



Pacifica Girls Softball League
6U+ Field Practice - 1 Hour
Updated January 2026



Summary of 60 Minute Field Practice Plan

- 1- Base running (10 min)
- 2- Play catch (15 min)
- 3- Infield/outfield (10 min)
- 4- Drills (15 min)
- 5- Hitting (10 min)

1. Drill (10 min): Base Running

- a. Players put on helmets and run the bases
 - i. Home to first, running to the orange bag and running through
 1. 1st base coach points towards outfield and yells “run through”
 - ii. Home to second, “banana” around first
 1. 1st base coach points towards second and yells, “go two”
 2. 2nd coach forces players to run inside of them and reminds them to pick up 3rd base coach
 3. 3rd base coach advises stop at 2 or run to 3
 - a. Hand motions
 - iii. Home to Home (Home run)
 1. At first practice, time players
 2. At mid-season, time the players
 3. At last practice, time the players
 - a. This helps to reinforce improvement and friendly competition

2. Drill (15 min): Play catch

- a. Coaches play catch with players
 - i. Coaches are able to instruct while playing catch
 - ii. Coaches are able to provide more reps than new players playing with other new players

3. Drill (10 min): Infield/outfield

- a. Coach throws the ball (Helps with accuracy)
 - i. If outfield fields clean, they run to second to stop the play or tag runner
 - ii. If it goes past outfielder, they throw it to the infield
 - iii. Grounders to first for pitcher, 1st and 2nd
 1. Rotate players so they all get to throw to first
 - iv. Some of players run the bases to get familiar with base running
 1. Rotate runners and fielders

4. **Drill (15 min):** Misc drills for defense and offense
 - a. **Drill:** Grounder drill
 - i. **Purpose:** Coach proper technique for fielding ground ball
 - ii. **Equipment:** Gloves and fielding masks
 - iii. **Setup:** Position players at their infield positions and hit grounders. 3B touches third. SS touches 2nd. 2B throws to 1st. 1B touches 1st. Pitcher throws to 1st
 - b. **Drill:** Fly ball drill
 - i. **Purpose:** Coach proper technique for catching fly balls
 - ii. **Equipment:** Gloves and fielding masks
 - iii. **Setup:** Position players in group in outfield. Have one player separate from group and throw them the ball to catch.
5. **Drill (10 min):** Hitting
 - a. Rotation is usually Basic Tee (with different variations), to Short Toss to Live Pitching (Batting Practice). Extra players are situated in the field to collect balls and make plays.
 - i. **Drill:** Basic Tee
 1. **Purpose:** Helps a player effectively work on hitting pitches in all locations.
 2. **Equipment:** Bat and helmet; Batting Tee
 3. **Setup:** Net and tee at outfield
 4. **Execution:** Place ball on tee and have player hit around 15 balls. Coach advising proper technique.
 - ii. **Drill:** Short Toss
 1. **Purpose:** Helps develop fundamental swing, controlled environment, no fear.
 2. **Equipment:** Bat and helmet; wiffle balls or softballs
 3. **Setup:** This drill can be used as a batting practice station or pre-game warm up.
 4. **Execution:** Set up at 5 - 15 feet (depending on level of hitters and balls used)
 - a. Firmly toss balls into the strike zone and let the batter hit the pitch. NEVER LOB THE BALL.
 - b. NEVER LOB THE BALL. NEVER LOB THE BALL.
 - c. **(This drill is also for wiffle circles if there are enough players)**
 - iii. **Drill:** Batting Practice
 1. **Purpose:** As many good swings as possible with the least amount of standing around time.
 2. **Equipment:** Bat and helmet, softballs (tee for first 3 practices or based on player level)
 3. **Setup:** This can be on the field or with a net in outfield