Softball – Outside if possible

**Skill 1 – Catching**
- Using your gloved hand place it in front of you.
- Remember to never cover your eyes
- As the ball is thrown to you, follow the ball with your glove.
- Catch the ball in your glove
- Close your glove
- Cover the gloved closure with your non-gloved hand

**Drill – Catching**
- You can do this drill with a partner or self-toss
- Have the partner toss the ball towards you and practice catching with your glove, closing the glove and cover the glove with your other hand
- If self-toss, toss the ball in the air as it comes down catch the ball with your glove, close the glove and cover the glove with your other hand
- Perform this skill 10 times. Remember to protect your face and keep your eye on the ball

**Skill 2 – Throwing (drill is written for right hand throwers, revers the left and right for left handed throwers)**
- If your glove is on your left hand your left foot steps forward
- The ball is in your right hand
- Point your glove in the direction you are throwing
- Pull your right arm back making a lowercase t with your arms
- As you bend your elbow to throw the ball, release when your left hand gets to the right hands glove

**Drill – Throwing**
- Place an X on a wall 5 ½ feet from the ground. Using the skill above, throw the ball and aim for the target
- Throw the ball 10 times – how many times can you hit your target?

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**Equipment Needed:**
- Glove or something to use as a glove – oven mitt or hand towel
- Softball or something to use as a softball – tennis balls or nerf balls
- Target or something to use as a target – a trash can or laundry basket
- Bat or something to use as a bat – paper towel roll, pvc pipe
Softball – Outside if possible

• Drill – Tossing underhand
  o Using a laundry basket or trash can practice tossing the ball underhanded.
  o Basket should be about 10 ft away.
  o Glove on one hand, step forward with the same side foot and using the non-glove hand toss the ball underhand into the basket.
  o Try 10 times – How many times can you make the basket?
  o To make it harder – move the basket back 3 more feet.

• Skill 3 – Batting
  o Stand sideways, holding the bat, hands together and resting on your shoulder
  o Keep your back foot on the ground
  o Keep your eye on the ball as you lift the bat from your shoulder and swing forward
  o Remember when you connect with the ball make sure you finish your swing.
  o Practice this swing 5 times

• Drill – Batting
  o Have someone toss you the ball underhand
  o How many times can you hit the ball out of 10 tosses?

• Skill 4 – Pitching underhand
  o Step forward with your left foot
  o Right arm with the ball swings straight back (your lowercase t position)
  o Swing the arm forward (straight arm) release the ball after your arm passes your leg
  o Follow through with your arm bringing it to your ear.

• Drill – Pitching
  o Place an X on a wall 4 feet off the ground. Using the skill above, pitch the ball aiming for the target. Start 15 feet away from the target
  o Throw the ball 10 times – how many times can you hit your target?
  o Move back to 20 feet and perform the skill again.
  o Move back 25 feet and perform the skill again