

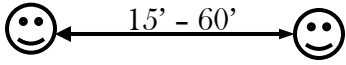
Horicon Softball Defensive Fundamentals

Horicon Throwing Drills

(Every Practice and Pre-game 5 - 10 reps each) Partner Drills as a Team

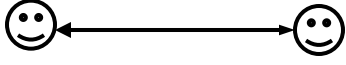
1. **Indian Sit Throw** **15' Apart** *All players throw at the same time.*

 - a. Sit at a 45 degree angle with legs crossed
 - b. Give target to thrower (Goal Post)
 - c. Stretch arm back
 - d. Use swim motion to throw

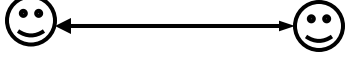


Captains will tell the players to throw.
2. **Kneel Throw** **20' Apart**

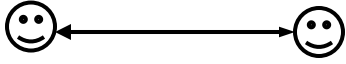
 - a. Throwing side knee down
 - b. Give Goal Post target
 - c. Stretch arm back
 - d. Emphasis on hip turn



Team waits if a player misses a throw.

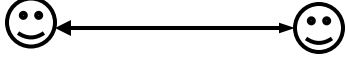

3. **Standing (T) Throw** **30' Apart** *Player that missed must sprint to ball.*

 - a. Stand sideways to Target
 - b. Give Goal Post target
 - c. Use full arm motion
 - d. Follow through to the ground.

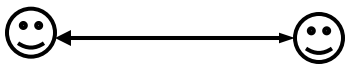


Player will sprint back to the team.
4. **Normal Step & Throw** **40' Apart**

 - a. Turn body to throw
 - b. Give Goal Post target
 - c. Full arm motion over the top.
 - d. Follow through to Goal Post target

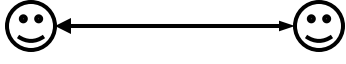


Team members encourage hustle.

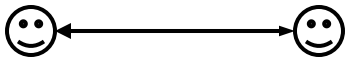

5. **Crow Hop Throw** **60' Apart**

 - a. Emphasis on hop with throwing side leg
 - b. Develops strength and accuracy
 - c. Can not over emphasize
 - d. Continue to follow through to Goal Post

Builds excellent team unity.


6. **Off Balance Throw** **40' Apart** *Players want to work for the team.*

 - a. Run and Throw off wrong foot
 - b. Step with opposite leg while throwing Left leg Right hand
 - c. Develops coordination on quick plays
 - d. Use more of a wrist follow through to Goal Post


7. **Pickle Throw** **20 - 30' Apart**

 - a. Show the ball to your partner as you run toward them
 - b. Use wrist in a dart like throwing motion
 - c. Keep the ball in front of you (do not turn your body)
 - d. Flick you wrist to the target at the knees when you hear NOW
8. **Quick Release Drill** **30' - 40' Apart**

 - a. Goal Post at the shoulders
 - b. Keep both hands ready and at the glove
 - c. Set you feet as you catch the ball
 - d. Use Quick Crow Hop to release the ball (Emphasis on Quick)

Horicon Softball Defensive Fundamentals

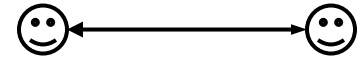
Horicon Fielding Drills

(Every Practice and Pre-game 5 - 10 reps each)

Partner Drills as a Team

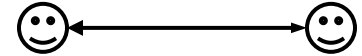
1. **Soft Hands with No Glove** 15' Apart

- Defensive Fielding Stance Tripod Position
- Head down to look the ball in Slow Motion
- Reach for the ball in front of you
- Bring the ball into the waist
- Quick Release Crow Hop and throw



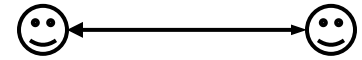
2. **Soft Hands with the Glove** 20' Apart

- Same Teaching Points as above.



