

CONDITIONING – Throwing, Fielding, Running & Hitting

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(1) BE REALISTIC:

a) About your practice TIME:

“how much will better conditioned players impact your team’s performance?”

- If **A LOT**, then devote time to this
- if **NOT A LOT**, then work on things that will improve it

b) About your BUDGET & FACILITIES:

- Use what you have & make it work for you

c) About your KNOWLEDGE OF WEIGHT TRAINING:

- Weights require proper knowledge & supervision
- Don’t have it – don’t use them!

(3) OBJECTIVES OF SOFTBALL CONDITIONING:

- **Speed Bursts**
- **Strength** (legs, stomach, hands forearms)
- **Mental Endurance**
- **Good Physical Conditioning**
- **Explosiveness**



(3) OBJECTIVES OF SOFTBALL CONDITIONING:

- Softball also involves periods where we do stand around



(2) DIFFERENT BODY PARTS TO WORK ON:

- **Legs**
- **Stomach**
- **Lungs**
- **Forearms**
- **Hands**
- **Triceps**
- **Shoulders**
- **Back**

(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

- *Exercise Balls*



Stomach, Legs, Back, Hip Flexors



(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

- *Medicine Balls*

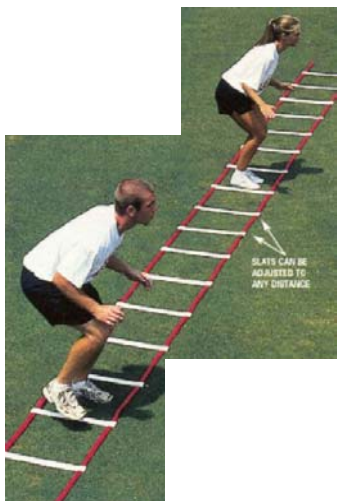


Stomach, Arms, Back, Hip Flexors



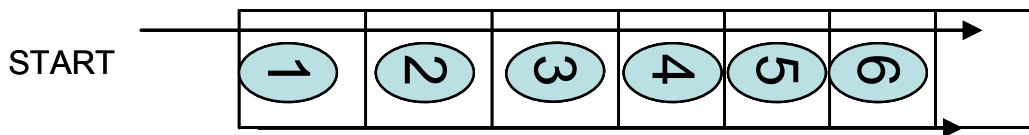
(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

- *Speed Ladders*

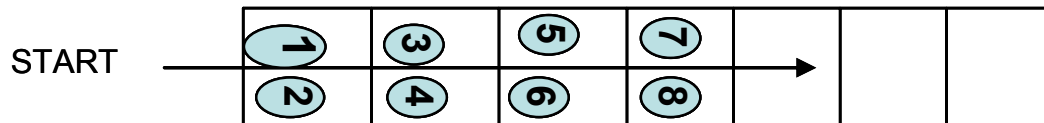


Legs, Lunges

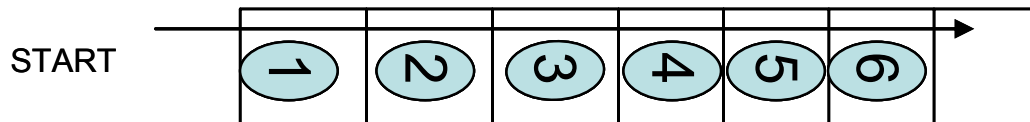
#1 - Slow jog – one foot per square (up and back)



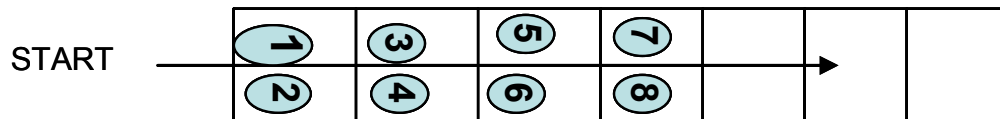
#2 - Slow jog – both feet in each square (up and back)



#3 – High Knees – one foot per square (up and back)

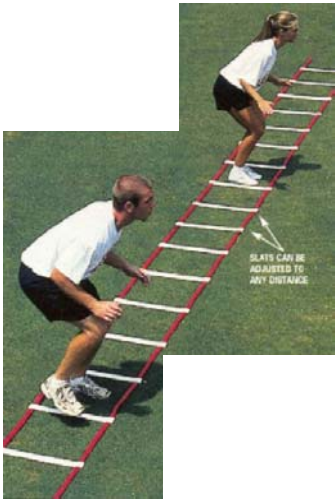


#4 – High Knees – both feet in each square (up and back)



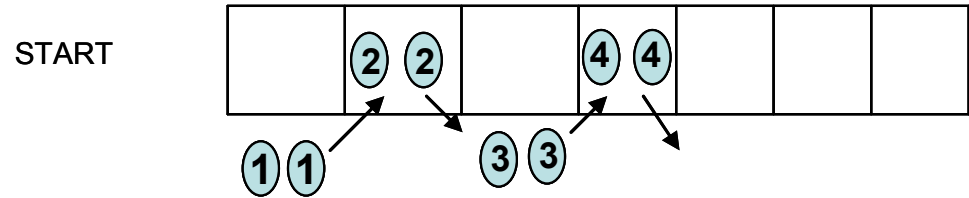
(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

- *Speed Ladders*

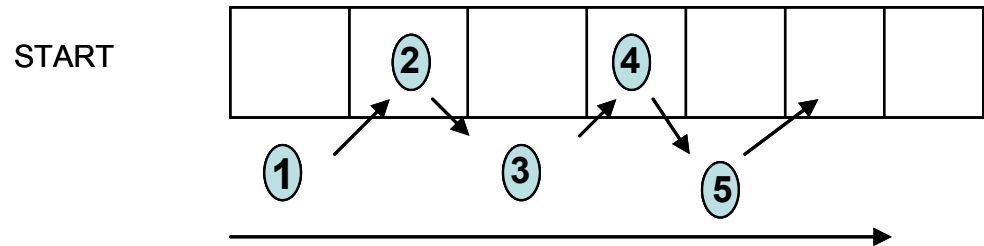


Legs, Lungs

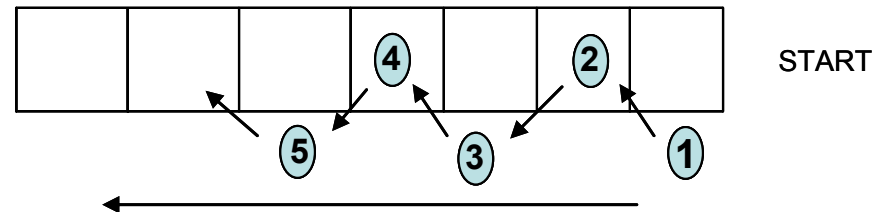
#5 – Out, In, Out, In – both feet per square (up and back)



#6 – Out, In, Out, In – one foot per square (up)



#7 – Out, In, Out, In – one foot per square (back)



