

120 MINUTE SOFTBALL PRACTICE #1

Team

Date

0:00-0:15

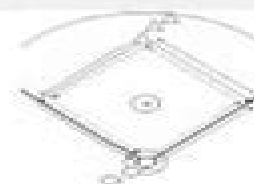
DYNAMIC WARMUP

- Trunk Rotation - twist upper torso side to side
- Leg Swings - alternate swinging each leg forward
- Arm Circles - loosen up the shoulders
- Forward Lunges - players should go as low as they can
- Lateral Shuffle - don't cross the legs
- High Knees - knees should be coming up to the waist
- Light Throwing - stand 10-15 feet apart - practice 4-seam grip and showing a target box

0:15-0:15

BASERUNNING RELAY

- Divide team into two groups - put one group at home, the other at second base.
- On the coaches' signal, the players on second sprint towards third, and then home, first, and back to second to tag their next teammate.
- The runners from home do the same thing, but round the bases in the correct order.
- The teams will continue to do this, tagging the next player in line when they reach their team bag, until all players on a team have completed a circuit.



0:15-0:55

HITTING STATION #1 - EYE ON THE SPOT

- Divide team into 3 stations and switch every 10 minutes
- Station 1 - Eye on the Spot: Set up a tee that is about waist height for the player. Put a dime size dot on the backside of the ball, just above the halfway circumference of the ball. Place the ball with the spot facing toward the backstop.
- Hitters focus on the spot and use proper mechanics to hit the ball into a fence or net
- This drill is designed to get players to keep their eye on a certain spot on the ball, which increases concentration and focus



0:15-0:55

HITTING STATION #2 - COLORED BALL TOSS

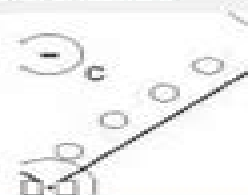
- Divide team into 3 stations and switch every 10 minutes
- Station 2 - Colored Ball Toss: Coach sets up in soft toss position with two different colored softballs. Coach tosses two balls to the batter and calls out the color that should be hit.
- Batter focuses in on the correct ball drives it into the fence or net.
- Add in fake tosses and change height and speed of the balls to further test the batter.



0:15-0:55

HITTING STATION #3 - CONTACT AND FREEZE

- Divide team into 3 stations and switch every 10 minutes
- Station #3 - Contact and Freeze: Batters line up with at least 5 feet of space in each direction. Coach stands in front of the batters.
- Coach calls out a certain pitch (for example, low and outside, inside high, down the middle, curve, slider, etc.) and batters immediately take the appropriate swing and freeze where they would make contact with the ball.
- Coach observes the swings and ending bat position and makes corrections



0:55-1:00

WATER BREAK

Softball Tryout Plans

Craig A. Wrisberg

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Softball Tryout Plans:

