



Menlo School Athletics

VA Softball

Goals

- Teach fundamental skills
- Have fun
- Learn the game
- Be competitive

Exercises and Fitness Routines

- Calisthenics - pushups, jumping jacks, straddles, burpees
- Cardiovascular running - laps, timed runs, swims, stairs, jump rope
- Muscular strength - body squats, plyo jumps, tricep presses, step-ups
- Dynamic and static stretching - specific sport stretching

Skills

- Throwing
- Catching
- Fielding Grounders/Fly Balls
- Batting - bunting skills
- Base-running

Specific Position Skills

- Pitching - windmill, coming off the rubber
- Catchers - framing, blocking, footwork, throwing down to base, holding on a runner, pitch calling
- Infielders - stance, playing a position, playing a base, tagging, footwork to throw, short toss
- Outfielders - crow hop, footwork, stance, catching positions, throws

Strategies

Defense

- Cutoffs and Relays
- Backing up bases
- Positioning
- Runners on base
- Situations

Offense

- Situational Hitting
- Advancing runners
- 1st and 3rd
- Squeeze
- Hit and Run

Exercises and Fitness Routines

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General Practice Plan

- Throwing - one knee, short and long toss, 10 min
- Stretching and conditioning, 10 min
- Skill Work - defense or offense, 15 min
- Strategy or scrimmage work, 30 minutes
- Cleanup and team talk, 5 min