

PRACTICE PLANNING



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What makes Games different than Practice?

COMPETITION

ACCOUNTABILITY

CONSEQUENCES

PACE

Make these factors present in your practices.

YOU MUST OUT PRACTICE THE OTHER TEAMS

Must Haves:

(1) A PURPOSE –

WHAT are you going to accomplish?
Today, This Portion, Entire Season...

(2) A PLAN –

HOW are you going to accomplish it?
Today, This Portion, Entire Season...

(3) THE DETAILS -

*What about EQUIPMENT, SETUP,
PEOPLE and TIME?*

(1) A PURPOSE (The What)

1st -

Entire Season:

Catchers

- Pop ups - Foul to Dugout
- Foul to Screen

Signals

- Pick off Signals
- 1st + 3rd
- Bunt Defense
- WP's on backstop - High
- Low
- Catcher strengthening & agility series.
- Blocking balls
- Pick off
- 1st
- 3rd
- all pitches

Know from each pitcher:

- is glove where ball ends?
- where ball starts?
- (Tall up if its where it starts)
- EMAN ET!

Film giving signals
Make all signals the same.

IFs

IFs

- 1B/3B
- Foul to Dugout
- Foul to OF
- Balls to backhand
- Throws on Run
- Grounders on Grass
- Rebays
- Rundowns
- 1st + 3rd
- Pick off's
- Steals / 2B / 3B
- Bunt Defense
- Double Plays
- Balls in 2
- 5-6 hole
- 4-3 hole
- Balls between OF's
- TRIANGLES:
- 1B 2B 3B
- OF OF OF
- WP's on Backstop - High
- Low
- WP's on 2 + B
- PRACTICING on Grass OF to get used to grass IF's

OFs

OFs

- Balls against fence
- Cut off's
- Gapers:
- Between OF's
- Between OF/IF
- Grounders:
- R on 2
- Game on line
- RF throws to 1st
- Stepped Defense
- Run downs
- Base running - Leads
- Fly balls
- Grounders

PITCHERS

- Film from front / side
- Make sure timing is same in all pitches

HITTING

- series pitch (base on 1st)
- making 2 outs.

HITTING

- Opp. Field
- Positive Counts (look for middle)
- Negative Counts
- IF Runs
- Steals
- Slap Bunts

BUNTS

- Hands @
- left top of zone
- middle
- Right zone
- B&R
- Push
- Fake Bunts

More

A PURPOSE – (The *What*)

This Portion...Before 1st Game:

<u>OFFENSIVE</u>	<u>DEFENSIVE</u>	<u>P/C</u>	<u>OTHER</u>
<ul style="list-style-type: none">• Baserunning• Bunting ✓• Running 1st/3rd• How we execute<ul style="list-style-type: none">- H&R- B&R- Steal (Known & Unknown)	<ul style="list-style-type: none">• Pickoffs• Working together• Retays• 1st & 3rd• Bunt Def. ✓• SLAP DEF. ✓	<ul style="list-style-type: none">• Signals• Int. Walks• Pitchouts• Backing up• Bunt Def. ✓• Grounders ✓	<ul style="list-style-type: none">• SIGNALS / TEAM• Signals• Pre-game (Olympic)• Our thoughts on our off. / Def.<ul style="list-style-type: none">- stealing- swinging @ pitches- 3-0 can't

More A PURPOSE – (The *What*)

For Today's Practice:

5/22/00

2:00 - 3:30 FIELD
3:30 - 4:30 BUNT DEF
4:30 - 5:30 COND.
5:30 - 6:30 FOCUS

OBJECTIVES:
 - FULL IF PRACTICE/WORKING TOGETHER
 - BUNT DEF
 - IP/OF COMMUNICATION
 - IF PRESSURE WORK

2:00 - 2:20 (20 min. RVN) → *works on all speed stuff*

2:20 - 2:45 BUNT DEF / OF'S BUNTING / P's pitching light to of's

⇒ PLAY IS TO 2B unless SS yells ①

2:50 - 3:15 "FULL D"

3:15 - 3:30 IF LINES/OF

FRANZ	NINA	JEW	HITTING	DES	SCIA
→	→	→	→	→	→
FRANZ	KENATEL	CRUPI	KLAN JJ	DES	SCIA
→	→	→	→	→	→
FRANZ	DW	PB	CB	PG	
→	→	→	→	→	

(center def. player in each line catches)

OBJECTIVES:

- FULL IF PRACTICE/WORKING TOGETHER
- BUNT DEF
- IP/OF COMMUNICATION
- IF PRESSURE WORK

(2) A PLAN – (*The How*)

KNOW your time and spend it on what matters

Total Practice Time:

Practice time (2.5 hours) x # Practices per Week (3) x
Practice Weeks per Season (20 weeks) =
April through August

a) Practice hours per week = 7.5 hours per week

b) Total hours of practice All Year = 150 hours for season

(if still practice 3 times/week during season...)

more of
A PLAN – (The *How*)

Total Practice Time:

- a) **7.5** Hours of Practice Per Week
- b) **150** total hours of practice All Year (*if still practice 3 times/week during season...*)

- ✓ **Throwing**
- ✓ **Catching thrown Balls**
- ✓ **Groundballs**
- ✓ **Fly balls**
- ✓ **Hitting**
- ✓ **Pitching**
- ✓ **Catching**
- ✓ **Base Running**
- ✓ **Bunting**

- ✓ **1st & 3rd's Offensive**
- ✓ **1st & 3rd's Defensive**
- ✓ **Bunt Defense**
- ✓ **Slap Defense**
- ✓ **Pickoffs**
- ✓ **Cutoffs**
- ✓ **Relays**
- ✓ **Steal Coverage's**
- ✓ **Special Plays**

More of A PLAN - (The How)

OBJECTIVES:

- FULL IF PRACTICE/WORKING TOGETHER
- BUNT DEF
- IP/OFC COMMUNICATION
- IF PRESSURE WORK

5/22/00

PRACTICE

2:00 - 3:30 FIELD
 3:30 - 4:30 BOP/DEF
 4:30 - 5:30 COND.
 5:30 - 6:30 FOCUS SESSION

OBJECTIVES:

- FULL IF PRACTICE/WORKING TOGETHER
- BUNT DEF
- IP/OFC COMMUNICATION
- IF PRESSURE WORK

2:00 - 2:20 (20 min. Run) → *bring out speed stuff*

2:20 - 2:45 BUNT DEF / OF'S BUNTING / P'S PITCHING LIGHT TO OF'S

⇒ PLAY IS TO 2B unless SS yells ①

2:50 - 3:15 "FULL D"

3:15 - 3:30 IF LINES/OFC HITTING

FROBERG →	NINA KENDALL	JEN CRANI	KLAV JW	DES SCIA
Fungo Hitters →	DW	PB	CB	PG

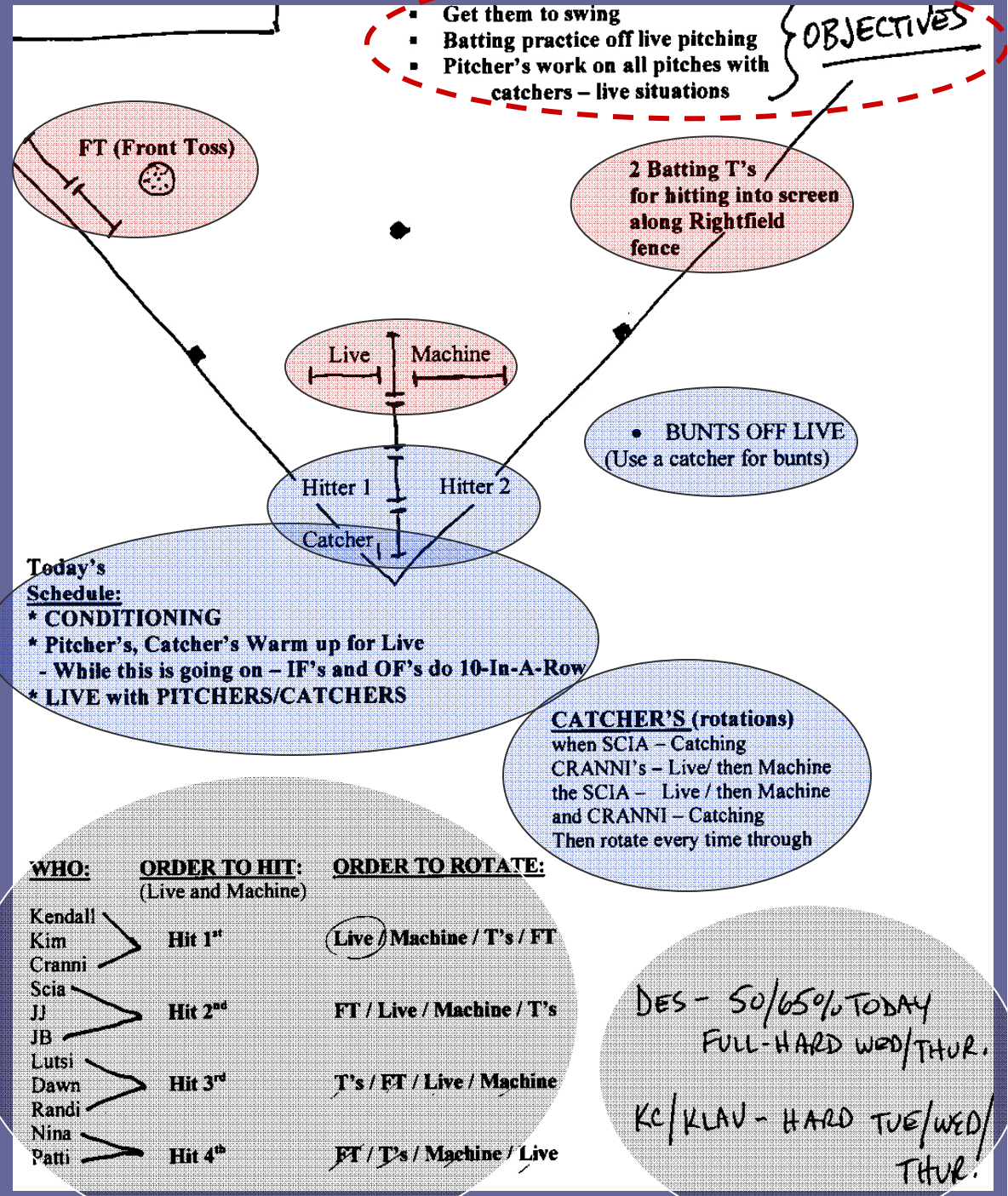
(extra def. player in each line catches)

(3) THE DETAILS

“Equipment”

“Setup”

“People”



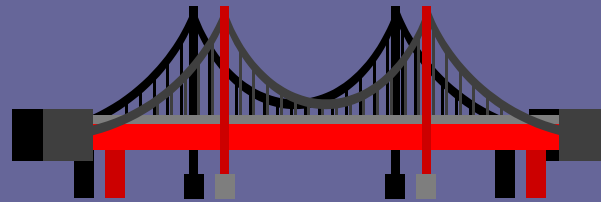
WHO:	ORDER TO HIT: (Live and Machine)	ORDER TO ROTATE:
Kendall Kim Cranni	Hit 1 st	Live / Machine / T's / FT
Scia JJ JB	Hit 2 nd	FT / Live / Machine / T's
Lutsi Dawn Randi	Hit 3 rd	T's / FT / Live / Machine
Nina Patti	Hit 4 th	FT / T's / Machine / Live

DES - 50/65% TODAY
FULL-HARD WED/THUR.

KC/KLAV - HARD TUE/WED/
THUR.