Defensive Softball Drills Jacquie Joseph, 1998 66 drills for improved individual and team fielding *Coaching Youth Softball* American Sport Education Program, 2007 Fun safety and effective instruction are the focus of the fourth edition of *Coaching Youth Softball* helping you create an environment that promotes learning cultivates a love of the game and motivates your athletes to come out for the team year after year Numerous coaching books present the skills and drills of softball But here s a book that teaches you how to convey those skills to your athletes in an engaging and positive manner Endorsed by Babe Ruth Softball *Coaching Youth Softball* is focused on teaching offensive and defensive skills through gamelike drills which sets it apart from the current lineup of softball coaching books The fourth edition includes 12 new drills and 37 age specific coaching tips that are sure to jump start your practices all in a reorganized format geared for sequential learning and quick reference *Coaching Youth Softball* s double play of softball fundamentals and essential coaching skills like communicating with parents and officials motivating players and preparing for games and practices makes this book a must read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes **Practice Perfect Softball** National Fastpitch Coaches Association, 2016-06-24 The road to a championship season begins long before the first pitch of the opening game It begins before a player even steps onto the field In *Practice Perfect Softball* the game s premier coaches share their approaches experiences and philosophies of every aspect of practice This authoritative guide goes beyond the stretches and drills straight to the heart of winning effort and attitude From structuring sessions to evaluating practice performance you ll find proven and practical recommendations from the all star lineup of contributors Julie Lenhart Rachel Hanson Beverly Smith Rachel Lawson Lisa Sweeney Van Ackeren Dot Richardson Ken Eriksen Connie Clark Celeste Knierim Bill Gray and Melissa Chmielewski Lonni Alameda Jo Evans Jen McIntyre Donna Papa JoAnne Graf editor Inside you ll identify and establish practice ethics assess team strengths and develop players skills in the field on the mound and at the plate Developed by the National Fastpitch Coaches Association *Practice Perfect Softball* is your guide to developing champions on and off the field *Coaching Fastpitch Softball Successfully* Kathy J. Veroni, Roanna Brazier, 2006 Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend *Coaching Fastpitch Softball Successfully* provides the guidance and technical expertise you need in order to build and maintain a competitive team covering every facet of leading a squad on the field and developing a program off of it Hall of Fame coach Kathy Veroni who has won more than 1 250 fastpitch games in her career and pitching expert Roanna Brazier share their insights and experiences in this authoritative comprehensive guide to coaching fastpitch softball From developing a coaching philosophy and planning for the season to teaching the skills and tactics of the game you will find proven formulas for success within these pages With practice and conditioning plans administrative forms sample scouting charts tactics for dozens of game situations and more than 130 drills *Coaching Fastpitch Softball Successfully* is the most complete resource available for aspiring and experienced

coaches alike Take advantage of the authors expertise to gain a winning edge over your competition **Coaching Youth Softball** Coach Education,2018-11-15 Whether you re new to coaching or an experienced youth softball coach the fourth edition of Coaching Youth Softball is your handbook for a successful season Field tested age specific coaching information helps you communicate with players officials parents and other coaches teach softball fundamentals using gamelike drills provide basic first aid plan and conduct practices manage your team during games and keep it all fun Numerous coaching books present the skills and drills of softball But Coaching Youth Softball teaches you how to convey these skills to your athletes in an engaging and positive manner Endorsed by Babe Ruth Softball the book is focused on teaching offensive and defensive skills through gamelike drills which sets it apart from the current lineup of softball coaching books Ideal for coaches of players ages 14 and under Coaching Youth Softball helps you focus on the fundamentals and the 12 new skill teaching drills and 37 age appropriate coaching tips are sure to jump start your practices Experience the excitement as your players improve their skills fall in love with the game and come out for the team year after year Coaching Youth Softball Babe Ruth League, Inc.,2019-01-03 Congratulations on your commitment to coach youth softball If you re new to coaching you ll find Coaching Youth Softball invaluable in making your first season a success If you have previous coaching experience you re sure to discover tips and strategies that will help you improve on last year Coaching Youth Softball will help you manage your team with confidence This age specific and field tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach communicate with players officials other coaches and parents teach softball skills and strategies using a combination of 27 drills and 39 coaching tips minimize the risk of injury establish a safe playing environment and administer basic first aid plan and conduct efficient practices manage your team on game day and keep it all fun Written for coaches of players ages 18 and under this book is a valuable component of the Coaching Youth Softball The Babe Ruth League Way online course the official certification course of Babe Ruth League the premier amateur baseball and softball program in the world With this book you will create and nurture an athlete centered environment that promotes player development enjoyment motivation safety and sportsmanship an environment that inspires players to perform at their best and come out for the team year after year *Complete Guide to Slowpitch Softball* Rainer Martens,Julie S. Martens,2011 A comprehensive and original instructional guide to the unique sport of slowpitch Learn basic to advanced offensive and defensive techniques as well as expert advice on physical and psychological conditioning **The Complete Book Of Softball Drills** Gary Leland,2013-12-16 Great practice drills for fastpitch softball players This book has drills for base running pitching hitting catching and fielding Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network Gary s teams won the 14 and under and the 15 and under Texas USSSA State championships back to back His teams came in fourth and fifth in the USSSA National Championships for 14 under and 15 under Now he shares some of the drills his team used while training his fastpitch softball team It seems like a lifetime ago but I still remember