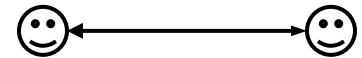
3. **Pivot Drills both Right and Left** 20' Apart

- Defensive Fielding Stance Tripod Position
- Pivot on the Balls of Your Feet before you move
- Cross over step and go
- Same Teaching Points as above



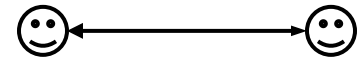
4. **Backhand & Forehand Drills** 20' Apart

- Same Fielding Stance as Above
- Use Pivot Drill as above cross over step and go
- Continue moving to the ball with Glove on the ground in both directions
- Look the ball into glove and set crow hop and throw



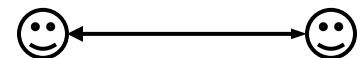
5. **Charge Drill** 60' Apart

- Same Fielding Stance as above
- Roll Ball Slowly toward fielder
- Charge toward ball quickly
- Separate feet before you field and use soft hands technique above
- Set your feet use Quick Crow Hop and throw



6. **Off Balance Drill** 60' Apart

- Same Fielding Stance as above
- Roll ball slowly toward Fielder
- Charge toward ball quickly
- Run through the ball fielding on the run in front of you
- Come up throwing off your opposite foot



7. **Reaction Drill** 20' Apart

- Stand in Fielding position in front of your partner about 10' away
- Throw the ball in front of the fielder at her feet
- Fielder will step toward the ball with either foot
- Both hands should work together in a shovel like motion
- Catch the ball on the short hop

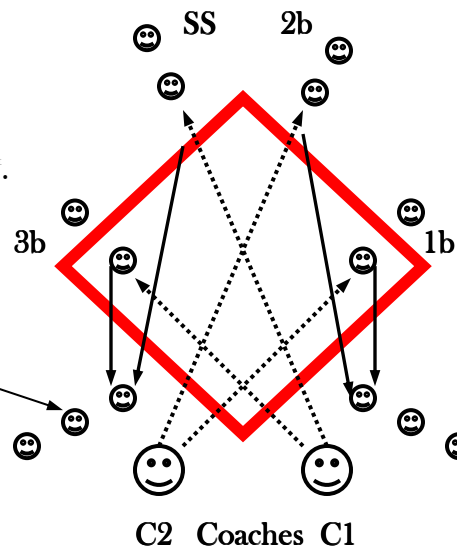
8. **Flip Drills (Backhand & Forehand)** 15' Apart

- Players stay down in fielding position
- Drop ball on the ground and pick the ball with throwing hand
- Forehand flip is underhand from the ground follow through to partner
- Backhand flip is a side-ways dart-like motion from the ground to partner

