Tee Stations)
 - Tee / Net #1
 - [1,2 - step, hip turn \(10 reps, do not hit ball\)](#)
 - [1,2,3 - step, hip turn, move hand to get barrel to ball \(10 reps, do not hit ball\)](#)
 - [1,2 - step, full swing \(10 balls\)](#)
 - Tee / Net #2
 - [Launch Drill \(10 balls\)](#)
 - [Inside / Outside \(10 balls\)](#)
 - [High Tee \(10 balls\)](#)
 - Audible options are okay to focus on a specific batting area as needed.

1:10-1:30 - Coach Choice (20 Minutes):

- Option 1 - Infield / Outfield Situation Work (coach hitting)
- Option 2 - Speed Ball Coach Pitch Scrimmage (IF, OF, hitting teams)
- Option 3 - Coach Pitch Front Toss (Cycle players in)
- Option 4 - Live Pitch Bunting (Cycle players in)
- Option 4 - 21 Outs (21 consecutive outs in the infield, or start over)
- Option 5 - Corner / Middle Infielder Work
- Option 6 - Pickles / Run Down Drills
- Option 8 - Target Practice Eliminations
- Option 9 - Four corners / around the horn with tags (coach calls out base)
- Option 10 - Throw Downs, Covers, and Tags with Baserunning
- Option 11+ - Any other fun drill or game that you want to work on