when I started coaching my daughters fastpitch softball team I had played a little baseball growing up and some slowpitch softball along the way too I soon found out two things One is that fastpitch softball was a sport of its own While so many thing are the same There are many thing that are different in fastpitch softball than baseball or slowpitch softball Two is that I knew nothing about coaching fastpitch softball players at all Playing sports had not really taught me how to coach One of the main things new coaches are looking for is information This book is my attempt to provide another source for that information While I admit I did not come up with these fastpitch softball drills Many of them have probably been used for years and years What I did was find many of the great drills I used with my players while coaching Then I wrote them in an easy to understand format Trying to make them easy to learn and use While this may be a guide for coaches to help their young players this is also be a great resource for parents hoping to help their daughters become better fastpitch softball players

Coaching Ralph J. Sabock, Michael D. Sabock, 2005 Coaching A Realistic Perspective is the ideal textbook for anyone who is preparing to coach athletics All aspects of the profession are addressed in a clear and straightforward manner presented with advice gained from decades of experience The expanded and updated eighth edition examines the qualities of successful coaches presenting tools for self evaluation recruiting off season planning player and parent expectations of coaches potential problem areas and the balance between a coach s work life and personal and family life a topic often overlooked in other textbooks

The Softball Coaching Bible Volume I National Fastpitch Coaches Association, 2002-02-07 Now for the first time in the sport of fastpitch softball you can learn from successful coaches and apply their approaches to your own program In The Softball Coaching Bible 28 of the top U S coaches share their principles insights strategies methods and experiences to help you enhance the experience and development of your own athletes Developed in cooperation with the National Fastpitch Coaches Association NFCA The Softball Coaching Bible was written by the greatest assembly of college and high school softball coaches ever The text provides the finer points of coaching softball presented in an engaging manner that makes the contents easy to apply to your own ball club The topics range from teaching the best skills and drills to subjects rarely written about such as developing responsible athletes and building character and loyalty in players Find out how Mike Candrea develops productive hitters at the University of Arizona and follow the advice of Fresno State University s Margie Wright for competing in tournaments and playoffs This landmark work covers all the bases from recruiting players to attracting fans The Softball Coaching Bible also contains information on professional development moving through the coaching ranks making use of other coaches and professional organizations avoiding coaching burnout and attending and running camps and clinics Chapter after chapter this book provides the game plan for building a winning program The Softball Coaching Bible is filled with insights and expert advice to help you learn and grow Soak it up enjoy the stories and discover the wisdom of the sport s finest mentors Contents Introduction Learning From the Best by Jacquie Joseph Part I Coaching Priorities and Principles Chapter 1 Sharing a Love for the Game Dianne Baker Chapter 2 Making

Softball Fun Margo Jonker Chapter 3 Competing With Class Carol Bruggeman Chapter 4 Out Hustling Your Opponent Teresa Wilson Chapter 5 Coaching With Integrity Marge Willadsen Part II Program Building and Management Chapter 6 Organizing and Orchestrating a Winning Program Joanne Graf Chapter 7 Mentoring Within Your Staff Gayle Blevins Chapter 8 Building a Recruiting Network Brian Kolze Chapter 9 Marketing and Promoting Your Program Yvette Girouard Chapter 10 Establishing a Successful High School Program Denny Throneburg Part III Creative and Effective Practice Sessions Chapter 11 Organizing Indoor and Outdoor Practices Bill Edwards Chapter 12 Conducting Innovative Practices Deb Pallozzi Chapter 13 Using Practice Drills Effectively Betty Hoff and Jacki Wright Part IV Individual Skills and Team Strategies Chapter 14 Developing Productive Hitters Mike Candrea Chapter 15 Manufacturing Runs Jay Miller Chapter 16 Producing Elite Pitchers Cheri K Kempf Chapter 17 Charging Up the Battery Lori Sippel Chapter 18 Playing Situational Defense Linda Wells Chapter 19 Competing in Tournaments and Playoffs Margie Wright Part V Player Motivation and Leadership Chapter 20 Winning the Mental Game Jeff Janssen Chapter 21 Building Team Chemistry Rhonda Revelle Chapter 22 Developing Responsible Athletes Elaine Sortino Chapter 23 Building Loyalty and Tradition in Players Carol Hutchins Chapter 24 Inspiring Today's Players Mona Stevens Part VI Off the Field Opportunities Challenges and Pressures Chapter 25 Learning and Developing As a Professional Rayla J Allison Chapter 26 Conducting Camps and Clinics Judi Garman Chapter 27 Beating the Burnout Factor Sharon J Drysdale and Karren J Drysdale

