



## Appendix 8: Daily Practice Planner

Date:

Purpose/Goals for Today's Practice:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Equipment Needed:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Warm Up Phase	Drills/Exercises Selected
Aerobic Warm Up	
Stretching	
Technical Skills Warm-Up	

Water Break

Skill to Improve	Drill Description	Coaching Points/ Notes



Skill to Improve	Drill Description	Coaching Points/ Notes
Water Break		
Cool Down Phase		Exercises/ Notes
Aerobic Cool Down		
Stretching		

Evaluation and Notes for Next Practice:

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# Effective Practice Planning

Coaches would be pulling their hair out if they had to try to come up with something off the top of their head every practice, and keep everyone on the field happy and into learning the game of softball. One of the best ways to run a smooth practice that teaches skills and provides players with an enjoyable experience is to have a practice plan.

Coming into the practice with a script for how things should run is a great way to take the pressure off you and your coaching staff and provide your players with constant instruction and interaction. In this chapter, we have provided you 25 different practice plans that will address different areas of the game of softball.

You will notice many of the drills that we have talked about in this book included in the practice plans. These drills can be shaped and modified to suit your teams needs. The practice plans are also just a guideline for you. Once you go through a few of the practice plans, you are probably going to pick a few that you like the best and go with those.

However you choose to use them, we hope that they come in handy when you teach your players the game of softball.

**Here are a few tips to running a good practice:**

- **Have a plan**
- **Instruct the players on all techniques involved in a drill**
- **Include fun things like competitions or games to break up constant instruction – after all, they should have fun!**
- **Don't criticize – INSTRUCT. Players respond much better to instruction than they do to ridicule and criticism.**
- **Keep the practice flowing, but include time for warm up, warm down and a few breaks for water.**
- **Run different stations that build on player skills. This gives players more repetition and increases skill set.**

**Note:** The practice plans are geared towards the intermediate and advanced softball player. You can insert the T-ball drills where you see fit.

**Note:** To run stations, use two of the practice plans at one practice, one for hitting and another for fielding skills. You will give the players more repetition.