

Championship Practices

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PURPOSE OF PRACTICE



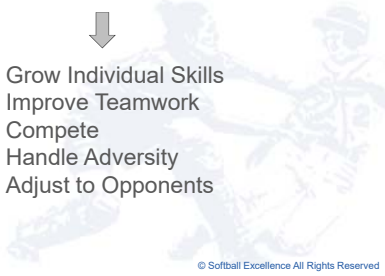
SUCCEED IN GAMES



- Grow Individual Skills
- Improve Teamwork
- Compete
- Handle Adversity
- Adjust to Opponents



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*“Nobody wakes up in the morning to suck.
It’s our job to help them un-suck.”*

- Cindy Bristow



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4 Habits that Hurt Your Team

- Too **Fast**
- Too **Many**
- Too **Good**
- Too **Boring**

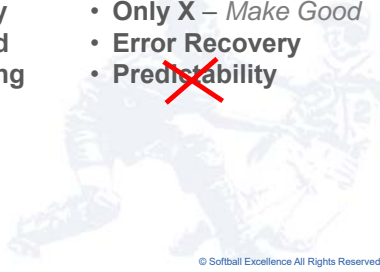


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4 Habits that Hurt Your Team


- Too **Fast**
- Too **Many**
- Too **Good**
- Too **Boring**
- **S-L-O-W** *it Down*
- **Only X** – *Make Good*
- **Error Recovery**
- ~~**Predictability**~~



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<p>Zoo Tiger</p> <p>Food <i>Provided</i> Water <i>Available</i> <i>Mac-Daddy</i> Shelter No Predators BOREDOM</p>	<p>Jungle Tiger</p> <p>Food <i>Scarce</i> Water <i>Iffy</i> No Shelter <i>Lots of Predators</i> SURVIVAL</p>
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<p>ZOO / Practice</p> <p>Orderly Game-Ready Skills All the Same Predictable Mindless</p>	<p>JUNGLE / Games</p> <p>Messy Sometimes Game-Ready None the Same Unpredictable Mind-Overload</p>
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<p>BLOCK</p> <p>Orderly Improvements Clear Calming Mindless Boring Fragile Learning</p>	<p>RANDOM</p> <p>Messy Game Retention High Disruptive Must be Mindful Challenging DEEP Learning</p>
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RANDOM

Desirable Difficulties-
Makes things stick longer

*Making text smaller & harder to read makes
knowledge of what's written much higher*



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BLOCK

Same Skill
Over & Over

F	F	F	F	F	F
B	B	B	B	B	B

Forehand – Forehand –
Forehand – Forehand –
Backhand – Backhand –
Backhand – Backhand -

VARIABLE


Variations of Skill
Practiced Together

B	F	F	L	F	F	P
	Hard	Soft		Soft	Hard	


Forehand - Hard
Forehand - Soft

RANDOM

Multiple Skills
No Order



Forehand – Shorthop
Backhand – Popup



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JUNGLEFY Your Workouts

- **Less Reps In-a-Row**
2 Forehands – 2 Backhands, 1 Forehand – 1 Backhand ...
- **More Variation**
ForeHand–LDrive, ForeHand–BHand, ForeHand–Popup ...
- **Less Telling More Asking**
- **Last One is Last One**




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Does It Work?
6 Weeks/Two-Week, 45 Pitches/Batter, FB – Curves - Changeups


<p>Blocked BP</p> <p>15 Fastballs 15 Curveballs 15 Changeups</p> <p style="text-align: center;">25%</p>	<p>Random BP</p> <p>45 Mixed Pitches (Fastball, Curveballs, Changeups)</p> <p style="text-align: center;">57%</p>
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HELP THEM FEEL IT

Phone
Experience It
Feel It
Flip It
Alter It



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Simple vs Easy




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See It - phone



Coaches Eye
V1 Golf

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Experience It

"Why'd the Ball Go There?"



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Feel It



Correct

Flat Side Down

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Feel It



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Flip It



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Alter It



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USE STUFF YOU HAVE

- Buckets
- Cones
- Crates
- Tape
- Chalk
- Basketballs, Soccerballs, Volleyballs
- Hoola hoops



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Get Specific



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Buckets & Crates



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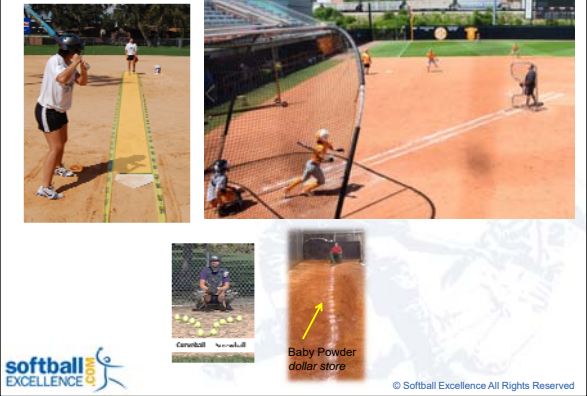
Cones & T's



Nets



Lines

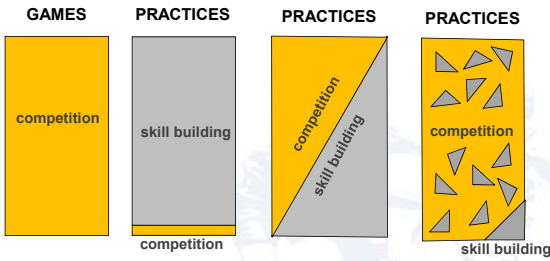


Pet Store



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Skill Building or Competition



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Practice What Matters

Softball Report Card Grading Scale					
	A	B	C	D	F
OB% (On Base %)	400+	340	300	250	Below
SLG% (Slugging %)	750+	625	500	300	Below
RISP% (Runners In Scoring Position)	400	300	200	150	Below
FLD% - M, IF	960	945	930	920	Below
FLD% - 3B, P	970	960	950	940	Below
FLD% - 1B, C	990	980	970	960	Below
FLD% - OF	1 Error				



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Practice What Matters

Softball Report Card Grading Scale					
	A	B	C	D	F
ABILITY TO ADJUST	Every Pitch	Several Times per Game	By Inning	By Game	
ENERGY IN GAME	Every Pitch	Several Times per Game	By Inning	By Game	
AGGRESSIVENESS	Every Pitch	Several Times per Game	By Inning	By Game	

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Schedule It In (2 hours)

20 minutes	Warmup/Conditioning
20 minutes	Throwing/Catching <i>How to field & throw</i>
20 minutes	Hitting/Bunting <i>How to hit</i>
30 minutes	Team Defense <i>Where to field & throw</i>
	<ul style="list-style-type: none"> • position play • baserunning
30 minutes	Team Offense <i>Where to hit to help our Offense & Hitting Under Pressure</i>
	<ul style="list-style-type: none"> • live P • baserunning

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Michigan

- **Warmup**
- **Footwork Drills**
- **Throwing Progression**
- **Fundamentals (Defense)**
- **Fundamentals (Offense)**
- **Competition**



Be Creative

6:00 - 6:30	TOP GROUP Only
6:20	MIDDLE GROUP Shows Up
6:30	TOP Goes Home
6:30 - 7:15	MIDDLE Only
7:10	BOTTOM Shows UP
7:15	MIDDLE Goes Home
7:15 - 8:00	BOTTOM Only



GREAT Softball Educational Material

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NOTES:
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