

AQSB – Practice Plan – 1/9/18 - 3:30pm Start

Opening

1. Favorite Christmas Break Mem Share - Seniors	4 min	3:30
2. Review of plan for the day	1 min	3:34
3. Team Stretching - Lead by Seniors	10 min	3:35

Defense

4. Throwing Progression	10 min	3:45
a. No step		
b. 3 step		
c. Glove Backs		
d. Fast Triples		
e. Long Toss		
5. Tennis Ball Drop Defense	10 min	3:55
6. Everyday by Position	15 min	4:05
7. IF Lines/OF Agilities	10 min	4:20
8. IF Agilities/OF lines	10 min	4:30

Full Team

9. Full IF/OF	15 min	4:40
10. 1st/3rd Defense with runners	15 min	4:55
11. Bunt Coverage with runners	15 min	5:10

Closing

12. Announcements and dismissal	5 min	5:25
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**Aquinas Saints Softball “Every Days”
w/ Partner – 10 Min
Challenge Each Other!**

Mid's

1. Side to side rollers
2. Feet and Glove attack front rollers
3. Forehand and backhand scoops
4. Ball on the ground flip sequence
5. Double Play flips and throws

3rd's

1. Side to side reactions
2. Feet and Glove attack front rollers
3. Bunt charges
4. Receive from right pick ups
5. 3rd base force footwork

1st's

1. Side to side reactions
2. Feet and Glove attack front rollers
3. Bunt charges
4. Glove hand scoops at first
5. Stretch for good throws

C's

1. Front Blocks
2. Side to Side Blocks
3. Up/downs
4. Receive/Jump Turn Throw footwork
5. Throw from knees technique

OF's

1. One knee ground balls
2. Feet and Glove attack front rollers
3. Fly Ball – Get behind, approach-catch-crow hop
4. Drop step and go
5. Drop step and reverse

P's

1. 3 throws to each 1B, 2B, 3B, H
2. 3 Bunt charges
3. 2 IBB's
4. Spin work
5. Walk throughs

AQSB – Practice Plan – 1/10/18 - 5:30am Start

Opening

1. Favorite Christmas Break Mem Share - Juniors	4 min	5:30
2. Review of plan for the day	1 min	5:34
3. Team Stretching - Lead by Seniors	10 min	5:35

Offense

4. Tee Progression - Full (in pairs)	15 min	5:45
5. Hitting stations	40 min	6:00
a. Machine in Cage 59 mph (AB's Recorded)		
b. Machine in Cage 46 mph (AB's Recorded)		
c. Line drive trainers		
d. Med Ball Slams		
e. Backspin tee		
f. Shag Backspins		
g. TCS Balls front toss w/ V flex		

Conditioning

6. Izzo 1-1 / Sled Work	15 min	6:40
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Closing

7. Announcements and dismissal	5 min	6:55
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Sample of Hitting Drills we use

Top hand/bottom hand with tee – hands to the ball

5 contact, 5 extension, 5 Middle, 5 Out

Tee progression – **Play Videos**

5 in, 5 High Mix, 5 Low Mix, 5 Weight Transfer, 5 Hip Explosion

Total Control balls – getting to extension

Line Drive Trainers - Keeping bat in the path of the ball longest

Back Spin Tees - Hitting gaps instead of grounders

V flex net – pitch recognition

Front toss – specific missions not just swinging to swing

Front toss with baseballs – concentration

Whiffles and lite flites – hitting for power

[Ski Drill – weight transfer, https://www.youtube.com/watch?v=Vrtwikck6M0](https://www.youtube.com/watch?v=Vrtwikck6M0)

Pitching machine – work on hitting balls with velocity, timing

Two Machine Drill - Timing - **Play Video**

Live pitching – put it all together