



## Practice Plan

Date: \_\_\_\_\_ Place/Facility: \_\_\_\_\_ Time Allotted: \_\_\_\_\_

1. Practice Plan Objectives for today: \_\_\_\_\_

2. Warm Up/Conditioning : \_\_\_\_\_ Time: \_\_\_\_\_

*This is consistent for every practice*

3. New softball skill to be taught:

\_\_\_\_\_

4. Individual Skill Practice Activities: Time: \_\_\_\_\_

Drill 1-Infield/Fielding \_\_\_\_\_

Drill 2-Outfield/Catching \_\_\_\_\_

Drill 3-Hitting \_\_\_\_\_

*These Drills are to be in stations at the same time.*

6. Team Skill Practice Activities: Time: \_\_\_\_\_

Drill 1 \_\_\_\_\_

Drill 2 \_\_\_\_\_

Drill 3 \_\_\_\_\_

7. Rule to review for today: \_\_\_\_\_

8. Fun Game to finish: \_\_\_\_\_

9. Team communication and announcements: \_\_\_\_\_