Practice Perfect Softball National Fastpitch Coaches Association (NFCA), 2016-05-27 Add Practice Perfect Softball to your dugout and begin your journey to a championship season The National Fastpitch Coaches Association NFCA has put together an all star lineup of coaches including Connie Clark Jo Evans Rachel Lawson Ken Eriksen Donna Papa Julie Lenhart Lonni Alameda Dot Richardson and Beverly Smith

The Softball Coaching Bible, Volume II National Fastpitch Coaches Association, 2013-11-05 In The Softball Coaching Bible Volume II the NFCA has assembled a stellar lineup of coaches who share the insights that have helped them establish successful programs This book presents the most comprehensive information on fielding hitting training forming a coaching staff and helping develop well rounded student athletes

Youth Softball Jill Elliott, Martha Ewing, 1992

Sport Skill Instruction for Coaches Craig A. Wrisberg, 2007 Aimed at coaches PE teachers and professionals working with athletes this text introduces sport science topics to coaches as well as how these concepts can be applied to enhance sports performance

Sticky Situations Betsy Schmitt, 1997 Contains 365 devotions each of which describes a dilemma a young person might face during the course of an ordinary day and includes a list of possible options and guidance from Scripture on making the right choice

Comprehensive Plan for Albemarle County, Virginia, 1989

We Got Mojo! Raul A Deju, 2016-07-21 Thirty five of my BFF and I decided last year to write snippets of our lives reflecting on how we used our mojo to survive and thrive Many of us escaped adversity in our home countries including the genocide of the Killing Fields in Cambodia the Cuban Revolution and the brutal life in the rural mountain villages of Peru Others in my list of BFF escaped the equally harsh demons

of drug addiction while others survived poverty racism war and all forms of discrimination However nothing could stop any of us in our aim to lead a successful life with no sulking None of us considered success the result of becoming rich and famous instead to us success meant bettering ourselves bettering the world innovating where we could and creating businesses such as Charles Schwab EnergySolutions Yahoo HBO MTV Nickelodeon parts of the Virgin Group and many others We have accomplished our goals through passion leadership and perseverance without sacrificing our values and we continue to do so today The book contains our stories in our own words and just like Napoleon Hill did in his famous book Think and Grow Rich in 1937 we have analyzed our life trips and derived the twenty rules that we have consciously or unconsciously followed to achieve our individual success The stories represent three dozen lifetimes of successes and failures or perhaps we should call them learning steps Through it all we have used our mojo to the max and still do so today We truly got mojo and these are our stories of inspiration and perspiration

