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machines are a great tool for
indoor softball drills the speed
can be set precisely so a player
can get into the rhythm of hitting
the ball during these hitting drills*

a player should try to hit the ball right back at the pitching machine also hitting off a pitching machine is a perfect opportunity for players to practice bunting'

'softball drills and practice plans

May 24th, 2020 - softball drills and practice plans by coach becky wittenburg that s going to be the goal of this guide practice makes perfect we have all heard that saying and it really is true repetition of skills is the best way to get your 1 0 fielding drills'

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has been developed as a
resource guide for coaches it
has the detailed descriptions of
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coaches handbook the booklet
is in two parts 1 softball drills 2
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drills are grouped into sections
related to offense and defense'*

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we are going to illustrate 10
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swing practicing these
mechanics will help any hitter
develop more bat speed more
power and more consistency at
the plate you ll notice that these
keys include both a linear move
which loads up the body prior to
the swing and a rotational move
which brings the bat into the
hitting zone to make
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drill helps players with
conditioning and
understanding of field
position players pair and face
each other about 8 to 9 feet
apart without their gloves
while in the proper fielding
position for catching a
ground ball the players must
roll the ball back and forth to
each other while using the
proper hand exchanges'**

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simple report that reveals
exactly what drills to use in
practice so you can unlock the
secrets to better pitching and
give you the knowledge and*

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May 23rd, 2020 - this booklet has been developed as a resource guide for coaches it has the detailed descriptions of drills and modified games listed in the national and academy coaches handbook the softball drills are grouped into sections related to offense and defense they are only a small selection of many drills that are used in the game of softball"fastpitch softball drills to improve technique get all

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territory at 3b one girl is up in fielding position even with 3b a first baseman is needed as is a catcher the softball coach begins by placing a softball in the pitcher s circle then the coach hits a ground ball to the player at 3b'

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defend properly you won't
win many games here are a
series of tips to boost your
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help them maximize their
fielding potential'**

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**dedicated player like you
despite any weather
conditions'**

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great baserunning drills that
fastpitch coaches can use to
help players maximize their
game awareness and increase
their aggressiveness on the
basepaths place three balls
equal distance apart about three
fourths of the way from third to
home have a runner team 1 and
have a fielder on third base and
one on 2nd base team 2"*

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to perfect your fielding
performance 5 easy ways
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harder coach dan blewett in this
article i share five simple ways
any girl can improve her arm
strength and arm health to
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