(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

- *Agility Drills*



Legs, Lungs

Agility Drills to follow

(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

- *Running*



Legs, Lungs

- Mix it in with drills & in-between drills
- Change directions to change leaders (whistle changes direction)
- Mix catching/throwing with running



(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

- *Rice Bucket*



Forearms, Hands

- 5 Gallon Paint Bucket
- Fill with Rice
- Stick hand down in rice
- Make ALPHABET letters with your hand

(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

Resistance (Use what you have)

Legs, Hip Flexors, Shoulders, Biceps, Triceps, Forearms and Hands



Bat Windshield Wipers



Bryan Tudeen

(3) DIFFERENT WAYS TO STRENGTHEN & CONDITION:

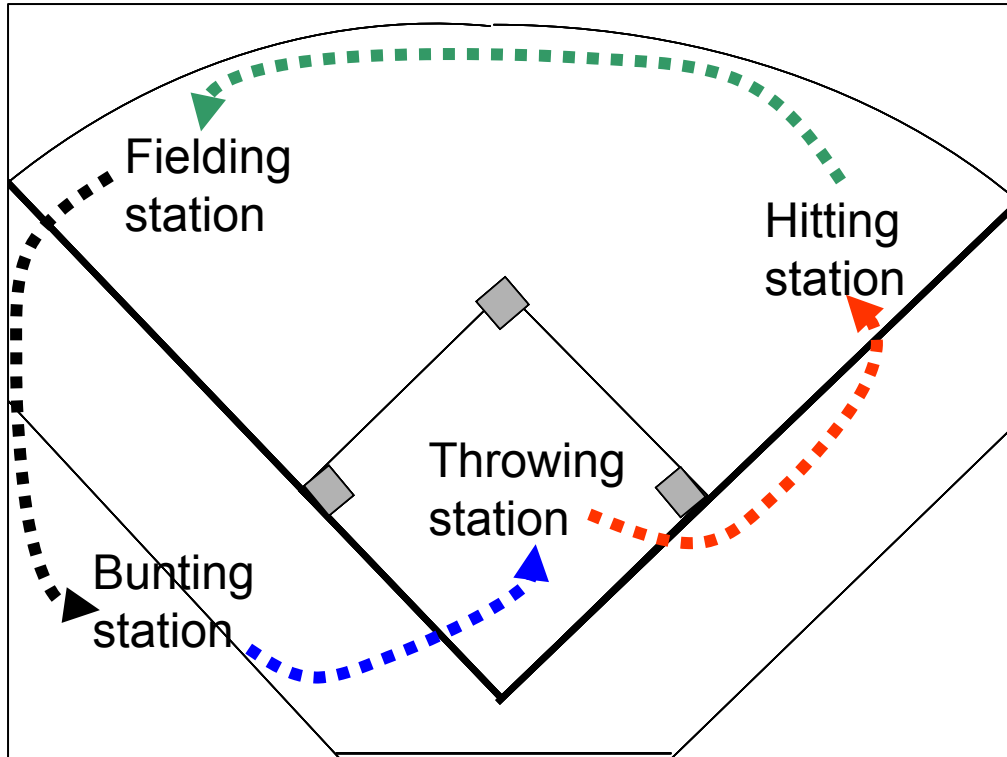
- *Weights*



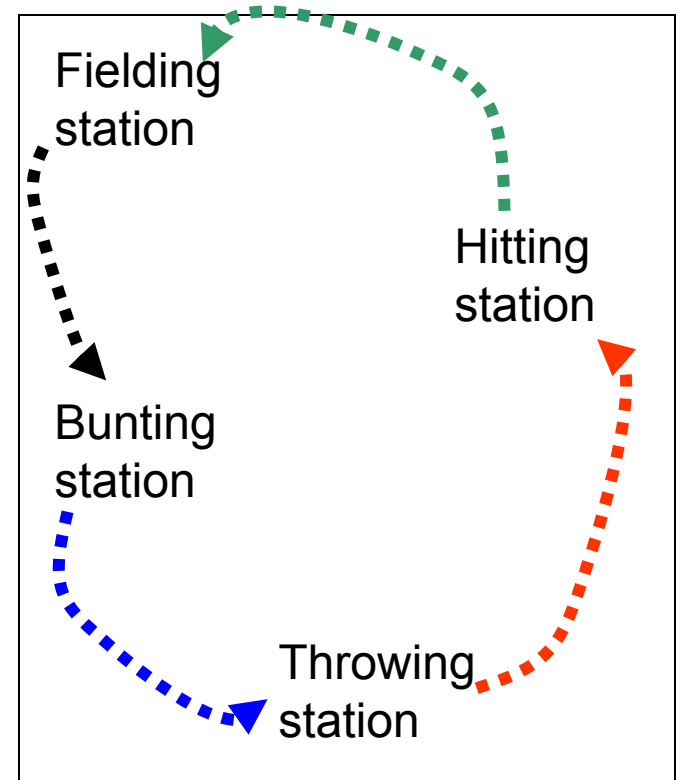
- Great if you have access to them
- Require knowledgeable supervision
- Not a must

(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- **LIMIT TIME** or **METHOD** (**RUN** vs Walk) in between your current drills or stations



