

### Awesome Team Drills

Cindy Bristow  
[www.softballexcellence.com](http://www.softballexcellence.com)  
@cindybristow (Twitter)

FOR CLINIC NOTES: [Cindy@SoftballExcellence.com](mailto:Cindy@SoftballExcellence.com)



---

---

---

---

---

---

---

---

### Bat Sprints



© Softball Excellence All Rights Reserved

---

---

---

---

---

---

---

---

### Beat the Runner



© Softball Excellence All Rights Reserved

---

---

---

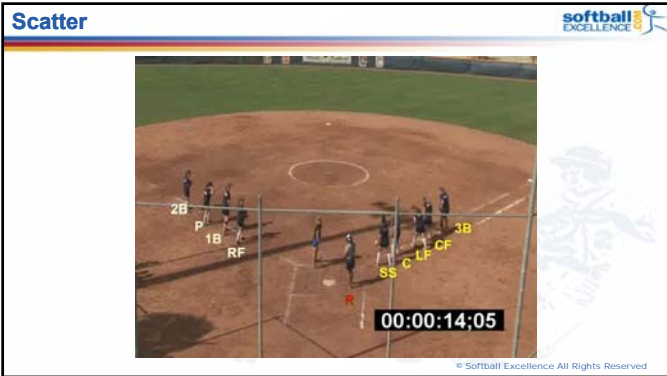
---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

### Triangle - Square



© Softball Excellence All Rights Reserved

---

---

---

---

---

---

---

---

### Around the World



© Softball Excellence All Rights Reserved

---

---

---

---

---

---

---

---

### Machine Tags



© Softball Excellence All Rights Reserved

---

---

---

---

---

---

---

---

**Beat the Clock**

+2: catch at 1st btwn chest/face  
+1: catch anywhere else  
-2: gets past 1B

Get 21 before 3 Minutes  
00:00:07:11

+2: Between Chest/Face  
-1: Anywhere Else  
-2: Missed

© Softball Excellence All Rights Reserved

---

---

---

---

---

---

---

---

---

---

**Get ALL These DRILLS – VAULT CLASSIC**

Pick Your VAULT Plan & Start Learning

Monthly Subscription \$24.97/mo  
Prepaid Annual \$199.97/yr

© Softball Excellence All Rights Reserved

---

---

---

---

---

---

---

---

---

---

GREAT Softball Educational Material

[www.softballexcellence.com](http://www.softballexcellence.com)

[cindy@softballexcellence.com](mailto:cindy@softballexcellence.com)

© Softball Excellence All Rights Reserved

---

---

---

---

---

---

---

---

---

---