

Fauquier Girls Softball Association

- Practice Guidelines:

12 & Under & Up - Guidelines:

Many of your players have played before, but you will often have girls that have either never played softball before or that have never played in this age group before. You will need to give the 'new' girls some special attention.

Following is a suggested practice schedule you can use:

TIME:	ACTIVITY:
9:00 – 9:15	Warm up and stretching; have girls pick a partner to throw ball with; explain the importance of warming up muscles – While girls are warming up, teach proper throwing & catching skills
9:15 – 9:25	Fielding skills: Split into 2 groups; have coaches throw grounders to girls and have girls throw ball back to someone on a base.
9:25 – 9:35	Review base running skills: overrunning 1 st base; touching corners on each base, leading off
9:35 – 9:45	Teach proper batting technique – give each girl a bat and have her follow your instruction
9:45 – 9:50	Hold throwing drill; stress throwing hard and accurately; make it a contest; split into teams of 3 or 4 players
9:50 – 10:00	Water Break!
10:00 – 10:15	Hit infield practice; use all players, explain positioning; switch players around.
10:15 – 10:35	Individual Skill Groups: Batting practice, pop flies, pitching and catching practice – Split into groups, rotate thru every 10 minutes
10:30 – 10:55	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!
10:55 – 11:00	Meet with parents; review administrative stuff; explain playing time, etc.; answer questions

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
- Review basics: Force out, when to tag runner; catching fly ball & picking girl off base
- Review what a double play is; how to get one
- Teach about using cut-offs; getting the ball to the infield
- Teach about the league rules, and playing time

REMEMBER TO ALWAYS STRESS GOOD SPORTSMANSHIP!