



Middle School Athletics

Sixth Grade Softball

Program Goals and Objectives

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

Equipment

Cleats, glove, sliding pad for softball (cleats could be soccer cleats)

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

General Practice Plan

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