

OMAHA SOFTBALL

PRACTICE STRUCTURE
JEN DARO

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TOPICS OF CONVERSATION

- SEASON GOALS
- 3 TYPES OF SEASONS = 3 DIFFERENT PRACTICE STRUCTURES
- COMPETITIONS
- CHANGE IT UP... A LITTLE!

- QUESTIONS AT THE END 😊

OMAHA SOFTBALL

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SEASON GOALS

- THEME FOR THE SEASON
- WHAT DO WE WANT OUR TEAM IDENTITY TO BE?
- OR... WHAT SKILL SETS DO WE HAVE THAT WE NEED TO ROLL WITH?
 - LONG BALL TEAM, SHORT GAME TEAM, HEAVY PITCHING, NO PITCHING, ALL DEFENSE
- TEAM PILLARS
 - TEAM NON-NEGOTIABLES
- PRACTICE OBJECTIVES

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HOW TO PLAN

- HIGH SCHOOL CAN BREAK DOWN INTO THREE DIFFERENT SEASONS
 - SUMMER: JUNE 1 – AUGUST 8
 - PRE-SEASON: AUGUST 8 – 18
 - SEASON: AUGUST 18 – OCTOBER 14
- COME UP WITH A CALENDAR, PENCIL OUT PRACTICES.
- SKILL/BREAKOUT SESSIONS SHOULD BUILD AND LEAD INTO THE NEXT SESSION
- DO WHAT HAPPENS THE MOST IN GAMES
- GET ARM HOT ONLY ONCE!!!



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SUMMER — LEARNING/TEACHING PHASE

- SEASON CHECK LIST
- SOFTBALL 101
- FUNDAMENTALS TIME!!!
- TEACH THEM YOUR LANGUAGE
- EVALUATIONS
 - WITH A SHORT PRE-SEASON, THIS IS WHERE WE WANT TO HAVE A GENERAL IDEA OF WHO IS PLAYING WHERE
 - VARSITY VS. JV
- DO IT RIGHT DON'T WORRY ABOUT MISTAKES



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SUMMER PRACTICE PLANS — DEFENSE EMPHASIS

- 7:00-7:30 AM – WARMUP ARMS AND LEGS
- 7:30-8:15 AM – DEFENSIVE BREAKOUTS
- 8:15-8:45 AM - WATER BREAK AND TEAM TALK
- 8:45-9:30 AM – TEAM DEFENSIVE BREAKDOWNS
- 9:30 AM – POST PRACTICE MEETING



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SUMMER PRACTICE PLANS — BASE RUNNING/SHORT GAME EMPHASIS

- 7:00-7:15 AM - WARMUP LEGS
- 7:15-7:45 AM - BASE TO BASE FUNDAMENTALS
- 7:45-8:15 AM - WATER BREAK AND TEAM TALK
- 8:15-8:45 AM - SHORT GAME REVIEW
- 8:45-9:00 AM - WARM UP ARMS
- 9:00-9:30 AM - SHORT GAME SCRIMMAGE W/ BASE RUNNING
- 9:30 AM - POST PRACTICE MEETING



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SUMMER PRACTICE PLANS — OFFENSE EMPHASIS

- 7:00-7:15 AM - WARMUP
- 7:15-8:15 AM - SPLIT BETWEEN CAGES AND FULL FIELD
- 7:45-8:15 AM - WATER BREAK AND TEAM TALK
- 8:15-9:15 AM - SWITCH CAGES AND FULL FIELD
- 9:15 AM - POST PRACTICE MEETING



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PRE-SEASON — COMPETITION PHASE: AUGUST 8 - 18

- 11 DAY PLAN
- COMMUNICATION IS KEY
 - ALL PLAYERS NEED TO KNOW YOUR LINGO AND SIGNS BEFORE GAMES EVER START
- BY SEASON STARTING, THERE SHOULD BE NO QUESTIONS ON WHO THE CUT WOMAN IS
- INCORPORATE GAME LIKE PRACTICES
 - CONTROLLED SCRIMMAGES
- ADD IN TIMERS/CLOCKS



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PRE-SEASON PRACTICE PLAN 1

- 3:30-4:00 – ON FIELD BP/OFFENSIVE WORK
- 4:00-4:20 – WARMUP
- 4:20-4:30 – DEFENSIVE BREAKOUTS – EVERYDAYS
- 4:30-5:00 – TEAM DEFENSE
- 5:00-6:00 – 1/2 CAGE WORK, 1/2 LIVE (SWITCH HALFWAY)
- 6:00 – POST PRACTICE MEETING



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PRE-SEASON PRACTICE PLAN 2

- 3:30-4:00 – WARMUP
- 4:00-4:20 – DEFENSIVE BREAKOUTS – EVERYDAYS
- 4:20-5:00 – SPLIT JV AND VARSITY
 - JV: HIT IN CAGES, VARSITY: DEFENSE
- 5:00-5:40 – SWITCH
- 5:40-6:30 – 21 OUTS WITH RUNNERS
- 6:30 – POST PRACTICE MEETING



