

**Meet and greet from the Coaches & Assistants** 10 min.

Form a circle around you to meet and greet. Have the girls introduce themselves, what grade and what school they attend.

**Present your goals for the season**

Learn or improve the 5 fundamentals of game, (1) Catching, (2) Throwing, (3) Fielding, (4) Batting and (5) Base Running. Also explain that the game is about Sportsmanship, Teamwork, Attitude and Having Fun.

**Jog & Stretch** 5 - 10 min.

Jog - Have them go for a soft jog – not a race, not a run.

**Remember to drink water**

**STRETCHING**

**Rotating Wrist Stretch:** Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards and then use your other hand to further rotate your hand upwards.

**Elbow-out Rotator Stretch:** Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow backward.

**Lying Knee Roll-over Stretch:** While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.

Stretching the Hamstrings:

Stand with your legs together, arms at the side. Cross the right foot over the left foot and bend forward, dropping the arms to the ground. Hold for five seconds. No bouncing.

**Remember to drink water**

**THE READY POSITION** – This is a crucial part to achieve the 5 fundamentals.

1. Form a line of girls facing the coaches and about 3 or 4 ft. apart from each other.
2. Stand tall with their feet together.
3. Open your stance until your feet are outside your hips.
4. Flex your knees.
5. Lean a little bit forward to get your weight on the front of your foot.
6. Keep your chin up.
7. Keep your arms next to body in a flex or 90degree angle
8. Elbows down and keep your throwing hand close to your receiving hand as much as possible.
9. Two thumbs pointing to the sky.

**FIELDING GROUND BALLS** – Like a Crocodile eats

Have girls partner up, stand facing each other about 4 to 6 ft. apart. Have them roll ground balls to each other. Practice fielding the ground ball from the ready position. Make sure the throwing hand is above the fielding glove to ensure the ball stays inside the glove - like a crocodile bites.

**Remember to drink water**

### **Throwing – Wrist Only**

**Gripping the ball:** Thumb underneath the ball, pinky off the ball, ball in the base of your fingers

1. Have girls pair up and face each other about 4 to 6 ft apart.
2. Place the knee of the throwing hand on the ground, the other leg flexed at a 90 degree angle.
3. Grip the ball.
4. Shoulders aligned to their partner.
5. Throwing arm at 90 degree angle, elbow supported by the glove hand.
6. Flip the ball (on a catapult motion from back to the front) to your partner keeping your arm still.

You can practice this skill by holding your throwing arm just above the wrist with your glove hand. Bend your throwing arm at the elbow with your forearm vertical. Keeping your arm in this position, practice throwing the ball with just your wrist and fingers.

### **RUNNING TO FIRST BASE**

Run from Home plate to 1st base. Step on the base with right foot and don't stop until past the base.

**End practice with some sort of cheer. 1,2,3,Teamname etc.**