



Getting the MOST out of practice

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FUN.

COMPETE.

LEARN.

Non-Negotiables



- Fun
- Compete
- Learn

- Regarding practice planning:
 - Throwing limits
 - Listen
 - Teach
 - Values

What does a South Practice look like?



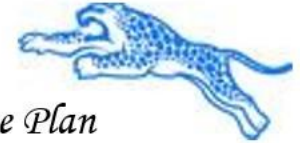
- Warm up routine
 - Throwing routine
 - Fielding/hitting routines
 - Pre-game
 - PPPs OR Team practice
 - What's the difference?
 - Defensive practice
 - Divide IF/OF
 - Full Field
 - Offensive
 - Tees, breakdowns
 - Bunting
 - Baserunning
 - 5, 4, 3, 2, 1 or Stay Alive
 - Chores
 - Debrief, breakdown
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PPP
Personalized Practice Plan
Middle Infield



30 grounders – no throwing – no bobbles either
15 “recovery” field and throws. Backhand and forehand.
Diving – 10 glove side, 10 back hand
10 Drop step to glove side pop-ups
10 Drop step to non glove side pop-ups
30 throws/flips from ground- 15 to 1st – throws
backhands/forehands, 15 to 2nd – flips –
15 backhands – keep ball from going to center. Deep
angles.
4 glove side dives stopped, up and throw
4 non-glove side dives stopped, up and throw
50 hops non glove with tennis balls
10 MUST CHARGE ground balls – picking the right hop
15 forehands – to 3-4 hole...keep ball from going into
right field.
15 ‘receiving’ bunts with throw to 1st
10 throws to 2nd for double play

PPP
Personalized Practice Plan
Catcher



Everything with gear on..

15 foul ball pop ups (different areas, different heights, etc), get
your back turned to the infield if it is high.

25 blocks – tennis balls – no glove. Get big and keep ball in front
using your body.

10 passed balls – whoever is working with you will need to cover
home. Hit your knees, slide and throw it back to home plate. No
need to look for runner.

27 frames - stick the location – Weighted ball/TCB– bare-handed.
Then move to glove. Work low especially. Working on hand/wrist
strength

10 fielding throws - to home – get up the line and tag incoming
runners.

8 short bunts – get out and get ball to 1st

Pick offs and steals – 4 to each base. Work on pop time

1st and 3rd plays – run through them all – you will need someone
to run through them and catch for you.

PPP
Personalized Practice Plan
Offense - Anyone



3 tag ups from 3rd
3 1st to 3rd, slide
5 lead offs, work on timing
3 lead off, dive back
10 high tees
10 knee to hand loads
10 work on what you want
20 front toss

PPP
Personalized Practice Plan
Kid who struggles with timing



Dailies
10 high tees
10 knee to knob load – tee
10 rhythm swings - tee
10 outside pitches; take it to the right side.
10 inside; take to left
15 soft toss/front toss – simulate change ups and speed changes by tossing at different levels. Failure to adjust on change up = no rep.
3 plate drill

How do we make everyday skills game like?



- Make EVERYTHING a competition – Get Creative
- Play everything out!
- Keep score for EVERYTHING.
 - Jags vs Anyone else
 - Hustle
 - Down and dirty
 - Routine plays
 - Advanced plays
 - Errors
 - Balls that get to the grass or fence
 - Strike Out
 - Jags MUST win or we keep going, and sometimes...start over

Best practice for game situations: Practice FAILURE!



- Make practicing failure a part of every drill.
 - Pity party and pouting = Selfish
- Model how you want the players to respond.
 - Some will need adjustments
 - Some will need more time
 - Practice what you preach
 - Make it routine
 - Individual Response - varies
 - Team Response – come up with 2 or 3
 - “1 Out!” or “An Out”
 - “Right Here, Right Now”
 - “This pitch”, “Next pitch”
 - Value the “Bounce Back”

Defense



- Diving – non-negotiable at BSSHS
 - Make sure to teach it
 - Game-like diving –
 - Making the play after the dive
 - Game situations when NOT to dive
 - Backups and angles
 - 2-man drills
 - Diving in traffic AND communication AND trust – No Man’s Land
 - Good skill to earn Home Team runs.

Defense – IF/Outfield



- 911/Chaos
 - Stopwatch – 2.8 bat to first base
 - 21

 - Infield breakdowns –
 - Multiples
 - Middles vs Corners vs Pitchers and Catchers
 - Stopwatch, stopwatch, stopwatch

 - Outfield breakdowns –
 - HELL Drill
 - Shoulder drill
 - FENCE!
 - GET IT IN!
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Offense - Baserunning



- Hell on Wheels
- 5, 4, 3, 2, 1 running
- SEMO Baserunning
- Add Odds & Evens/defense to this drill.

Offense - Bunting



- Add it to baserunning practice, or change “One and Done” to bunting.
 - Make it a game/practice ending challenge
 - Can use bunting to “earn” swings
 - Communicate the WHY!
 - Teach ALL TYPES and situations for bunts
 - Biggest cheers are to bunters
 - ALWAYS a green light to bunt
 - SELL, SELL, SELL – eventually they will buy in.
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Offense - Hitting



- I don't use LIVE pitchers.
 - FLIVE
 - 5, 4, 3, 2, 1
 - 1 and Done
 - Practice plate approach/discipline
 - Go or Stay
 - Tell me
 - Take Away
 - Make sure to practice reacting to failure.
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