

SPECIAL OLYMPICS SOFTBALL NEBRASKA COACHES ASSOCIATION

JULY 25, 2019 (8:30 – 9:20 AM)

SESSION TWO: 9:40-11:00 LNS FIELD



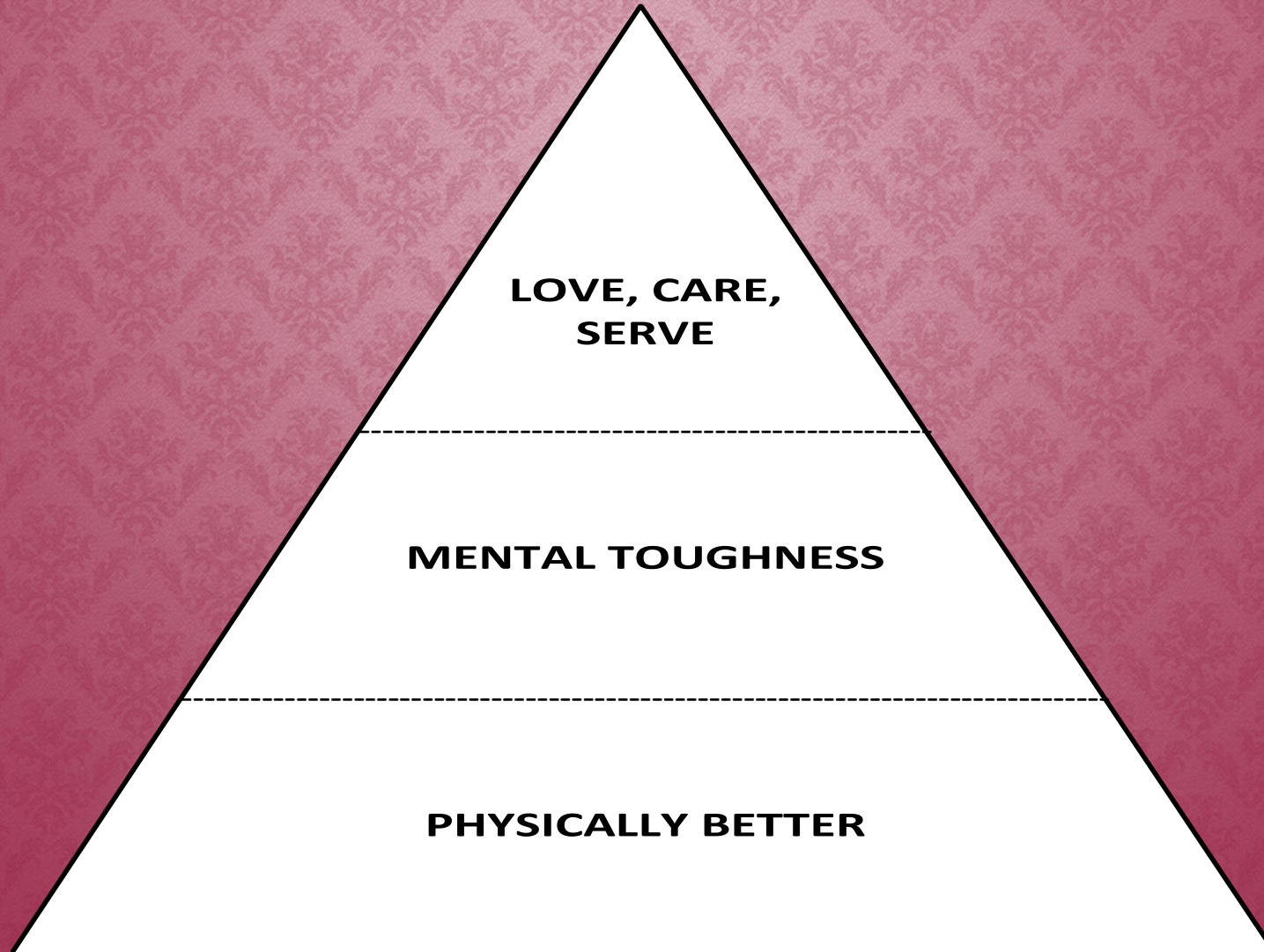
Presented by: Steve Kerkman, Head Softball Coach, Millard South HS
NE Coaches Association Board of Directors



BUILD A TEAM CULTURE

Millard South Patriots Softball

"Be The Mission"



