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

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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