



Pacifica Girls Softball League
10U+ Pitchers / Catchers Practice Plan - 1 Hour
Updated January 2026



Arrival:

- 5-15 Minutes Early

0:00-0:15 (10 Minutes):

- PGSL Dynamic Stretching
- Static Stretching
- Lap

0:10-0:40 - Warm Up (30 Minutes):

- Pitchers
 - [Door Stretches](#)
 - [General Arm Care](#)
 - Y Motion
 - T Motion
 - Reverse T
 - Internal Rotation
 - External Rotation
 - Half Circles
 - Touch Down
 - Glove spins
 - Warm up catch
 - Step drag and point (to eachother)
- Catchers
 - [Hip Mobility](#)
 - Warm up catch
 - Primary vs Secondary Stance
 - Blocking
 - Framing
 - Footwork / Ball Transfer
 - Throw Downs / Steals
 - Throwing From Knees
 - Pop Ups

0:40-0:60 - Pitching / Catching (30 Minutes):

- Knee drill/legs drill
- Walk throughs
- Lunge pitching
- Cross walk (Optional / 14+)
- Full Pitch, all pitches
- 3 Batters