Horicon Softball Defensive Fundamentals

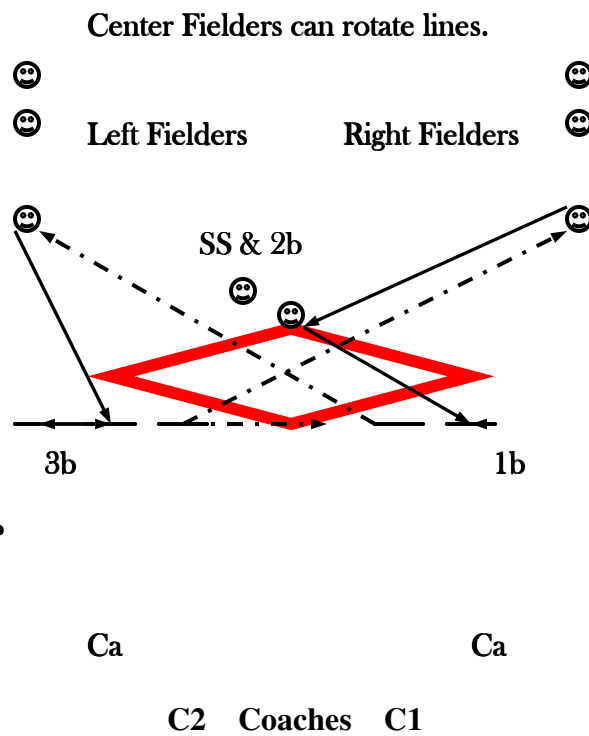
Concentrated Infield

1. Coaches hit ground balls across field.
2. Concentrate on proper technique while fielding.
3. Alternate ground balls C1 @ 3rd & SS, C2 @ 2nd & 1st.
4. Players make EASY throws to SAME side of field.
5. Pitchers can work with the middle infielders.
6. Catchers and Outfield receive balls from infielders.
7. If players play multiple positions they can move to positions they play easily.
8. This keeps all players moving and involved in a TEAM Defense Drill. Players by coaches can move in a circle to flip to coach then receive next ball from infielder.



Concentrated Outfield

1. Coaches hit fly balls or ground balls.
2. Concentrate on proper Fly-ball & Ground ball & Safety techniques.
3. Fielders must use proper Crop Hop technique during throws. Infielders must communicate to Outfield.
4. Right Fielders throw to 2nd base with or without cutoff. 2nd Base or SS throw to 1st base and then to shagger.
5. Left Fielders throw to 3rd base with or without cutoffs. 3rd base tosses to pitcher for backup then to shagger.
6. Pitchers should back up 3rd or be used as shaggers. P Catchers can be used as shaggers.
7. This keeps all players moving and involved in a TEAM Defense Drill.



Key = Thrown Ball = Ground Ball = Fly Ball

Horicon Softball Defensive Fundamentals

Horicon Outfield Drills (Line Drills or Shuttle Drills)

1. Touch Down Drill

- a. Outfielders start running at full speed away from coach.
- b. Player must have glove close to body as they run.
- c. Coach Throws the ball out in front of player like QB and receiver in football.
- d. Players extend to the ball stop and crow hop back to cut off line.

2. X - Drills

- a. Coach will use 4 balls to throw in different directions to form an X in the outfield
- b. 1st coach has player go away to the left. 2nd players comes in to the left.
- c. 3rd player goes away to the right. 4th player comes in to the right.
- d. This is a hustle drill Coach will throw the next ball when they catch the 1st ball.

3. Safety Drill

- a. Coach can throw or hit ground balls to players.
- b. Players must field ground balls with 1 knee on the ground to block the ball.
- c. Ball must not get through them through their legs.

4. Turn & Burn Drill

- a. Coach can hit or throw fly balls over fielders head to the fence
- b. Player must turn her back and run to the fence.
- c. Player must pick the ball up with her bare hand (not glove).
- d. Turn and Find and Hit the Cutoff player.

5. Communication Drill

- a. Two Outfield lines. Coach throws or hits the ball between the two lines.
- b. Players must call MINE - MINE - MINE if they are going to catch the ball.
- c. Other player must call YOURS - YOURS - YOURS if they are going to be the back up
- e. Back up player must be 10 to 20 feet behind the person going for the ball.

6. Over the Head Drills

- a. Coach throws the balls directly over the players head.
- b. Players must run and catch the ball over their head.
- c. Players will turn and find the Coach or cutoff player.

7. Diving Drills (fun drill to do when it is raining)

- a. Coach throws balls to the left and right of the player line.
- b. Players must dive with glove extended to the catch the ball.
- c. Front Slide is where the coach throws the ball in front of player.
- d. Player slides keeping ball in front of them if they can not catch ball.

Horicon Softball Defensive Fundamentals

Horicon Infield Drills

1. Small Ball Drills

- a. 1st - 3rd - Pitcher & Catcher will work on fielding bunts and throws.
- b. 2nd & SS will cover 1st base and 3rd base respectively.
- c. Coach will bunt the ball and tell where to fielder where to throw the ball.
- d. Players will concentrate on proper fielding techniques and communication.

