

# Fauquier Girls Softball Association

## - Practice Guidelines:

### 10 & Under Guidelines:

Many of the girls will be playing softball for the first time. Many will not know how to throw and catch. Some will not know the difference between 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> bases, and they may not know what the home plate is. They will not know which field is right, left, or center. Here's a suggested schedule to use for your practice, showing a start time of 9:00 am.

<b>TIME:</b>	<b>ACTIVITY:</b>
<b>9:00 – 9:10</b>	Warm up and stretching; have girls pick a partner to throw ball with; explain the importance of warming up muscles
<b>9:10 – 9:25</b>	Teach proper throwing and catching skills – work with individuals (many will now be able to catch – HOMEWORK!)
<b>9:25 – 9:35</b>	Teach proper fielding skills – throw grounders and have them throw the ball to someone on a base back
<b>9:35 – 9:45</b>	Teach proper base running skills – overrun 1 <sup>st</sup> , touch corners on other bases
<b>9:45 – 9:50</b>	Teach proper batting technique – give each girl a bat and have her follow your instruction
<b>9:50 – 10:00</b>	Water Break!
<b>10:00 – 10:15</b>	Hit infield/outfield; explain positions; explain where to stand; how to cover the base; switch players around into different positions
<b>10:15 – 10:40</b>	Individual Skill Groups: Batting practice, pop flies, pitching and catching practice – Split into groups, rotate thru every 10 minutes
<b>10:40 – 10:55</b>	Hitting & Running – Have the girls split into teams of 3 or 4 and let them bat and run, just like in a game – This is their favorite part!
<b>10:55 – 11:00</b>	Meet with parents; review administrative stuff; explain your philosophy for the team; give girls homework; SAY GOODBYE!

The above schedule is best suited for practices held earlier in the season. As the girls learn, you can add other activities and replace some of the basic training items. Following are some other skills you can add:

- Sliding – teach on a tarp, preferably on a hill
- Teach what a force out is versus when a runner must be tagged
- Teach about a fly balls and runners being off the base
- Teach about double plays
- Teach about using cut-offs; getting the ball to the infield
- Teach about the league rules, and playing time
- Teach cheers!!

**REMEMBER TO ALWAYS STRESS GOOD SPORTSMANSHIP!**