



# Coaches Training Guide to Sports Camp

## 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

- 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, reverse 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 hand's 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?

## Softball – Outside if possible

- Drill – Tossing underhand
  - Using a laundry basket or trash can practice tossing the ball underhanded.
  - Basket should be about 10 ft away.
  - Glove on one hand, step forward with the same side foot and using the non-glove hand toss the ball underhand into the basket.
  - Try 10 times – How many times can you make the basket?
  - To make it harder – move the basket back 3 more feet.
- Skill 3 – Batting
  - Stand sideways, holding the bat, hands together and resting on your shoulder
  - Keep your back foot on the ground
  - Keep your eye on the ball as you lift the bat from your shoulder and swing forward
  - Remember when you connect with the ball make sure you finish your swing.
  - Practice this swing 5 times
- Drill – Batting
  - Have someone toss you the ball underhand
  - How many times can you hit the ball out of 10 tosses?
- Skill 4 – Pitching underhand
  - Step forward with your left foot
  - Right arm with the ball swings straight back (your lowercase t position)
  - Swing the arm forward (straight arm) release the ball after your arm passes your leg
  - Follow through with your arm bringing it to your ear.
- Drill – Pitching
  - 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
  - Throw the ball 10 times – how many times can you hit your target?
  - Move back to 20 feet and perform the skill again.
  - Move back 25 feet and perform the skill again