2. Pop Fly Drills

- a. Coach can use a machine or hit or throw fly balls to infield.
- b. Players must know their coverage zones and who has the right away.
- c. Players must call MINE - MINE - MINE to catch the ball.
- d. Communication is the most important part of this drill.

3. Umbrella Drill

- a. All infielders line up in umbrella shape around from 1st to 3rd base lines 30' out.
- b. Players must leave 2 feet spacing on each side of each player.
- c. Coach will hit ground ball trying to get the ball through the umbrella.
- d. Players must field 20 ground balls in a row with out letting the ball through the umbrella.

4. Middle Infield Flips

- a. 2nd and SS will work on footwork around the base for double plays and tag plays.
- b. Coach will stand on pitchers mound and throw ground balls up the middle for flip plays.
- c. Coach will then throw ground balls to outside of players to work on pivot and throw plays.

5. 1st & 3rd Situation Plays & Pick Off Plays

- a. All infielders must know the jobs coaches assigned to them on 1st and 3rd plays
- b. Players must communicate together show they are on the same page.
- c. Outfield will run bases on steals to try to confuse the infield anyway they can.
- d. If infield gets an OUT they get a point if they do not outfield gets a point.
- e. Play start on each pitch to catcher.

6. Infield X base running Drill

- a. Players are located at all bases. Start with ball at home and throw to 2nd base.
- b. When a player throws the ball to a base that player will run to the next base in order.
- c. The player that receives the ball must catch and throw in front of the runner at that base.
- d. Then that player must run to the next base in order.
- e. Continue until throwers beat 10 runners in a row to the bases.

7. Pickle Drill

- a. Runner in the middle of base line between 1st & 2nd, 2nd & 3rd, or 3rd & Home.
- b. Throw ball to lead base 1st to hold runner and move back to original base.
- c. Fielder at base must be 3' away from base and ready to tag.
- d. Thrower must use dart flip and throw away from runner (read runners back or shoulders.)
- e. Fielder should close out to runner to tag before slide.

8. 21 Outs Drill For Both Infield & Outfield (Team must record 21outs before ? errors)

- a. Full Scrimmage with out batters, only base runners.
- b. Coach hits after the pitch to anywhere he chooses. (Can really work on weak spots)
- c. Base runners are live and do what they want.
- d. Bases never clear must be put out to go back to home.
- e. (This sets up many situations)

Horicon Softball Offensive Fundamentals

Bat Drills (Good warm-up drills before practice or games) 10 reps each day.

1. **Wrist Curls**

- a. Extend the bat out straight and roll wrist to the right and left

2. **Single Arm Lifts**

- a. Hold bat at the side of body in the middle of the bat.
b. Raise arm to straight above head and back down. 10 with each arm.

3. **Axe Chop (This is a full range motion drill)**

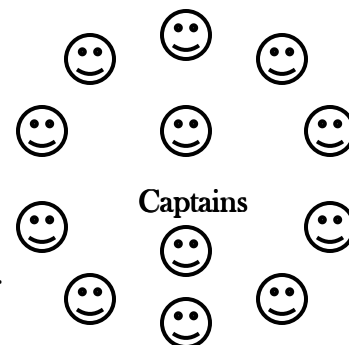
- a. Start with bat on the ground holding with both hands.
b. Raise bat above your head and over until bat hits person on their backside.
c. Bring bat back down to ground. This is a slow drill not a speed drill.

4. **Bat Trunk Twist**

- a. Place bat behind back with bat locked in both elbows.
b. Rotate back and forth from the right and to the left.

5. **Wind Shield Wipers**

- a. Hold bat straight up out in front with arms extended with normal bat grip
b. Wave bat back and forth in a wind shield type motion as quick as possible.



Batting Technique Drills (We use the 4 Step Approach to hitting.)

(Captains say step for all drills and players say the number to 10)

1. **Step 1 Step Drill**

- a. Players set up in normal batting stance with bat in ready position.
b. Players will take short jab step about 2" and then replace back to original position.
c. This is also where you can have your players set their triggers if you teach that.