KEY ELEMENTS

Practice → *Game*



KEY ELEMENTS

Practice → *Games*

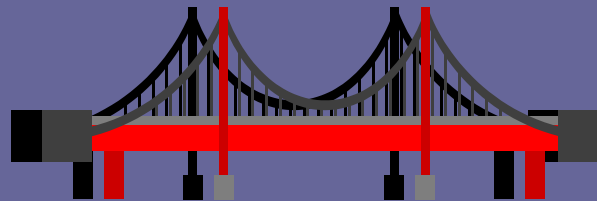


- **PACE**
- **REPETITION / SKILL WORK**
- **GAME SITUATIONS**
- **COMPETITION**
- **ACCOUNTABILITY**

PACE -

- Typical “practice pace” vs. Game Pace

	PITCHES	SWINGS	TOTAL TIME
PRACTICE	3	3	9 seconds
GAME	7	5	2 minutes 14 seconds



PACE -



- Typical “practice pace” vs. Game Pace
- Prepare to successfully handle pace of the game
- “Quickness / Hustling” vs. Rushing – *know the difference*
- Pace as it relates to Making & Recovering from Mistakes

REPETITION / SKILL WORK -

Allows for Daily -

- Skill Work & Development (LIMIT THROWS)
- Skill Repair
- Confidence Work
- Routine & Familiarity

Give them -

- “something to do when they have nothing to do”
- simple skill work to do away from practice



GAME SITUATIONS -

- You don't play "drills" against your opponents, you play GAMES...must practice game situations

Practice just "PLAYING SOFTBALL":

- If you tell your players to just "see the ball, hit the ball" than when do you practice that?
- Or, is it always "frontside", "hands to the ball", "keep your weight back"...

- Be creative if numbers are a problem
- Expose them to Offensive & Defensive situations

COMPETITION -

- **Different methods of COMPETITION:**
 - **Keep Score**
 - **Time Things**
 - **Player vs. Player**
 - **Post Results**



Different methods of **COMPETITION:**

- *Keep Score* **Batting Practice Points:**

HITTING POINTS:	
Groundball	+ 1
Flyball	- 3
Line Drive	+ 3
PITCHING POINTS:	
Groundball	+1
Flyball	+ 3
Line Drive	- 3

Different methods of **COMPETITION:**

- Time Things

Baserunning:

-Time everyone Home-1st & Home-Home, get group time & everyone must equal, or beat the group time

Release Times: (glove to glove)

- outfielders release
- infielders release
- bunt coverage (2.9 or better)
- catchers home to 2nd.
- Team 21

Different methods of **COMPETITION:**

- *Player vs. Player*

8 in a Row (10 in a Row)

10 Quick Throws

Batting Practice Points

Different methods of

COMPETITION:

- Post results

8-In-A-Row

Team Time:

11 minutes & 23 Seconds (6/5)

8-In-A-Row

Individual Leader

1. JULIE CRANDALL
2. DESARIE KNIPFER
3. RANDI BERG

10 Quick Throws

Leaders:

1. PATTI BENEDICT / DAWN WUTHRICH

Team Time for

21:

2 hours & 16 minutes (6/5)

Hitting Points:

- | | | |
|-----|------------------|-----|
| 1. | JULIE CRANDALL | +24 |
| 2. | SCIA MAUMAUSOLO | +20 |
| 3. | JEN BUFORD | +12 |
| 3. | JENNY JIMENEZ | +12 |
| 5. | PATTI BENEDICT | + 8 |
| 5. | KENDALL RICHARDS | + 8 |
| 5. | NINA RICHARDS | + 8 |
| 8. | RANDI BERG | + 0 |
| 8. | DAWN WUTHRICH | + 0 |
| 10. | KIM MAHER | - 8 |

Pitching Points:

- | | | |
|----|----------------|-----|
| 1. | STEPH KLAVITER | +19 |
| 2. | DES KNIPFER | +17 |
| 3. | KACI CLARK | +14 |

ACCOUNTABILITY -

NO MORE : *(from you or them)*

- ***“Just One More”***

- ***“End on a Good One”***

**To be “game-like” you’ve got to DO IT NOW –
there are no “one more’s” or ability to “end on
a good one” in games**

PRACTICE EXAMPLES

2 hour
practice

TIME:

TOPIC:

15 Minutes

WARM UP – mix in conditioning as well

20 Minutes

THROWING & FIELDING:

- *Group 1: 10 minutes with Coach 1 - **Throwing** Practice*
 - *Group 2: 10 minutes with Coach 2 - **Fielding** Practice*
- SWITCH**
- *Group 1: 10 minutes with Coach 2 - **Fielding** Practice*
 - *Group 2: 10 minutes with Coach 1 - **Throwing** Practice*

45 Minutes

GAME SITUATIONS – Teams of 8:

3 teams of 8 (if possible) in 15 minute blocks

Offensive / Defensive / Bunting

Coach 1 or Coach 2 Pitching (or a T or pitching machine if needed)

This format allows you to stop & explain things if needed

*1st 15 minutes: TEAM 1 – **Offense**, Team 2 – **Defense**, Team 3 – **Bunting** off to side*

*2nd 15 minutes: TEAM 2 – **Offense**, Team 3 – **Defense**, Team 1 – **Bunting***

*3rd 15 minutes: TEAM 3 – **Offense**, Team 1 – **Defense**, Team 2 – **Bunting***

20 Minutes

PITCHERS with Coach 1

CATCHERS with Coach 2

Rest of team taking flyballs off machine with other coach or parent / player

20 Minutes

BASERUNNING / DEFENSIVE GAME SITUATIONS:

- *Group 1: 10 minutes with Coach 1 working on **Baserunning***
 - *Group 2: 10 minutes with Coach 2 working on **Situations***
- SWITCH**
- *Group 1: 10 minutes with Coach 2 working on **Situations***
 - *Group 2: 10 minutes with Coach 1 working on **Baserunning***

2 hr 15 minute General Practice (4:30-6:45)

4:30 – 5:00 WARM UP (jog / stretch / jump rope / swings sprints / throwing)

5:00 – 5:30 THROWING & FIELDING DRILLS:

5:00 – 5:15 **Group 1 – Throwing w/ Coach 1**
Group 2 – Fielding w/ Coach 2

Throwing Group Area
(2 throwing Drills)

5:15 – 5:30 **Group 1 – Fielding**
Group 2 – Throwing

Fielding Area
(1-2 fielding Drills)

