



Millard United Softball

Warm-Up Throwing & Catching

- Wrist flips
- Feet in concrete – turn shoulders – v slot
- Surfboards
- Step Backs
- Everyday

Drills

1. Infield grounder, charge ball to L cut
2. Forehand and back hand ground balls
3. Drop step fly balls
4. 4 Corners
5. Circle Flips, fingers up to catch with tennis balls, first few rounds without glove
6. Base running
7. Outfield angles
8. Ground ball to first, slow roller to home
9. X Out
10. Outfield relay throws
11. Tee Work
 - a. Work on the basic form for hitting
 - b. 45
 - c. Flamingo
 - d. Top Hand Only



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Drills

12. Infield grounder, charge ball to L cut
13. Forehand and back hand ground balls
14. Drop step fly balls
15. 4 Corners – gloves (make it a game to see how many they can do without dropping)
16. Flips, fingers up to catch with tennis balls, first few rounds without glove
17. Base running
18. Outfield angles
19. Ground ball to first, slow roller to home
20. Tee Work
 - a. Work on the basic form for hitting