

Majors (5th-7th Grade) Practice Plan

1. Warm-Up & Stretching (5 minutes)

- a. Dynamic warm-ups (e.g., jogging, forwards/backwards skipping, high knees, butt kicks, toy soldiers, Romanian deadlifts, side shuffles, carioca, lunges, lunge with torso twists, side lunges, hamstring sweeps)
- b. Arm stretches (e.g., arm circles, rotator cuff full bow, cross body, tricep extensions, wrist extensions and flexion)

2. Throwing Warmup Progression (5 minutes)

- a. Form two lines facing each other so every girl has a partner
- b. Engage in [throwing progressions](#), starting from close tosses on one knee to full throws with a step standing up while gradually increasing the throwing distance

Option A: 20 min Fielding <i>Pull Pitchers/Catchers to work on skills</i> 25 min Hitting	Option B: 30 min Fielding and Hitting Stations (divide into 2 groups and switch halfway) <i>Pull Pitchers/Catchers from either station to work on skills</i> 15 min Live Play
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3. Fielding (20 minutes Option A, 15 minutes per group Option B)

- a. Infield: [List of drills](#)
 - i. Ground balls and fly balls to each position
 - ii. Set up in-game runner scenarios
 1. Have players verbally call out where the runners are and where the force outs are (if any)
 2. Emphasize the speed of getting the ball from glove to hand to prepare for a throw
- b. Outfield: [List of drills](#)
 - i. Fly balls (straight to them, to their side, in front of and behind them)
 1. Emphasize that a fielder's first step is always back, never forward
 - ii. Review in-game runner scenarios: practicing backing up the bases
 - iii. [Cutoff throws and relays](#)
 1. Make sure the receiving player has her hands in the air to give the thrower a target
 - iv. [Crow Hops](#)
- c. Pitchers:
 - i. [Warmup with stretches and pitching progression](#)
 - ii. Pitching Drills
 1. <https://www.youtube.com/watch?v=ycRB2rvyleA&t=65s>
 2. <https://www.softball-spot.com/softball-pitching-drills/>
 3. https://www.youtube.com/watch?v=8UH_2_LEGIM
- d. Catchers:

- i. [Warmup with stretches](#)
- ii. [Catching Drills](#)
 - 1. Receiving practice (working on full range of motion to catch balls from different angles)
 - 2. Blocking practice (work on dropping to their knees to block low pitches)
 - 3. Throwing to bases for accuracy and speed

4. **Hitting** (25 minutes Option A, 15 minutes per group Option B)

- a. Stations – 1 bat at each station; let them take 5-10 reps and then rotate
 - i. Tee Work: Focus on swing mechanics and power
 - ii. Soft Toss: Work on timing and hand-eye coordination
 - 1. Have girls partner up and soft toss to each other if you have enough bats
 - iii. Live Pitch:
 - 1. Practice live hitting with coach or player pitch for timing and tracking the ball
 - 2. Emphasize a smooth follow through and dropping the bat rather than throwing
- b. Or [Other Drills](#)

5. **Live Play** (15 minutes, Option B)

- a. Have 3 players batting/running and the rest in the field, rotating players in to bat
- b. 5-10 pitches per player – run on the final ball
- c. Fielders focus on making the correct play
- d. Baserunners work on rounding the bases, sliding and watching for overthrows/passed balls

6. **Cool Down & Review (5 minutes)**

- a. Base run jog (hitting the inside corner of each base)
- b. Static stretching (holding each stretch for 10-30 seconds)
- c. Recap key points from practice / remind them of upcoming practices/games