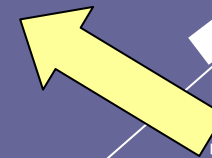
5:30 – 6:00 POSITION WORK

Outfield Skills
Infield Skills

Group 1 – Outfield w/ Coach 1
Group 2 – Infield w/ Coach 2

Outfield Group Area
(Discuss positions & different needs of each)

Infield Group Area
(Discuss positions & different needs of each)



2 hr 15 minute General Practice (4:30-6:45)
- CONTINUED -

6:00 – 6:45 **GAME SITUATIONS 8 VS. 8 VS. 8**
(coach pitches or machine or T)

- 3 teams in 15 minute blocks
- 2 teams play 15 minute game
- 3rd team does **Hitting Drills**

6:00 – 6:15

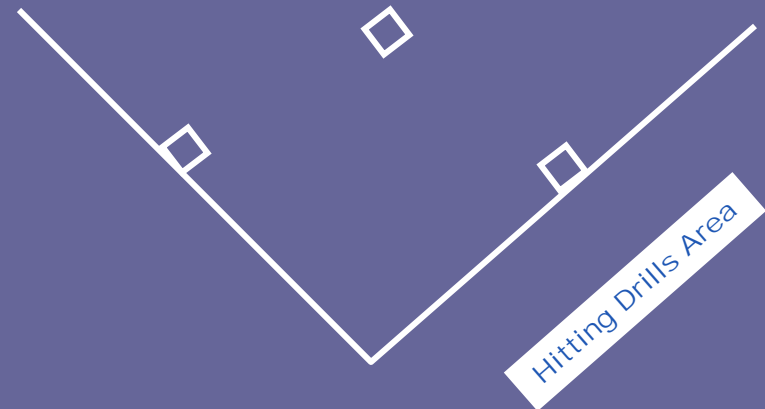
- **Team 1 vs 2**
- **Team 3 Hitting Drills**

6:15 – 6:30

- **Team 2 vs 3**
- **Team 1 Hitting Drills**

6:30 – 6:45

- **Team 3 vs 1**
- **Team 2 Hitting Drills**



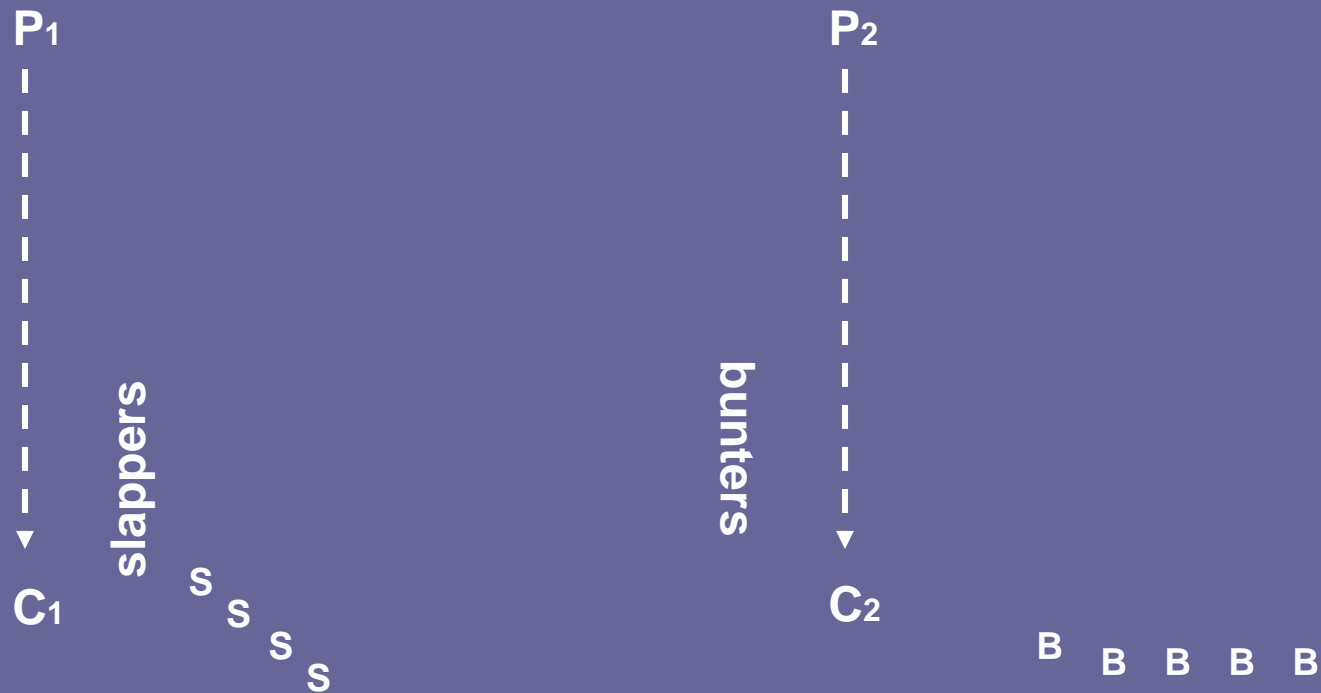
INDOOR PRACTICE ADJUSTMENTS

- ADJUST TIME
- ADJUST DISTANCES:
 - Softer Balls
 - Shorter Bases
 - Make Everything (walls/ceiling) Live
- USE WHAT YOU HAVE:
 - Hallways – rundowns, diving, sliding
 - Classrooms – strategy, teamwork sessions
 - Half-a-Gym – pitching, bunting, slapping
- KNOW THEY'RE DOING IT TOO...