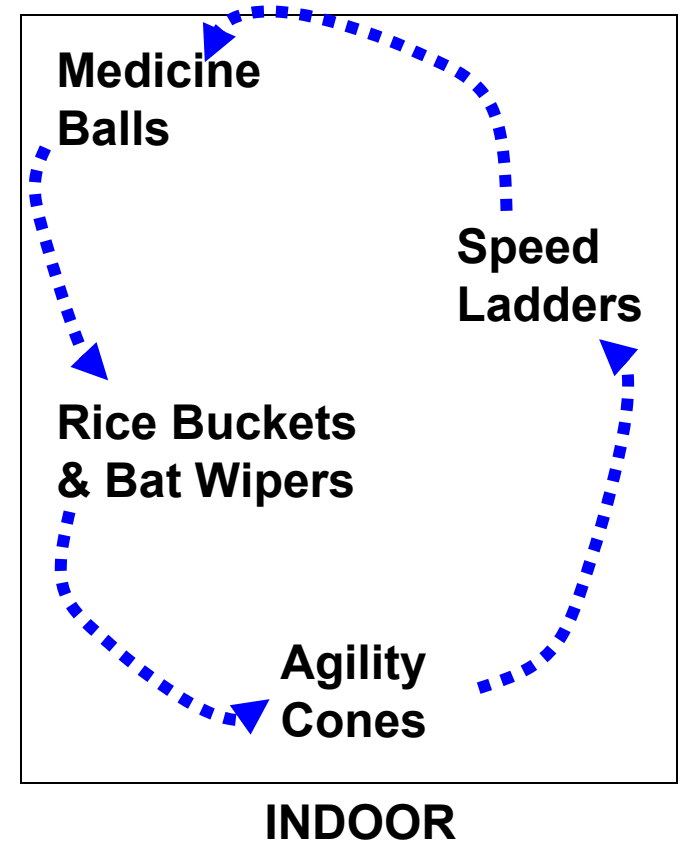
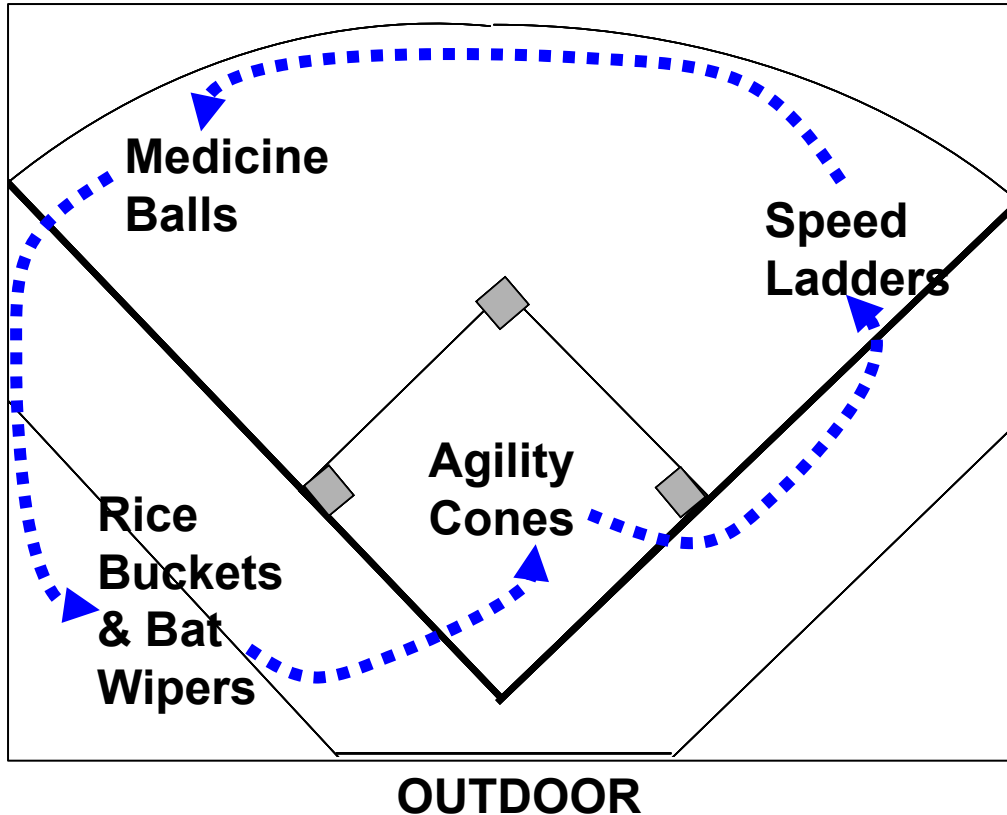
OUTDOOR



INDOOR

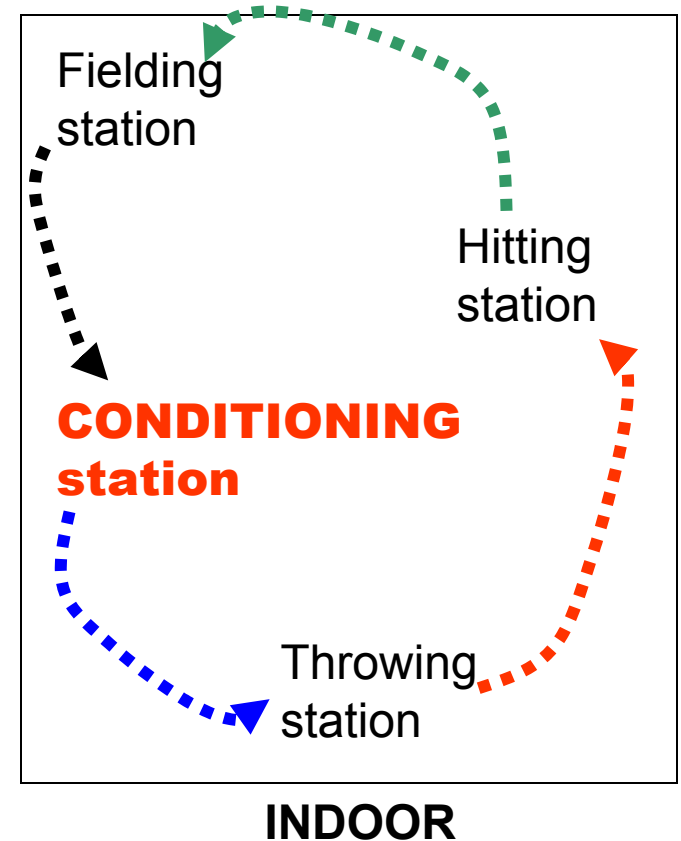
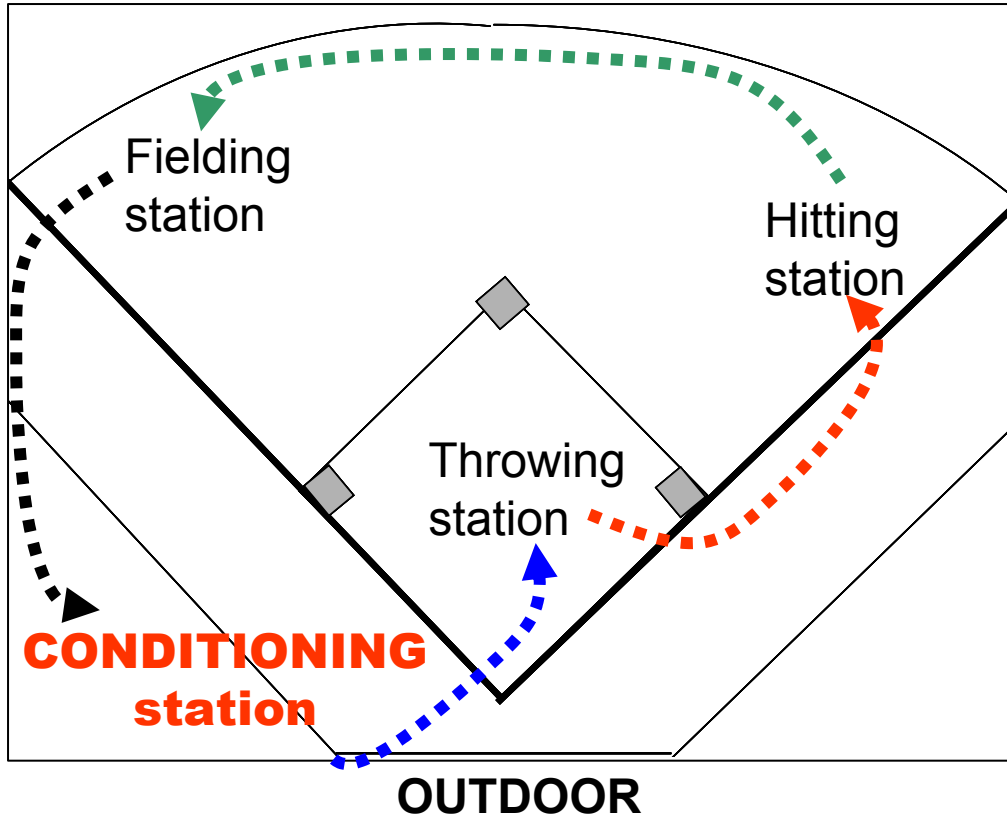
(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- Have **Conditioning SESSION** with multiple Conditioning Stations
20 minutes total: 5 minutes per station



