

Minors (3rd-4th 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

<p>Option A: 20 min Fielding <i>Pull Pitchers/Catchers to work on skills</i> 25 min Hitting</p>	<p>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</p>
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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)
- 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
- 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)

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
 - iii. Live Pitch: Practice live hitting for timing and tracking the ball
 - 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