COMBINE THINGS

- NATURALS:

- Pitching Practice (actual counts or pitch work) with Slapping & Bunting practice:



COMBINE THINGS

- UN-NATURALS:

- Pitching Practice to non-catchers

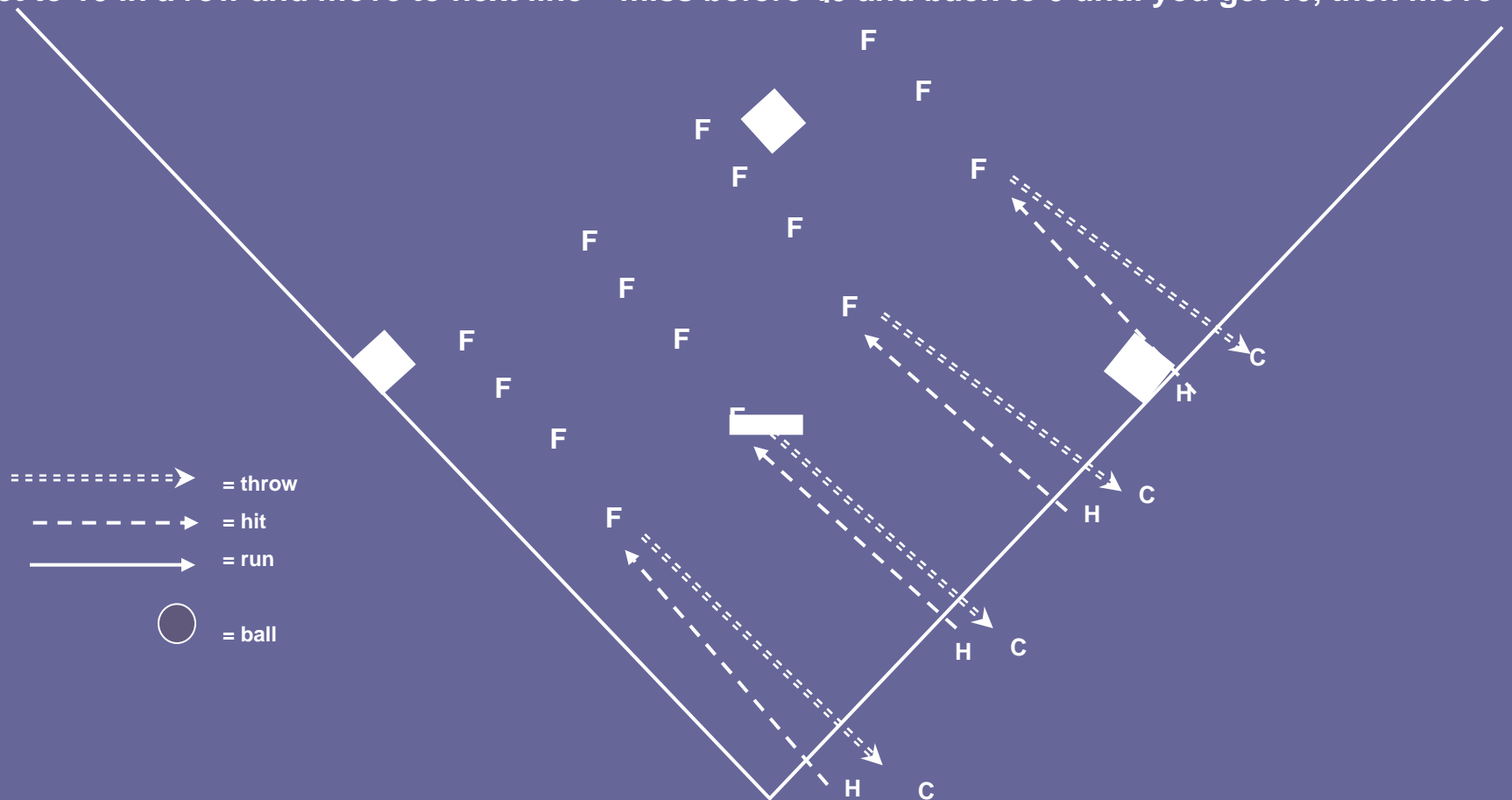
C₁ C₂ Are position players in catching gear