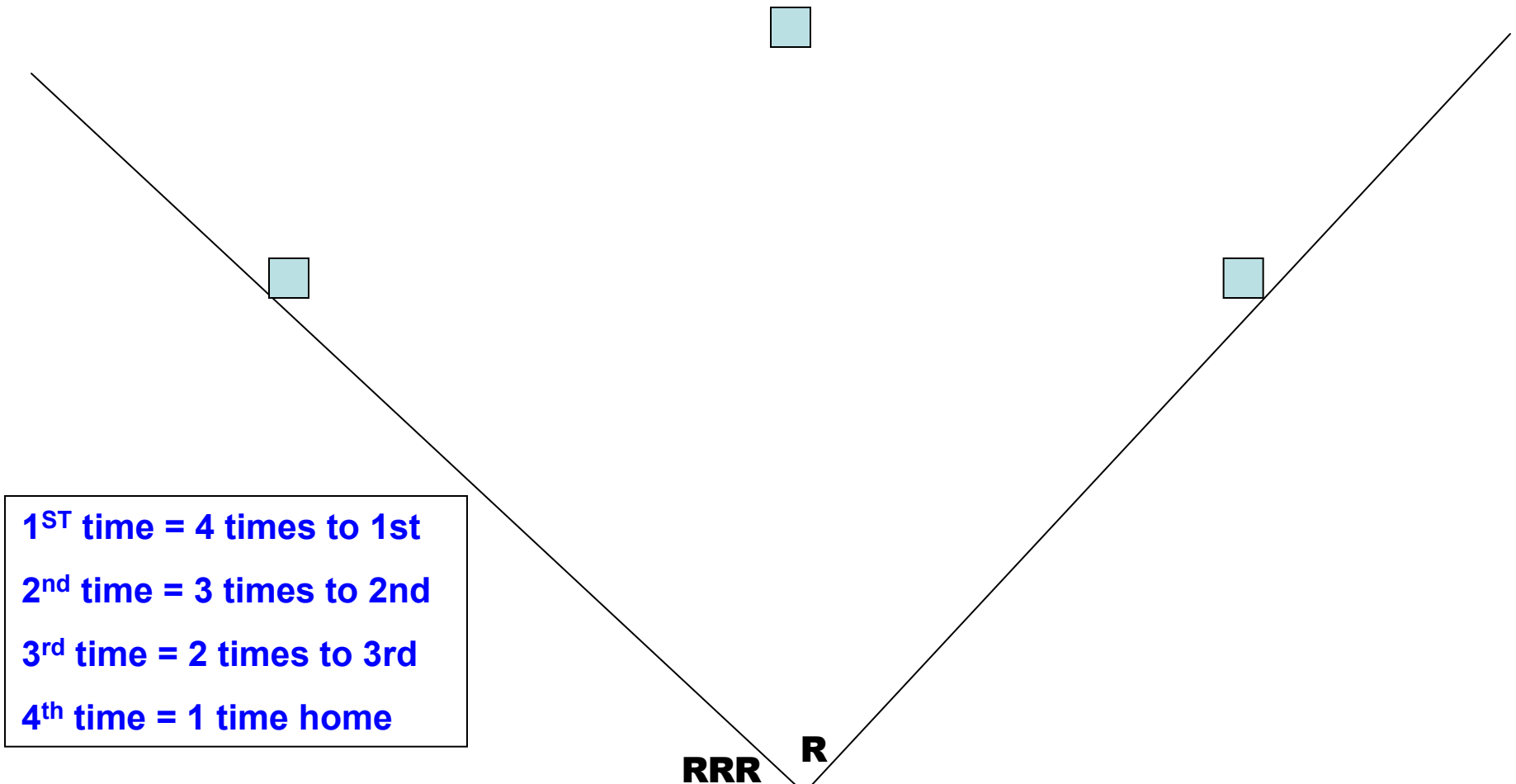
(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- Have a **Condition STATION** be ONE of Your Stations
20 minutes sessions: 80 minutes total



(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- Use DRILLS that INVOLVE CONDITIONING: **4,3,2,1**



(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- Use DRILLS that INVOLVE CONDITIONING:

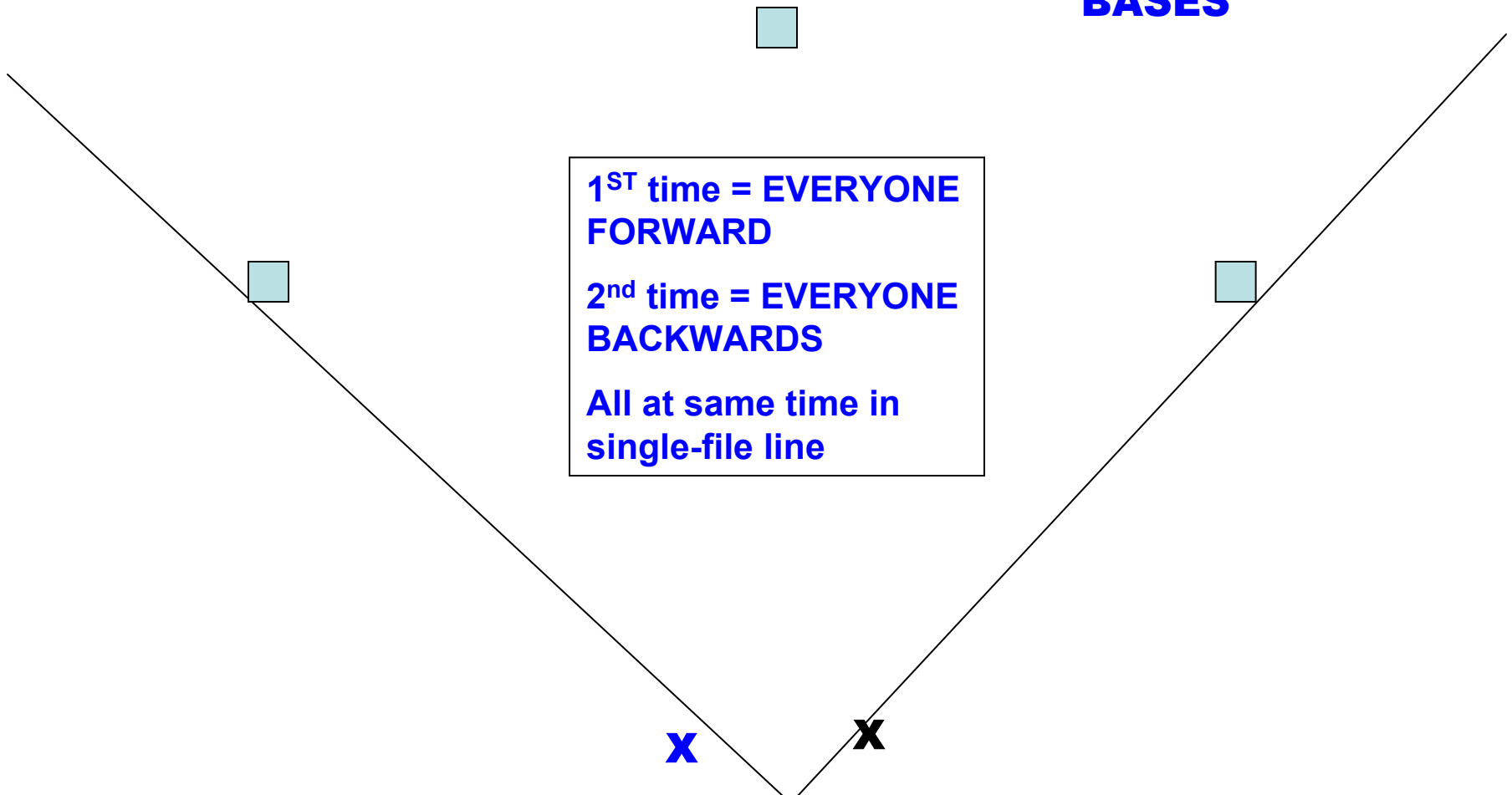
PARTNER SLIDES with BALL TOSS



(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- Use DRILLS that INVOLVE CONDITIONING:

**JUMP ROPE
AROUND THE
BASES**

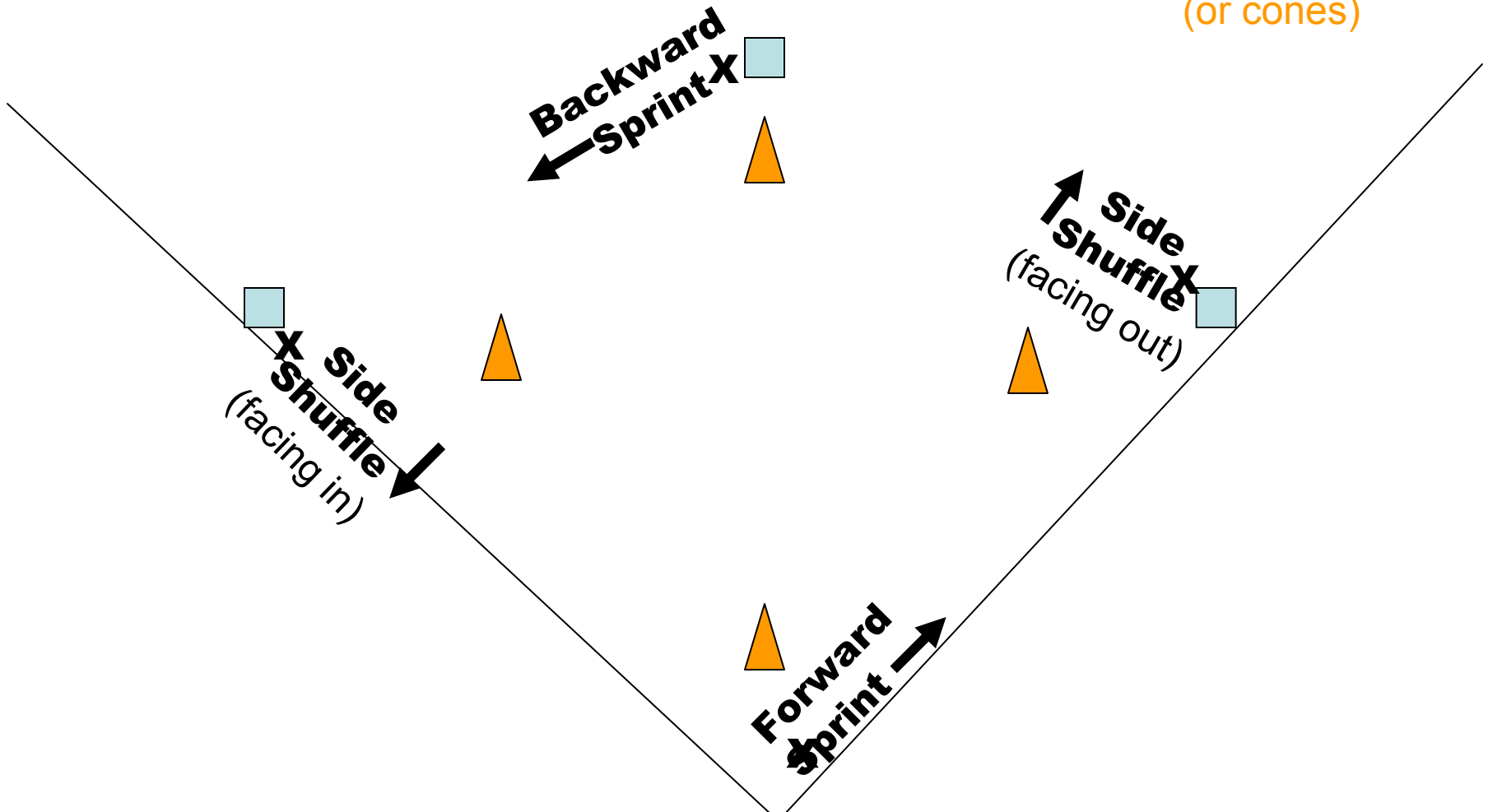


(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- Use DRILLS that INVOLVE CONDITIONING:

BASE CIRCUITS

(or cones)



