

SOFTBALL FUNDAMENTAL EVERYDAY DRILLS

1. Long arch throwing
2. Short arch throwing
3. Bow and arrow throwing
4. $\frac{3}{4}$ arm throwing
5. Sway footwork with throws 1-4
6. Shuffle footwork with throws 1-4
7. Instep kick footwork with throws 1-4
8. Crow hops with long arm throws
9. Power steps with throws 1-4
10. Jam steps with throws 1-4
11. Jump turns with throws 1-4
12. Force play footwork with throws 1-4
13. Ground ball pick ups
14. Ground ball pick ups with all throws
15. Ground ball pickups with all throws and footwork
16. Do or die ground balls
17. Short hops- forehand and backhand
18. Quick release drills
19. Tags over the right shoulder
20. Tags over the left shoulder
21. Peel tags over the right shoulder
22. Peel tags over the left shoulder
23. Sweep tags over the right shoulder
24. Sweep tags over the left shoulder
25. Rundown throws and tags
26. Relay throws and fake throws
27. Backhand flips
28. Forehand flips
29. Drop steps fly ball routine catch
30. Drop steps fly ball with all footwork
31. Drop steps fly ball with all footwork and throws
32. Diving for the ball
33. Sliding catches

MISC.

1. Infield fly rule
2. Interference
3. Obstruction
4. Umpire Rapport
5. Non-playing responsibilities
6. Sign stealing
7. Bullpen catcher's responsibility
8. Pre-game warm-ups
9. Intentional walks
10. Trick plays
11. Mental aspects
12. Signals offense / defense
13. Sliding - Bent leg / hook / back-door/ head first / pop up
14. Getting out of a rundown
15. On deck hitter's responsibility
16. Bat selection, equipment selection
17. Appeal plays
18. Situation offense - Ground ball / behind the runner
Fly ball / etc.