



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. 1<sup>st</sup> base coach points towards outfield and yells "run through"
  - ii. Home to second, "banana" around first
    1. 1<sup>st</sup> base coach points towards second and yells, "go two"
    2. 2<sup>nd</sup> coach forces players to run inside of them and reminds them to pick up 3<sup>rd</sup> base coach
    3. 3<sup>rd</sup> 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, 1<sup>st</sup> and 2<sup>nd</sup>
    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 2<sup>nd</sup>. 2B throws to 1<sup>st</sup>. 1B touches 1<sup>st</sup>. Pitcher throws to 1<sup>st</sup>
- 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