(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

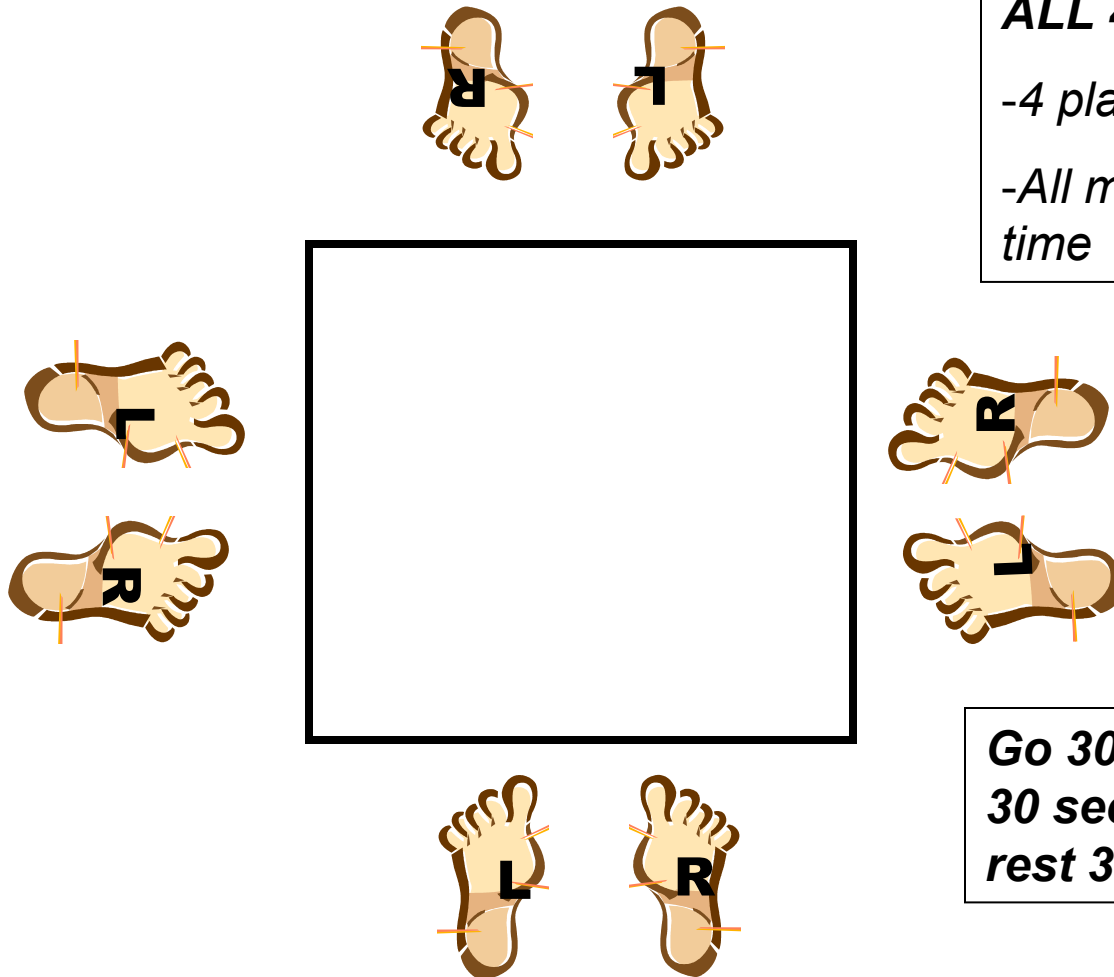
- Use DRILLS that INVOLVE CONDITIONING:

RIVER DANCE

ALL 4 BASES

-4 players per base

-All moving at same time



Go 30 seconds, rest 30 seconds, go 30, rest 30

(4) DIFFERENT WAYS TO MIX IT IN WITH YOUR CURRENT PRACTICE:

- Use DRILLS that INVOLVE CONDITIONING:

BASE HOPS

MAKE 8 to 10 BASES

-2 players per base

- 1 moving at a time

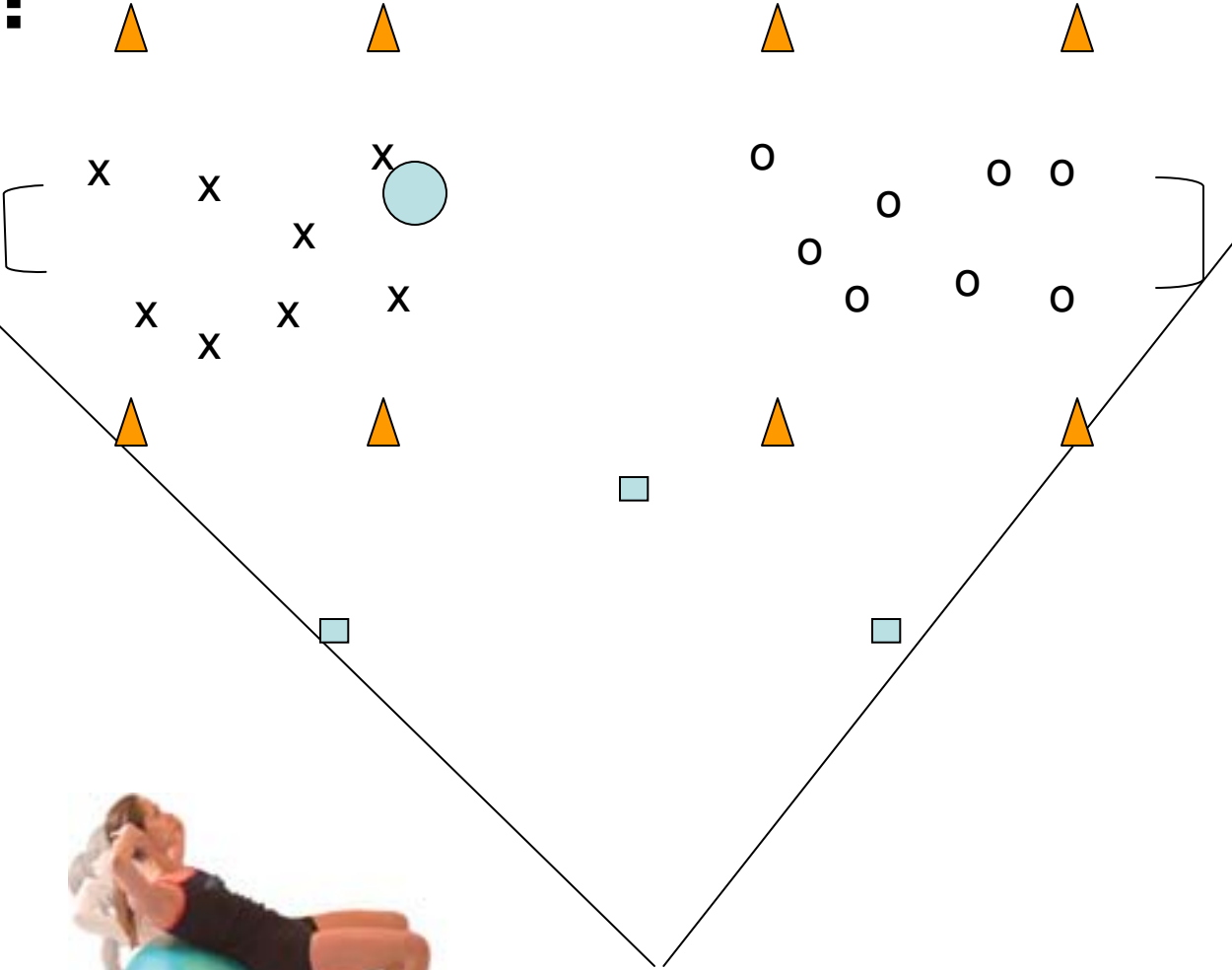
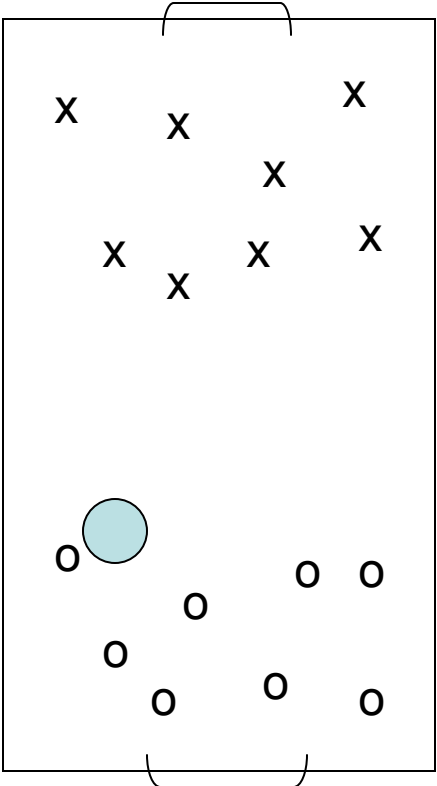
-All moving at same time