2. **Step 2 Hands to the ball Drill or Squash the bug Drill.**

- a. Players set up in normal batting stance with bat in ready position.
b. Players will repeat Step 1 and then add moving your hands forward and Squash the Bug.
c. Teaching Point, the Butt of the bat should point towards the ball to begin swing.
d. Practice pointing butt of bat and hands from inside pitch to outside pitch.

3. **Step 3 Swing to Contact Point**

- a. Players set up in normal batting stance with bat in ready position.
b. Players will repeat Step 1 and Step 2 and then add taking the bat to contact point of ball.
c. Teaching Points, both arms straight forming a V with head down looking at contact point.
d. Have players hold for 2 sec. to check their form at contact point.

4. **Step 4 Full Swing with Follow through**

- a. Players set up in normal batting stance with bat in ready position.
b. Players repeat Step 1, Step 2 and Step 3 and then add follow through to hit players back.
c. Teaching Point, snap wrist at contact point, bat should travel to hit player in the back.

5. **Full Swing**

- a. Players set up in normal batting stance with bat in ready position.
b. Captains say SWING and team all swing together and count.
c. Players work on having the bat make the thump on their backs together.

Horicon Softball Offensive Fundamentals

Team Hitting Stations

(We use any variety of these drills daily, usually 5 drills per day)

1. **Top Hand Drill** Work with small t-ball bat and tee. Snap wrist down.
2. **Bottom Hand Drill** Work with small t-ball bat and tee. Snap wrist to ball.
3. **Balance Beam Drill** 4"x 4" beam working on balance while they swing.
4. **Hip Turn Drill** Work with wood dowel around waist and snap ball off tee.
5. **Mirror Drill** Work with wall mirror keeping head in the mirror while they swing.
6. **Inside /Outside Drill** Work with two tees or special tee for inside pitch and outside pitch.
7. **Power Ball Drill** Work with plunger inside a tee and hit deflated basketballs.
8. **Power Tee Drill** Special Tee with two balls, one in front of the other, feel bat hit both balls.
9. **Tennis Ball Bounce** Bounce a tennis ball when the ball hits the ground player steps and hits.
10. **Griffy Swing Right** Use the swing right tees to groove players swing.
11. **Hi or Low Tee Drills** Place the ball at the top of the strike zone or bottom of the strike zone.
12. **Fence Drill** Players place bat from fence to their stomach. Then swing w/o hitting fence.
13. **Toss Hitting Drill** Use wiffle balls or tennis balls and toss at the player.
14. **Inside /Outside Drill** Toss or bounce the ball from behind player, Work on going to right.
15. **Ball Drop Drill** Drop two colored balls. Player must hit the colored ball called at drop.

For most of these Drills we use Wiffle balls or Tennis balls to protect the fence.



Station 1
Balance Beam
Drills

Station 2
Top / Bottom Hand
Drills

Station 3
Griffy Swing
Drills

Station 4
Inside/Outside
Drills

Station 5
Toss Hitting
Drills

Horicon Softball Offensive Fundamentals

Team Hitting Practice

Break your Team into 3 hitting groups of about 4 - 5 players per group.

Group 1 is usually pitchers and catchers so they can go and pitch after hitting.

Groups 2 and 3 are playing their respective positions or backup positions.

Our reasoning is we do not want people standing around during hitting practice.

They must field their positions and work on their fundamental.

Out fielders will call for fly-balls and work on their crow hop and throws to 2nd base.

Infielders will cover 2nd base when balls are hit to the outfield and throw ground balls to 1st.

All the balls end up in a hopper by 2nd base or to a player or coach behind the pitcher.

The night before a game we usually group players using our batting lineup.

