



IS YOUR TEAM REALLY AS PREPARED DEFENSIVELY AS YOU THINK THEY ARE?

I. WHAT ARE THE CORE PHILOSOPHIES OF YOUR SOFTBALL PROGRAM:

- A. Never talk about winning/players held accountable
- B. Sam Houston Baseball Coach Video – lifetime lessons for winners; be a good teammate
- C. Team bonding is more through hard work and the team's work ethic

II. DEFINE YOUR DEFENSIVE PRINCIPLES: “*what do you believe in?*”

- A. Teacher, mentor, coach – need knowledge on your subject area – never stop learning
- B. I get excited when the individual improves\
- C. Hofstra Rules

III. HOFSTRA UNIVERSITY'S CORE DEFENSIVE PRINCIPLES -

- A. If you can't throw and catch, you can't play softball
- B. Defense wins championships
- C. Players must be fundamentally perfect
- D. The fundamentals of softball apply to every positions
 - I. Our game does not care about height, weight, size, etc.
- E. The rhythm of the game – beautiful/ballet
- F. Defend the ball and react to what you see
 - I. Cannot memorize softball – the ball tells you what to do
- G. Playground mentality – play free, think free, have fun
- H. There is nothing that our opponent can do that we are not prepared for

IV. HOW ARE YOU GOING TO IMPLEMENT ITOUR TEACHING PROGRESSION IS:

- A. INDIVIDUAL - *a softball player - teach her all the fundamentals of our game*
- B. POSITIONAL - *Teach her to become a shortstop*
- C. SEMI-GROUP - *Teach her to work with the 2nd and 3rd basemen.*
- D. GROUP - *Teach her to work with the entire infield*
- E. TEAM - *Teach her the entire team system*
- F. TAKE IT TO THE GAME – *signs and reminders*

A. PREPARE THE INDIVIDUAL: Teach the individual defensive fundamental that apply to our game making our players technically sound. “If you can't throw and catch, you can't play softball.”

- 1. “Ball Everyday” – develop a rhythm of the skill

- a. All Throws
- b. Footwork
- c. Ground Balls
- d. Fly Balls
- e. Tags
- f. Drills – Pride Drill, Monkey in the Middle, Roll Ball, Indoor Practice, Etc.

B. PREPARE THE POSITION: The fundamentals of softball apply to every position. Take your BALL EVERYDAYS and all the softball fundamentals to your position.

1. Add the **POSITIONAL CHECKLISTS** to your fundamentals (Example: Second Base Checklist)
2. Ground balls are outs!
 - a. Never make an error under your glove
 - b. Speed and Direction
 - c. Count the Bounces
 - d. Number the Ground Balls
 - e. Internal Clock
3. Run free and catch the fly ball - “I will catch the fly ball”
4.
 - a. Depth and Distance
 - b. Option Throws
 - c. Line Drives - Rock and Read

C. SEMI-GROUP WORK:

1. “Sequential Practice”
 - a. Short Game Sequence
 - b. Infield Sequence/Outfield Sequence
 - c. Straight Steals, Pick-offs

D. GROUP WORK: The entire infield working as a group and the entire outfield working as a group

1. Slap Defense Sequence – “Internal Clock”
2. Runner on 3 Sequence
3. Pitcher Comebackers Sequence
4. 1st and 3rd, Rundown Sequence

E. TEAM SYSTEM: Don’t waste time on drills! Practice your team system everyday! See the field and react to what you are seeing. No standing around, look for something to do.

- | | |
|--------------------------------------|--------------------------------------|
| 1. Special Situation Sequence | 8. Situational Hitting with runners |
| 2. Game Winning Sequence | 9. “All Time Hitter” |
| 3. Hit and Run Sequence | 10. Silent Practices |
| 4. “Rips and Reps” | 11. Infield And Outfield Challenge |
| 5. Positives And Negatives Scrimmage | 12. Perfect Play Drill |
| 6. Point Scrimmage – 5 on 5 on 5 | 13. Walk-Throughs |
| 7. Perfect Game 21 | 14. Over Throw Drill |
| | 15. Team Fly Balls and Option Throws |

F. TAKE IT TO THE GAME:

1. Game Reminders:
 - a. "Stop the Double"
 - b. "All throws to 2B"
 - c. "Pinch for the double play"
 - d. "Nothing over your head"
 - e. When/when not to catch a foul fly ball
 - f. No Diving – play it safe
 - g. Talk to Pitcher
 - h. Speed Signs – slow, average, fast

2. Position Player
 - a. Throw out walk-off run
 - b. IF in, IF ½ IF back, IF Creep
 - c. Bunt Charges
 - d. Flip Steal Coverage of 2B
 - e. 1st & 3rd Coverage
 - f. Steal Coverage of 3B