2024-2025 Saunders Clinical Judgment and Test-Taking Strategies - E-Book Linda Anne Silvestri,Angela Silvestri,2023-05-20 Learn proven strategies to prepare for nursing school tests and the NCLEX exam 2024 2025 Saunders Clinical Judgment and Test Taking Strategies Passing Nursing School and the NCLEX Exam 8th Edition provides tools to help you overcome test anxiety develop strong study skills and improve test scores You ll gain insight into key nursing areas such as clinical judgment prioritization leading and managing communication and pharmacology In the book and on the Evolve companion website 1 200 practice questions represent all question types including alternate item formats and new test items for the Next Generation NCLEX Written by leading NCLEX experts Linda and Angela Silvestri this essential resource offers the practical tips and realistic practice you need to succeed on any exam Helpful Tips for the Nursing Student are provided with every practice question to highlight the most important concepts needed for exam success UNIQUE Student to Student Tips highlight real life strategies that have helped other students successfully complete nursing school and pass the NCLEX exam Focus on test taking strategies helps you develop essential clinical judgment skills and prepares you to find the correct answer to all types of test questions Categorization of questions by beginning intermediate or advanced level makes this book a useful tool throughout your nursing program 1 200 practice questions in the book and on the companion Evolve website include detailed rationales and test taking strategies Practice question categories on the companion Evolve website include the level of cognitive ability client needs integrated process clinical judgment cognitive skill content area priority concepts alternate item formats and strategy NEW Additional Next Generation NCLEX NGN unfolding case studies and single episode item types are included on the Evolve companion website preparing you for the changes to the NCLEX exam NEW NCSBN Clinical Judgment Measurement Model NCJMM updates and new item types are included throughout the book

The Devil's Best Trick Randall Sullivan,2024-05-14 Part true crime story part religious and literary history an investigation into the nature of evil and the figure of the Devil by acclaimed journalist Randall Sullivan Throughout history humans have struggled to explain the evils of the world and the darkest parts

of ourselves The Devil s Best Trick is a unique and far reaching investigation into evil and the myriad ways we attempt to understand it particularly through the figure of the Devil Sullivan s narrative moves through centuries of historical religious and cultural conceptions of evil and the Devil from the Mesopotamian and Egyptian gods to the Book of Job to the New Testament to the witch hunts in Europe in the 15th through 17th centuries to the history of the devil worshipping Black Mass ceremony and its depictions in 19th century French literature He references major literary religious and historical figures from the Persian sages Zoroaster and Mani Plato Thomas Aquinas John Milton Edgar Allan Poe Aleister Crowley and many more among them Charles Baudelaire from whose work Sullivan took the title of the book But this is not just a cultural history Sullivan intersperses original reporting and personal reflection He travels to Catemaco Mexico to participate in the Hour of the Witches an annual ceremony in which hundreds of people congregate in the jungle south of Vera Cruz to negotiate terms with El Diablo He takes us through the most famous and best documented exorcism in American history which occurred in 1928 and lasted four months He ponders the psychology of evil through his encounter with one brutal serial killer and he reports on the Satanic Panic of the 1980s detailing the shocking story of a small town in Texas that one summer in 1988 unraveled into paranoia after a seventeen year old boy was found hanging from the branch of a horse apple tree and rumors about cult worship spread throughout the wider community Randall Sullivan whose reportage and narrative skill has been called extraordinary and enthralling by Rolling Stone takes on a bold task in this book that is both biography of the Devil and a look at how evil manifests in the world

Psychology of a Superpower Christopher Fettweis, 2018-05-15

With the collapse of the Soviet Union the United States was left as the world s sole superpower which was the dawn of an international order known as unipolarity The ramifications of imbalanced power extend around the globe including the country at the center What has the sudden realization that it stands alone atop the international hierarchy done to the United States In Psychology of a Superpower Christopher J Fettweis examines how unipolarity affects the way U S leaders conceive of their role make strategy and perceive America s place in the world Combining security strategy and psychology Fettweis investigates how the idea of being number one affects the decision making of America s foreign policy elite He examines the role the United States plays in providing global common goods such as peace and security the effect of the Cold War s end on nuclear weapon strategy and policy the psychological consequences of unbalanced power and the grand strategies that have emerged in unipolarity Drawing on psychology s insights into the psychological and behavioral consequences of unchecked power Fettweis brings new insight to political science s policy analysis toolkit He also considers the prospect of the end of unipolarity offering a challenge to widely held perceptions of American indispensability and asking whether the unipolar moment is worth trying to save Psychology of a Superpower is a provocative rethinking of the risks and opportunities of the global position of the United States with significant consequences for U S strategy character and identity

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