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PRE-SEASON PRACTICE PLAN 3

- 3:30-4:00 – WARMUP ARMS AND LEGS
- 4:00-4:20 – DEFENSIVE BREAKOUTS
- 4:20-6:00 – TEAM SCRIMMAGE
- 6:00 – POST PRACTICE MEETING



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SEASON: AUGUST 29 — OCTOBER 14

- 60% GAME LIKE
- 40% FUNDAMENTALS



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INFIELD DEFENSIVE BREAKOUT DRILL — PRE-SEASON

- ROLLS
- BUNT COVERAGES
- FIRST AND THIRD DEFENSE
- FOUR CORNERS
- RUN DOWNS



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INFIELD DEFENSIVE BREAKOUT DRILL — IN SEASON

- 4 MINUTES EACH
- 1. C/2B/1B — PLAYS TO 1B, P/SS/3B — PLAYS TO 3B
- 2. P/2B/1B — PLAYS TO 1B W/ 2B COVER, C/3B/SS — PLAYS TO 3B
- 3. P/C/SS — THROWS TO 2B W/ SS COVER, 3B/1B/2B — THROWS TO 1B W/ 1B COVER
- 4. P/2B/1B — ALLEY WORK AT 1B COMMUNICATION AND COVERAGE, C/3B/SS — THROWS TO 2B W/ SS ROTATING COVERAGE
- 5. P/3B/SS — ALLEY WORK AT 3B COMMUNICATION AND COVERAGE, C/1B/2B THROWS TO 2B W/ 2B ROTATING COVERAGE
- 6.A. P/3B/C — BUNT FLIPS HOME, SS COVERING THIRD FOR SECONDARY THROW
- 6B. P/1B/C — BUNT FLIPS HOME, 2B COVERING FIRST FOR SECONDARY THROW



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OUTFIELD DEFENSIVE BREAKOUT

- COMMUNICATION DRILLS
- FENCE DRILLS
- ANY OF THE DRILLS I SPOKE ON EARLIER TODAY ☺



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TEAM DEFENSE - SETS

- LF - BALLS TO 3B (1/2 SS OUT)
- CF/RF - BALLS IN THE GAP TO 2B (1/2 SS COVER, 2B OUT)
- C/1B - PICKS
- LF/CF - BALLS TO 2B (SS OUT, 1/2 2B COVER)
- RF - BALLS TO 3B (1/2 2B OUT)
- P/C/1B - SQUEEZE BUNTS
- LF - THROWS HOME (3B CUTS)
- SS/2B/1B/P - DOUBLE PLAYS OUT
- CF - PLAYS HOME (SS/2B CUTS)
- 3B - PLAYS TO 1B



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TEAM DEFENSE — SETS CONTINUED

- RF - PLAYS HOME (2B COVER)
- SS/3B - SS PLAYS TO 3B, 3B BUNTS SS COVER
- CF - PLAYS TO 3B (SS OUT)
- 2B - PLAYS TO 1B
- 3B - DOUBLE PLAY BALLS 2B COVER (NO THROW TO 1B)
- SS - BALLS TO 1B
- P - BALLS TO HOME
- 1B/P - BALLS TO 3B
- C - THROWS TO 2B
- 1B - DOUBLE PLAY BALLS W/ SS COVER, 2B COVER
- C - THROWS TO 3B



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TEAM SCRIMMAGE

- ONE PITCH SCRIMMAGE
 - PITCHERS ALWAYS WORKING A 3:2 COUNT
 - HITTERS ALWAYS WORKING A 2:0 COUNT
- FRONT TOSS SCRIMMAGE
 - CREATE TEAMS AND COMPETE



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CHANGE IT UP... WITHOUT CHANGING IT UP

- CHANGE THE ORDER IN WHICH YOU DO DRILLS
- SAME DRILLS... KINDA
 - MAKE A SMALL TWEAK TO THE DRILL
 - GIVE IT A DIFFERENT NAME
 - ADD SOME COMPETITION TO IT
 - CHANGE UP THE WAY YOU SCORE
- GET AWAY FROM BEING "TOO ROUTINE"



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- MERRY-GO-ROUND
- BALL BASE
- HALF FIELD
 - WORKS ON CUTS AND RELAYS
- "YOU'RE FIRED"
 - CREATES COMPETITION
- 21 OUTS
- 5-4-3-2-1
 - BP BUT WITH A TWIST



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MY LAST TIDBITS OF ADVICE

- CREATE A POSITIVE CULTURE FOR EVERYONE
- VARSITY AND JUNIOR VARSITY SHOULD INTERACT WITH EACH OTHER
- AT THE END OF PRACTICE:
 - SHOUTOUTS
 - HIGH FIVES



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QUESTIONS?

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