DRILLS

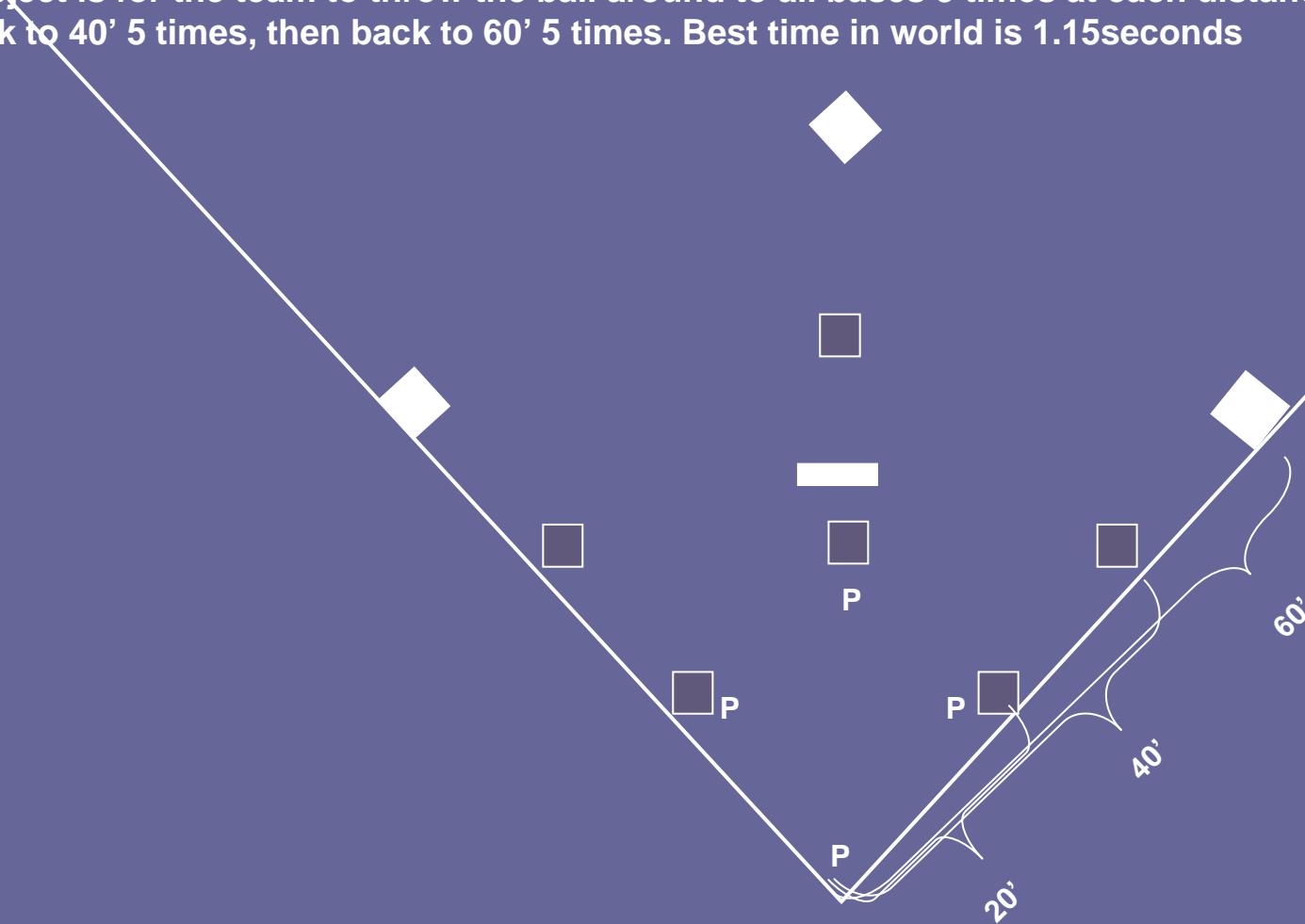
10 – in – a – Row

- Infielders and Pitchers with gloves on infield; catchers and outfielders with bats and a glove.
- Break up into lines of 3-5 fielders, each line is opposite one catcher and outfielder.
- EACH LINE IS SEPARATE FROM ALL THE OTHERS!
- Object is for the fielder at front of line to field 10 balls cleanly and make good throw (IN A ROW)
- A bobbled ball that quickly pursued with good throw still counts
- Get to 10 in a row and move to next line – miss before 10 and back to 0 until you get 10, then move



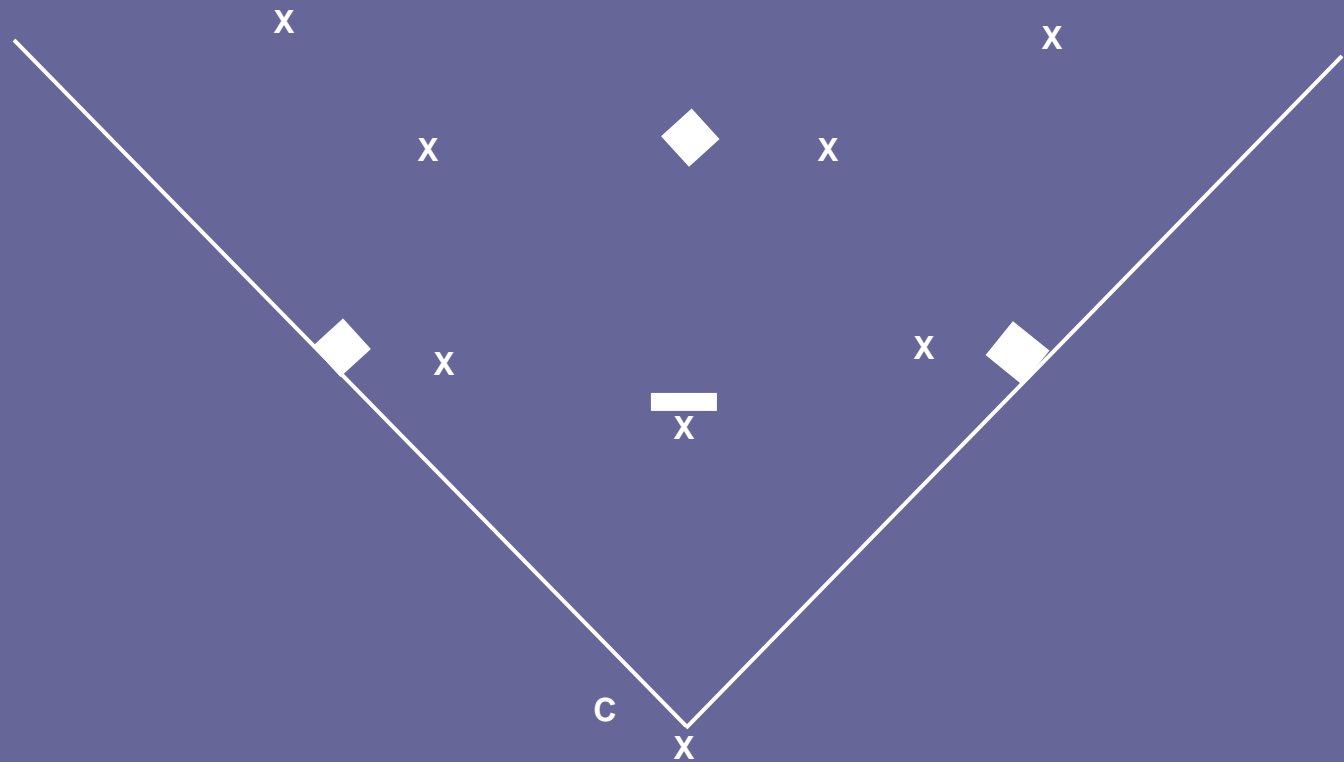
20 - 40 - 60

- Teams of 4 compete against each other and the stopwatch, all with gloves and one ball.
- Infield has 3 sets of complete bases; one regular set at 60 feet, another set at 40 feet and 3rd set at 20 feet (thus the name).
- Team 1 gets in with one player at each base starting at the 20 foot bases, ball starts at home.
- Object is for the team to throw the ball around to all bases 5 times at each distance , then move back to 40' 5 times, then back to 60' 5 times. Best time in world is 1.15seconds



