


**PIEDRA VISTA
PANTHER SOFTBALL**



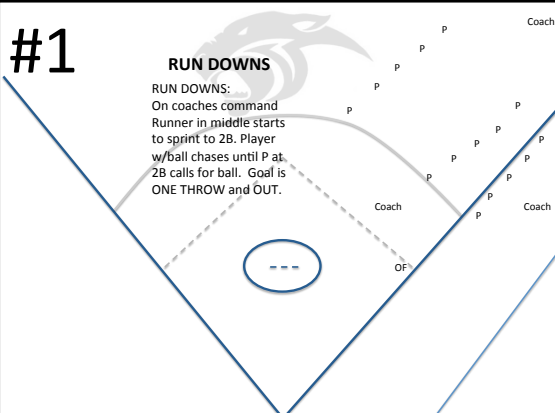
“THE BIG 10”

60 MINUTE DAYS = 5 MINUTES PER DRILL W/1 MINUTE SET UP FOR NEXT DRILL

90 MINUTE DAYS = 8 MINUTES PER DRILL W/1 MINUTE SET UP FOR NEXT DRILL

COACHING POINTS:
 *INTENSITY AND TEMPO
 *STRUCTURE
 *ORGANIZATION
 *DISCIPLINE

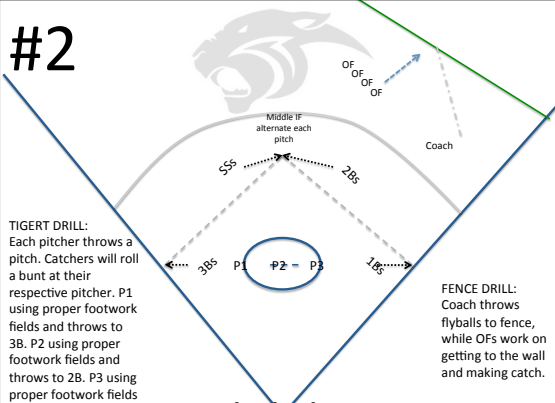
#1



RUN DOWNS

RUN DOWNS:
 On coaches command
 Runner in middle starts
 to sprint to 2B. Player
 w/ball chases until P at
 2B calls for ball. Goal is
 ONE THROW and OUT.

#2



TIGERT DRILL:
 Each pitcher throws a
 pitch. Catchers will roll
 a bunt at their
 respective pitcher. P1
 using proper footwork
 fields and throws to
 3B. P2 using proper
 footwork fields and
 throws to 2B. P3 using
 proper footwork fields
 and throws to 1B.

FENCE DRILL:
 Coach throws
 flyballs to fence,
 while OFs work on
 getting to the wall
 and making catch.

