



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