Go 15 seconds, rest while partner goes 15 seconds

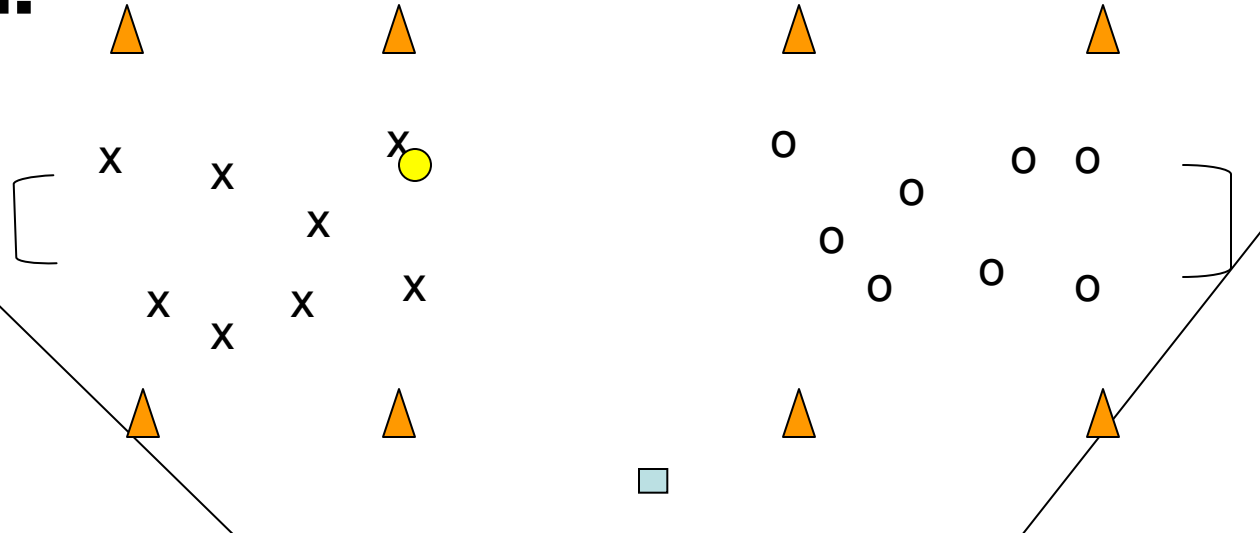
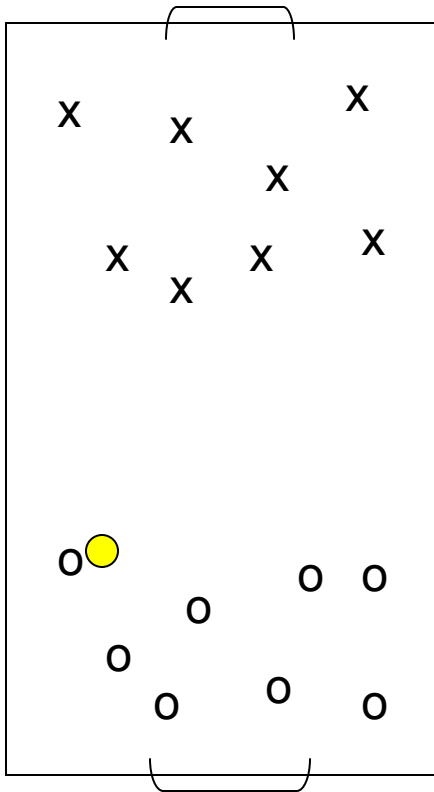
(5) MAKE IT FUN:

- **Big Ball Soccer**



(5) MAKE IT FUN:

