



GIRLS SOFTBALL

Hitting: 4 STAGE SEQUENCE

POSITION 1

Stance:

- **Balance** - Feet pointed toward plate, shoulder width apart, weight on balls of feet.
- **Grip:**
 - Bat NOT in palm. Hands relaxed.
 - Door knocking knuckles lined up.
- **Bat Position:**
 - Place bat on shoulder and pick up hands.
 - Upside down "V" with elbows (**elbows down**).

POSITION 2

Stride:

- Short stride, sliding step towards the pitcher - foot closed, no weight transfer, land inside big toe, sit to re-balance – **Does Not Open until after contact**

POSITION 3

Hip – Knee – Foot Rotation:

- Rotate hips: Hip/Knee to the ball – Only position that changes depending on the pitch
- Back foot **Starts to** - "Squash the Bug"

POSITION 4

Hands:

- **Hands must go inside the ball**
- Bottom hand leads – elbow then hand
- Top hand – elbow then hand – **Shaking hands position**

Bunting

- **Foot position – slight open pivot with both feet – Front of the box**
- **Bottom hand driver**
- **Thumbs up position with top hand to fat part of the bat**
- **Bat angle – Take the "Driver" to the ball**
- **Players Head/eyes must go to the Bat Head – Attached on a string**

Hitting Drills:

- **Sequence Hitting – 1. Ready Position 2. Timing Trigger/Step 3. Hip Turn 4.Hands**
- Tee – Place it in front of the hitter
- Bottom/Top Hand with small bat
- Live pitching with wiffle balls
- Soft Toss (throw ball at an angle towards batters **front** hip)
- Call out Color Soft Toss
- Tennis ball drill



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Bat Size:

- Correct Length - Put the head of the bat on the ground and bat handle should fit in the inside crease of the girl's wrist.
- Correct Weight - The difference between the weight and the length should be: (- 10 to - 12). Example 27"/17oz, 30"/19oz. Use a bat that's light enough for the player to **EASILY CONTROL and the Bat Head does not drop down during the swing.**

Fielding:

Glove Size - 12" at least. Put baby and ring finger in the last hole for more squeezing power

1. Ready Position:
 - Weight on balls of feet, feet shoulder width apart, arms along waist.
 2. **Ground Balls:**
 - Field ball out front, head down (coach should see top of head).
 - **Glove foot forward – 1 2 3 “Glove Foot”**
 - Collect ball into belly button to cradle position of throw.
 3. **Drills:**
 - Gloveless Whiffle Ball
 - # Ball – Call out the number
 - Line Shuffle
 - Chicken
 - Double Fungo with buckets
 - Bucket Drills
 4. **Fly Balls:**
 - Two hands make a “W” above forehead.
 - Fingers pointing to the sky
 - Football Toss – Keep glove on
 5. **Drills:** Use tennis ball or whiffle for confidence
 - Circle Fly Ball - call out number.
 - Blind Drill
 - Charge Drop
 - Knee Down – Ground Ball right at them
 - Load and Go – Quick Out at a Base
 - Weave
 - Gap
 - Bucket Drills
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Throwing:

1. Grip:

- Three fingers across large horseshoe. Thumb underneath. Fingers on seams.

2. Throwing Sequence:

- **Cradle** - Receive two hands
- **Scarecrow** - Circle back, thumb to thigh
- **Arnold** - Lift, "L" in elbow, ball facing away from body, thumb down.
- **Jack Knife** - Elbow to ear, Ball above the head, Ball points up.
- **Swim** - Snap wrist, follow through to opposite knee.

3. Throwing Drills:

- Thumb to thigh
- One knee drills (kneel on back knee, front knee at 45):
 - Circle back
 - Wrist snap
 - Swim
- Load and Go
- Back side (forces follow through), right foot out front, no step
- Star Drill
- 2 Line throwing – Contest- How many throws without dropping the ball

Base Running and Leading Off:

1. Home to 1st base. Running through 1st base:

- Hit front part of bag (closest to home).
- Run past bag
- Breakdown

2. Home to 2nd base. Rounding Base:

- Semi-circle
- Hit inside part of bag - Do not break stride. Straight line to next base.

3. Leading off:

- Right foot on side facing next base. Left foot behind the base.
- Rock back - Push off of right foot with pitch.
- Step with left foot. Watch pitcher's hip for ball.
- 1st Base - 3 steps, square up.
- 2nd Base - Larger lead.
- 3rd Base - Lead off in foul territory. Face pitcher.

Base Running Drills:

- Team Lead-off with pitcher (Continuous)
- Relay Race – Half the team at home plate & half the team at 2nd base
- Over – Under – Tee Ball Game
- Indian Relay
- Chase – Start at 1st base – give head start- continue around the bases
- Tag Up Fly Ball - 3rd Base