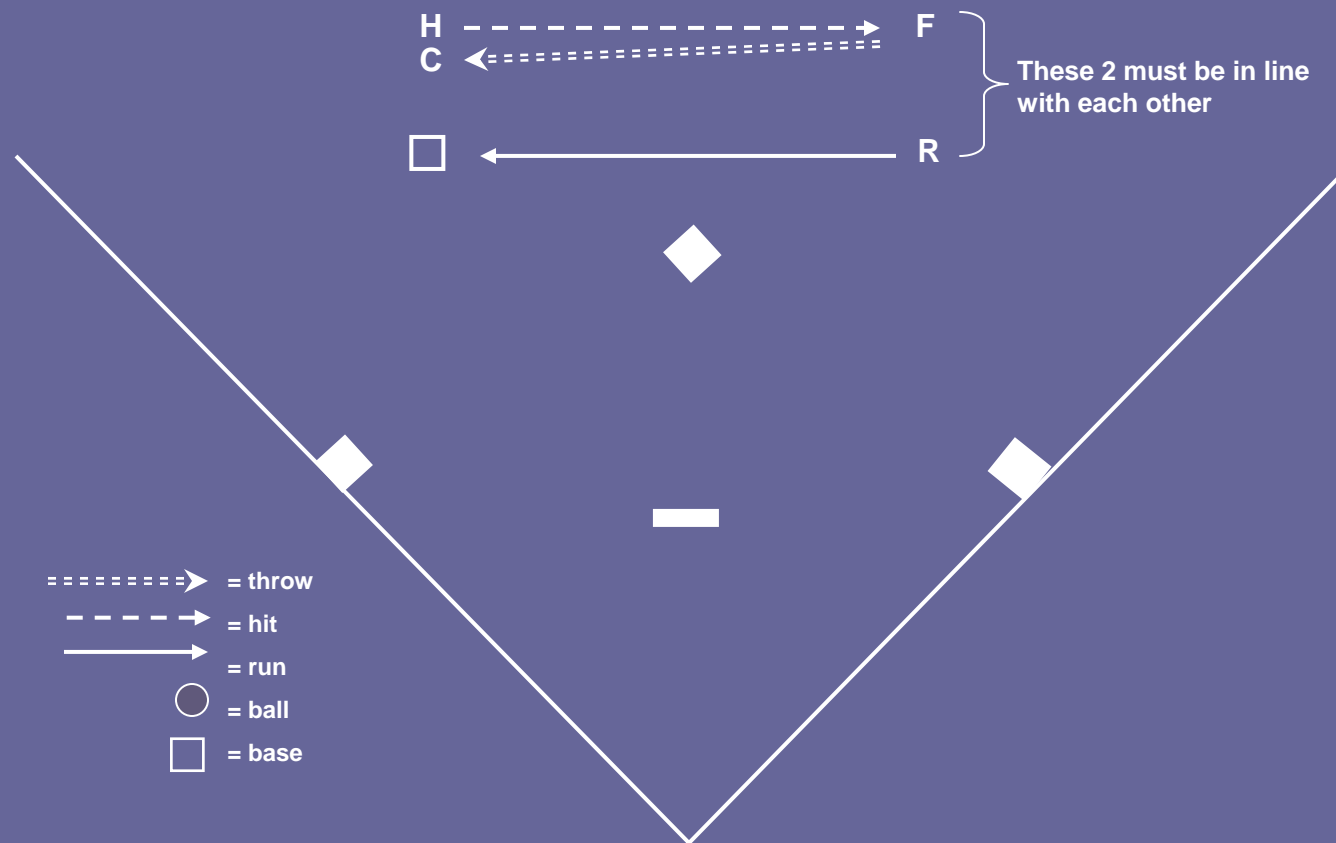
21

- Players are at all defensive positions, with the extras acting as both runners and defensive.
- Coach has a ball and bat.
- Tell the team where the play is prior to hit and then hit the ball.
- Game starts at 21 and team tries to work down to 0 (21 outs in a 7 inning game)
- Any play to the correct base, or excellent effort, or good pursuit if bobbled ball is -1.
- Any bad throws, wrong bases or other takes the score back to 21.