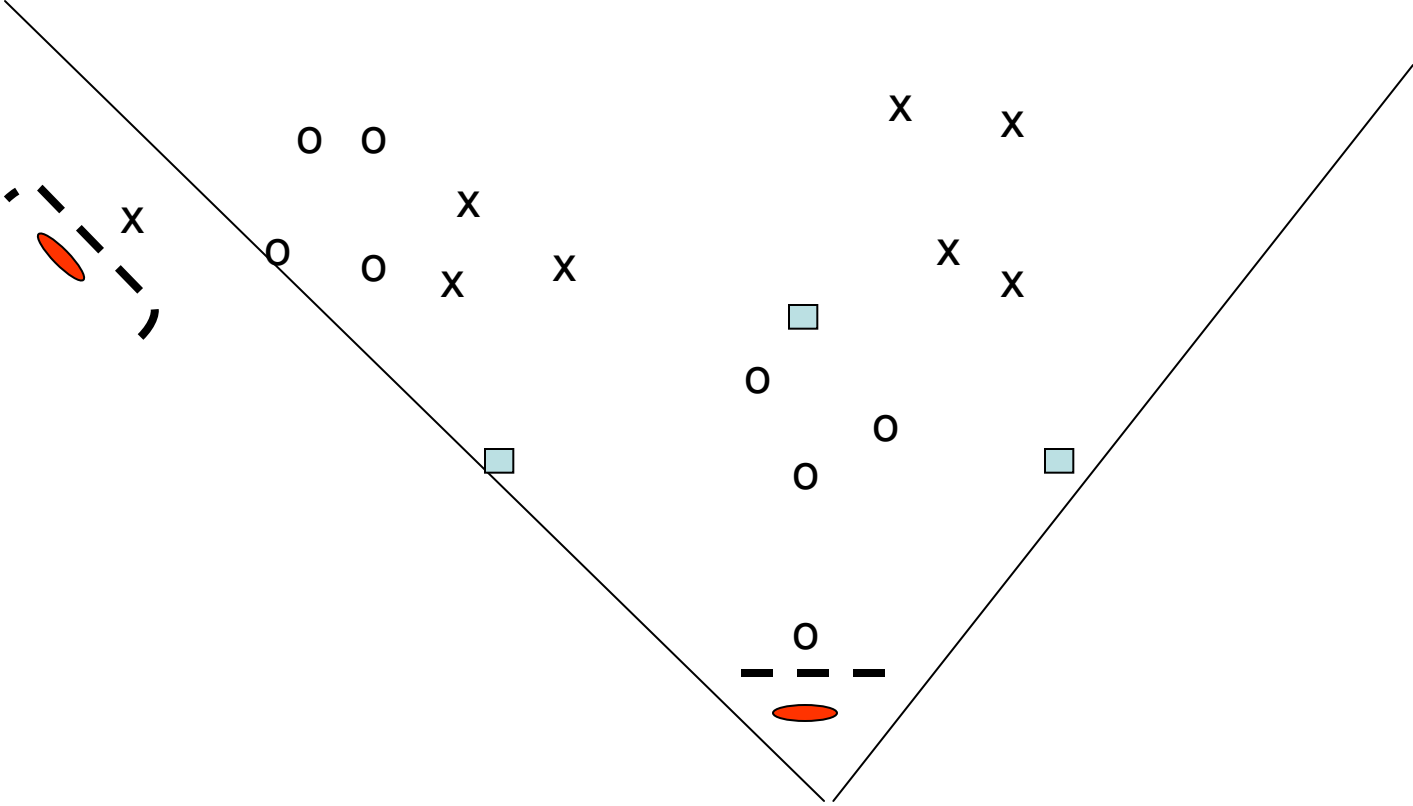
- **Softball Football**



- all have gloves on
- can only move ball by throwing it to teammate
- turnover –
 - if ball is dropped
 - other team intercepts the ball
 - once stopped, hold more than 3 seconds
 - player takes more than 3 steps when stopping

(5) MAKE IT FUN:

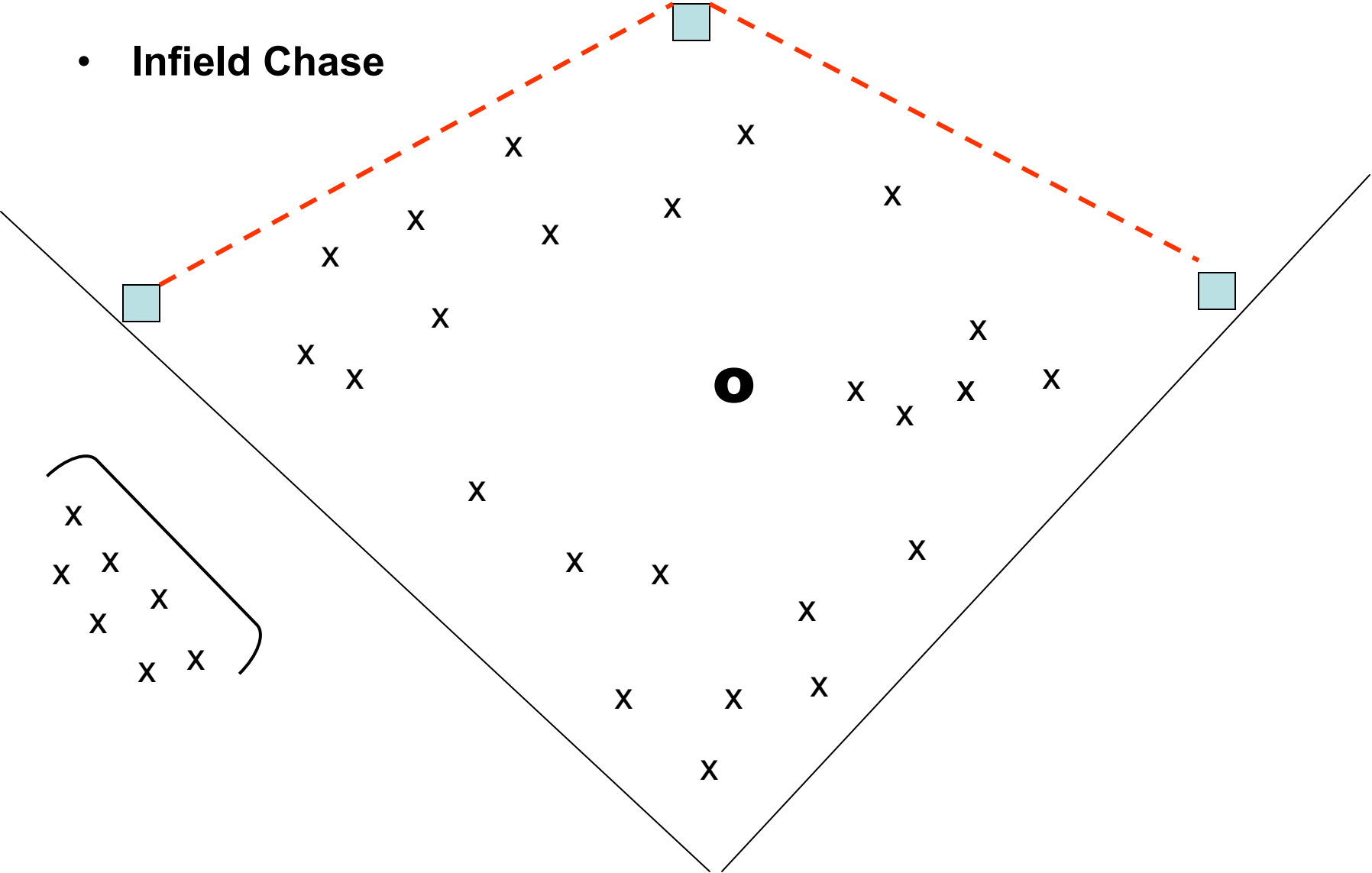
- Capture the Flag 



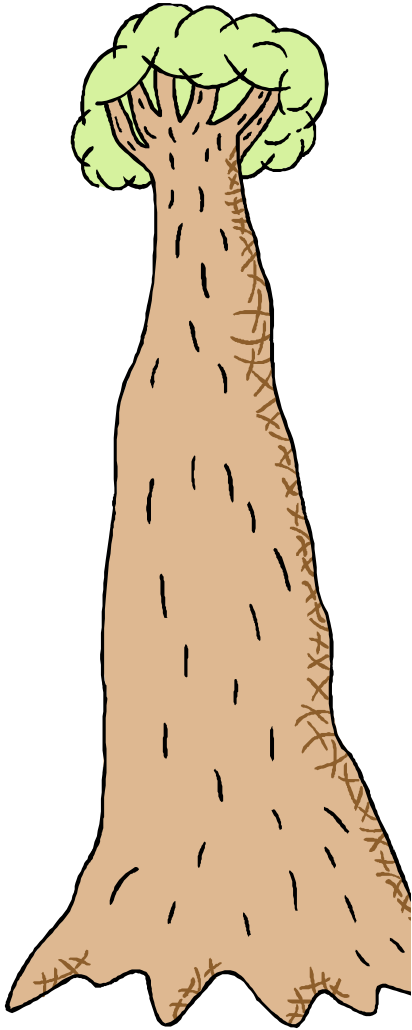
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(5) MAKE IT FUN:

- **Infield Chase**



5 Whacks Theory



**No matter how big something is, you can
eventually chop it down with only 5 whacks
a day!**