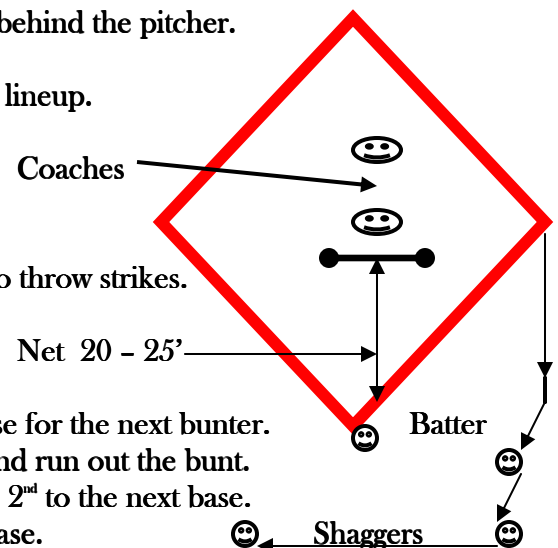
Example:

Group 1 = Hitters	1 - 5
Group 2 = Hitters	5 - 10
Group 3 = Hitters	11 - 15

Coach stands behind pitching net and pitches from about 20 - 25' to throw strikes.

1st Our players will do live bunting of Coach.

- Players get one good pitch to get the bunt down.
- Player will run out the bunt to 1st and stay on the base for the next bunter.
- The next bunter must sacrifice the 1st bunter to 2nd and run out the bunt.
- The 3rd Bunter will sacrifice the two runners on 1st & 2nd to the next base.
- The 4th Bunter will suicide the runners to the next base.
- Continue for about 3 to 5 bunts per player.
- If they do not get the bunt down, the player will run to 1st and do 10 push ups.



After group 1 Bunts, hitting starts.

- 1st Round each player receives 5 swings or hits running the last one out to 1st. —
- 2nd Round each player receives 4 swings or hits running the last one out to 1st.
- 3rd Round each player receives 3 swings or hits running the last one out to 1st.
- 4th Round each player receives 2 swings or hits running the last one out to 1st.
- 5th Round each player receives 1 swing or hit running it out to 1st.
- If time permits we usually get to do round 5 a few times.
- This is also a good time to set up scrimmage hitting and fielding situations.
- When players are not hitting they are shagging by the fence or can do extra station work.
- Players should rotate in batting order and be ready to go after each person hits.

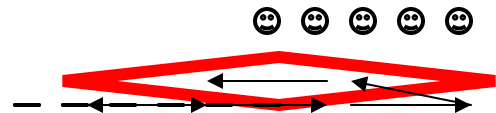
Groups 2 & 3 will rotate in after Group 1 has hit.

Each Group should have about 15 - 20 minutes to complete this routine.

Horicon Softball Offensive Fundamentals

Team Base Running

1. **Leads and Steals.**
Players at each base take lead on 1st pitch.
Players will steal on 2nd pitch.
Demonstrate type of leads you want them to use at each base.
2. **Players run 4 infield singles working on footwork hitting 1st base.**
Players can work on staying in the runners area.
Turn looking to the middle of the field to see the play.
Players should work on pivoting on their left foot,
Turning to 2nd base to look for the ball.
3. **Players run 4 outfield singles working on rounding the base.**
Players should work on their footwork to hit inside corner of base.
Players should round the base and look to find the ball.
Players must be ready to move in both directions.
4. **Players run 2 Doubles working on hitting the inside of the base.**
Players work on their footwork to stay under the base line.
Players can work on rounding at 2nd base or sliding.
Good time to practice pop up slides.
5. **Players run 2 Triples working on hitting the inside of the base.**
Players work on their footwork to stay under the base line.
Players work on picking up the 3rd base coach after they hit 1st base.
Players work on accelerating between 1st and 2nd to make it to 3rd.
6. **Team Home Run Game.**
Pick 2 teams, match them up so they have about equal speed among the teams.
One team starts at 2nd base the other is at home base.
Teams run a home run and must tag their teammate after they go around the bases.
1st team to have all players go around the bases wins.



Players run and
Go back in line.

Home Run Game