BUILD A TEAM CULTURE

1. When does practice begin? Is it the same for coaches as it is the players?
2. Encourage and showcase high fives and fist bumps after every drill.
3. “Name something you learned” can stretch to “car homework” or “homework”
4. Teammate of the day – or some other way to get one member of your team to say something nice about another member of the team (end of practice, after a drill, etc
5. Introduce all players to all the positions (at least infield and outfield) through drills
6. Have a practice routine – but know when to break up the routine!
7. Have practice themes – red shirt day, please and thank you day, Husker day, bomb pop day, etc – an easy way to build team “cohesiveness”
8. Have a game routine – including shaking hands with the umpires, thanking the game hosts, cleaning the dugouts, carrying equipment, etc
9. If you get frustrated as a coach, have an outlet
 - 9a. Teach and model dealing with frustration as a player – “flush it” “Let it Go”

PRACTICE PLANNING

WOW, THERE IS A LOT TO COVER!!

1. Offense – hitting
2. Defense – throwing and catching
3. Base running
4. Game rules
5. Player safety at all times has to come first
 - personal preparation too: hydration, nutrition, rest/recovery
(don't be surprised by what players don't know!)
6. Have a long-term plan on what to cover and accomplish as you near competition...have points of emphasis at practice but don't overwhelm.

OFFENSIVE DRILLS

Build variety and be creative, utilize your help, maintain safety, minimize standing around
Honestly speaking: make the internet and Youtube your friend!!!

1. Dry swings – grip, stance, swing path
2. Tees
 - a. Regular
 - b. Inside
 - c. Outside
 - d. Flamingo or two feet together
3. Front toss
 - include “favorite pitch” or “confidence swings”
4. Side toss
 - ladder (up and down especially good to recognize the strike zone)
5. Scrimmage situations: smaller hitting groups – hitters, defense, baserunners, (side skills)
 - assign your coaches to concentrate on and emphasize the different major skills

DEFENSIVE DRILLS

In most situations, try and teach players infield skills and outfield skills in rotations

Infield skills:

1. HQR's – High quality reps
2. Two cones
3. Clock catching drill
4. Side to side rolls
5. Short hops
 - develop terms like “alligator arms”, “fingers down, touch the ground”
6. Work up to a full infield – covering bases, tag v force (do force play first)

Outfield skills:

1. *Knee dives
2. Cone drills (star drill)
3. Target throwing drill – a bucket, a stuffed animal, a net
- 4.* Drop steps
5. Tennis balls

Team skills:

1. Ball, base, back up (Everyone moves on every single play)
2. Pop up priority (“Queen of the Infield”)

Millard South Unified Practice Plan

5:45-6:00 Catch with a partner

6:00 Team Huddle, welcome

6:05 Split into skill stations – 8 minutes per station, with 1 min water in between

1. Catch – focus on hitting the target, coach points – 2 handed target, correct throwing motion
 - a. Options to throw to a base
 - b. Options to long toss
 - c. Competition between groups to see how has the least drops, or can get the farthest apart before dropping
2. Fielding
 - a. With a partner, roll the ball on the ground – focus on getting glove all the way down to the ground, using other hand to trap
 - b. Coach hit ground ball, throw back to catcher
 - c. With a partner, toss a high ball – focus on pinky up
 - d. Coach hit fly ball, throw back to catcher
3. Hitting
 - a. Set up a tee for each pair, hit ‘soft’ balls or whiffle balls against a fence, one partner hitting, one setting the ball on the tee, when the bucket runs out, shag and switch partners – focus on stance, how to hold the bat, correct swinging motion
 - b. Option to switch to soft toss

6:31 Water break – 2 min

6:33 Base running – 4 groups, 3 min each group

1. Work on running through the orange bag at first after a hit – focus on full speed, staying in foul territory
2. Starting on 2nd base, practice leaving the base on the hit- go over no steals, no lead off rules, watching for base coach
3. Work on tagging up at 3rd base– taking a few steps off the base on a fly ball and going back if caught, or advancing if dropped
 - a. IF TIME- Can go over situations depending on number of outs
4. Go over rules from 3rd base to home – 20 foot line, second home plate
 - a. 20 foot line, once past this line, you cannot return to 3rd base
 - b. After the 20 foot line, you cannot be tagged, home plate is always a force
 - c. Must score on the second home plate, you are out if you score at the batters home plate
 - d. Fielder must get the out at the batters home plate

6:45 Water break

6:47 Scrimmage

7:00 Team huddle, wrap up

UNIFIED SCHOOLS – UNIFIED SOFTBALL

(DEVELOPMENTAL/NON COMPETITIVE)



ADDITIONAL HELP

1. Special Olympics Softball Rules PDF:

<http://media.specialolympics.org/soi/files/sports/softball.pdf>



2. Special Olympics Softball Webpage



3. Special Olympics Nebraska Webpage

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