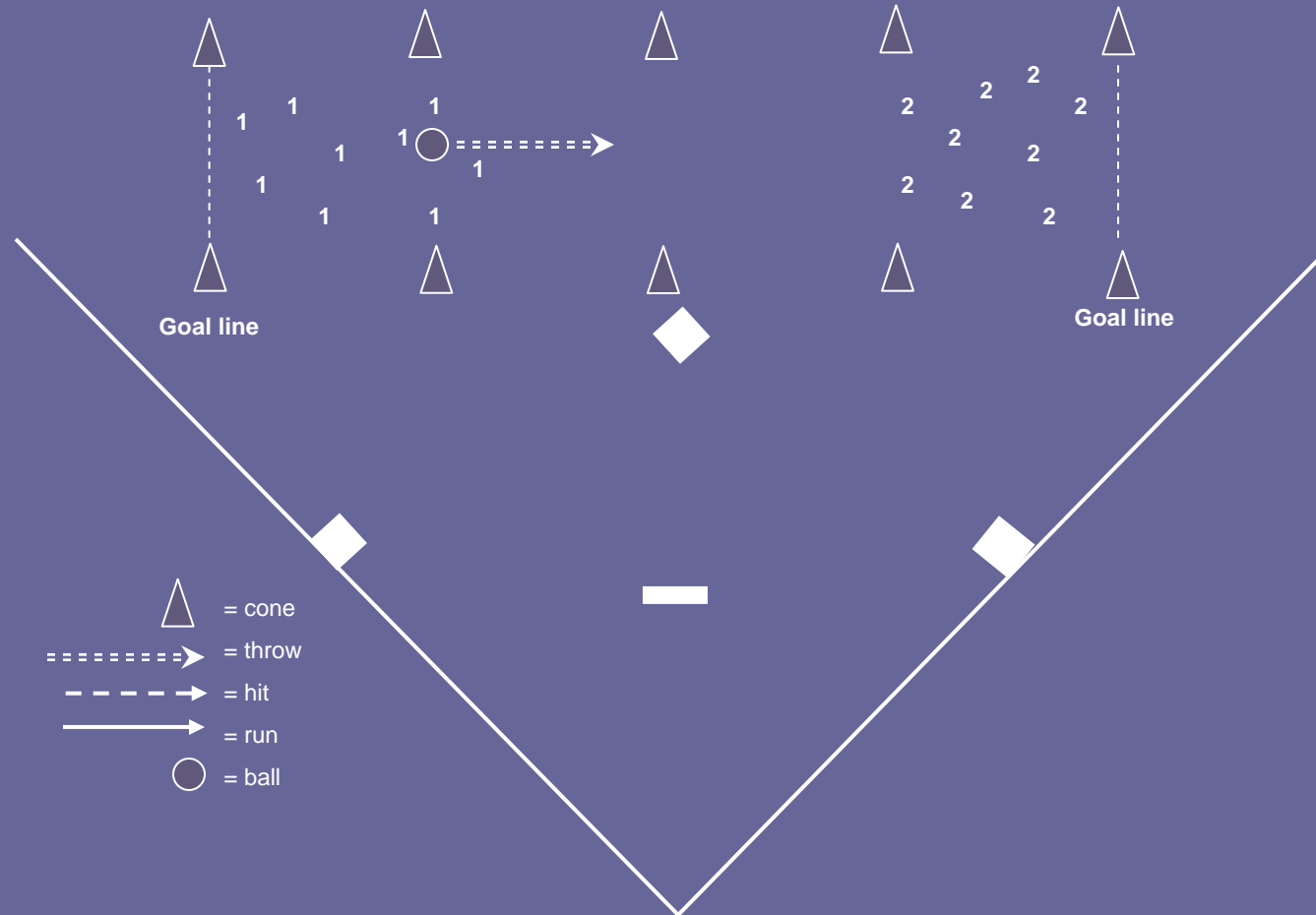
GROUNDBALL WITH RUNNERS

- Group consists of Hitter, Catcher, Fielder and Runner
- Fielder and Runner line up evenly, and fielder is opposite the hitter and catcher about 45-60' away. There is a base directly in front of the runner that's even with the hitter and catcher.
- Hitter fungos a groundball to the fielder and runner starts sprint to base in front of her.
- The goal is for the runner to get to the base before the fielder can field that ball and throw back to the catcher.



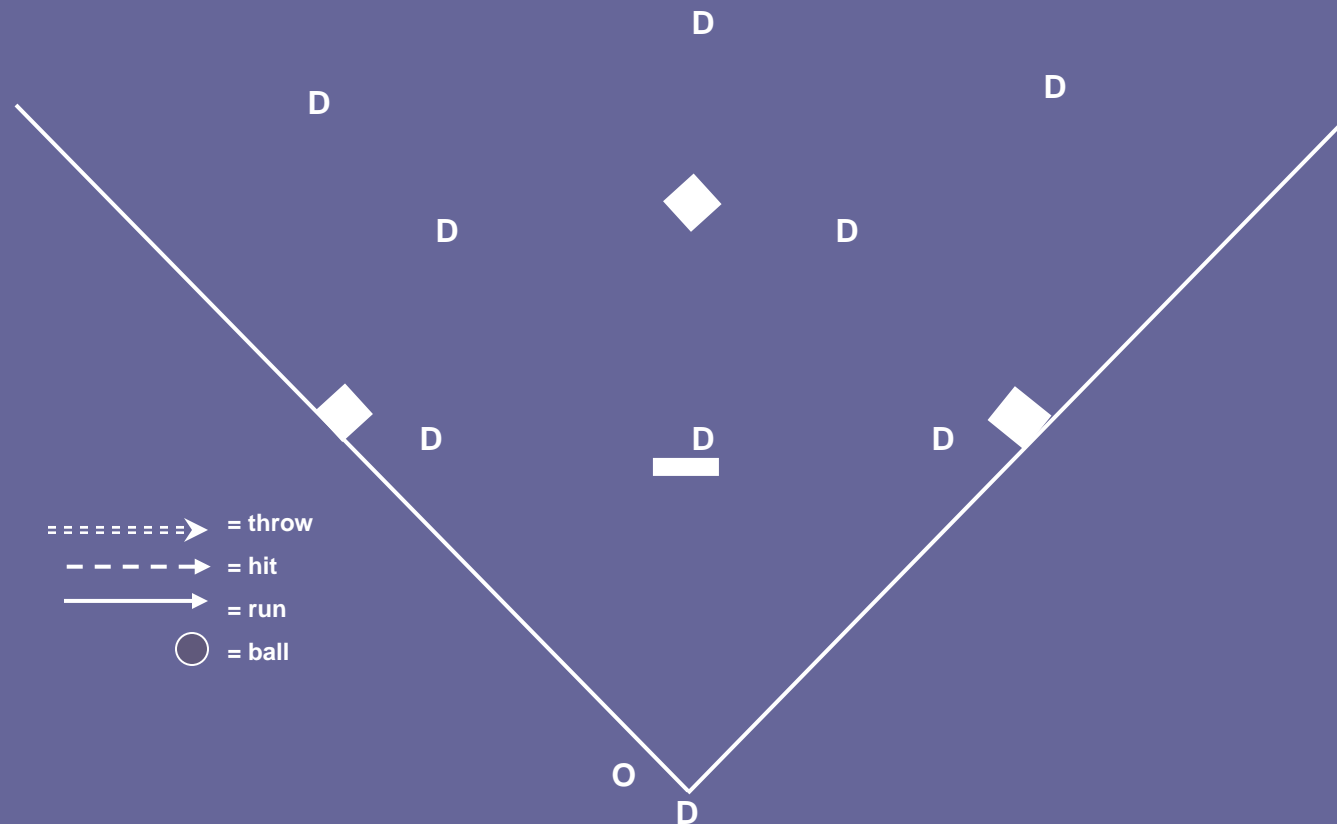
FRISBEE FOOTBALL

- Team split in half, game in outfield, make goals with cones or something
- All players wear gloves with one ball (softy if possible)
- Start like football with kick-off (throw to other team)
- Ball advances by throws; turnover = drop, interception, traveling after stop, holding 3+ sec
- score by advancing ball across goal



THROWING GAME

- No Fouls
- Must Throw Ball to Each Base Before Batter-Runner Reaches Home
- If yes = 1 OUT, if no = 1 Run
- Bat through order; count Runs for Offense and Outs for Defense
- Most combined at end wins
- Can hit off side-toss, T, pitch, anything



SEND USED EQUIPMENT

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