

Softball Sport Training



A special thanks to

Alison Hartman, PT DPT from [Pro-Activity](#)

For content/photo contributions!

You chose Softball as your primary sport this season.

Partner Up Power Up will start with fitness training.

All sport training starts in Week #3 of the Partner Up Power Up program.

Live sport training sessions are scheduled for every Thursday.

This means you will start the sport training on September 24.

You are welcome to do sport training on other days if you would like.

The great thing is that you can do this training at home to prepare you to perform better in this sport!

Planning on joining the live sport training session?

Email sports@sonc.net for access to the live sports training session! Please note you must be a registered participant for Partner Up Power Up.

Are you also interested in other sports this season?

You can join other online sport sessions on any Thursday starting September 24. Email sports@sonc.net for more information.

You can also view recordings of all sport sessions on the SONC web site at

<https://sonc.net/sports-competitions/power-up/>



September 10, 2020
Training Thursday – Week #1

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 4-5). You can also join the live fitness training session.

September 17, 2020
Training Thursday – Week #2

You will do the fitness training for this week in your Partner Up Power Up playbook (instructions on pages 12-14 & 16). And there is a live fitness training session.

September 24
Training Thursday – Week #3

October 1, 2020
Week #4

October 8, 2020
Week #5

Time to start your sport training!

Every Thursday, you will do the following:

In this order	Training for that week	Where can you find it
1	First, let's warm up!	In your Partner Up Power Up Playbook
2	Let's get strong!	In your Partner Up Power Up Playbook
3	Your sport skill workout	On the following pages
4	Now, let's stretch it out!	In your Partner Up Power Up Playbook

Thursday Live Sessions
Every Thursday starting September 24



Join us online:

<https://zoom.us/j/94554067844>

Join us by phone: 1-929-205-6099

Meeting ID: 945 5406 7844

September 24, 2020

Softball Skills - Throwing



Go through all **4** exercises once, then do them **one more time**.

1. Seated Around the World

You will need something to use as a weight. A book, can of soup, a water bottle will all work!

- Sit up nice and tall.
- Hold the object in two hands, arms bent, in front of your chest.
- Keeping your body very still and only moving your arms, move the object up around your head in a circle, and return back in front. That is **1 circle**.
- Do the same thing but go the other direction. That is **2 circles**. Do a total of **20 circles; 10 each side**.
- Remember, only arms should move, while your middle stays tall and strong.



2. Lunges



- Stand up tall, take one big step forward with one leg, and drop your opposite knee to the ground
- Return to standing, and do the same with the opposite leg
- Do this **20 times**.

3. Throwing Technique- Kneeling



- Hold the softball or socks with three fingers on top across the seams with your thumb under the ball
- Take a knee about 10 feet from a wall; throw the ball against the wall with a snap of the wrist (no wind-up); do this for **4 minutes** or **20 times**.

4. Throwing Technique – Standing

- Stand with feet planted shoulder-width apart about 5 big steps from the wall
- Turn back to the side of your throwing arm, come forward by rotating your upper body, release and aim for target; do this for **3 minutes**
- Next, on the balls of your feet, step forward with non-throwing foot and plant, step past planted foot with throwing foot and release the ball toward your target; do this for **3 minutes** while your middle stays tall and strong.



Remember to go back through all 4 exercises one more time. Then, it's time for cool-down! You will find those stretches in the playbook.

October 1, 2020

Softball Skills - Throwing



Go through all **5 exercises** once, then go through them **one more time**.

1. Reverse Lunge



- Stand tall. Take a big step back with one leg, and drop your back knee toward the ground.
- Press up to bring your feet back together.
- Then step back and repeat with other leg as shown.
- Continue to switch legs **20 times**.

2. Seated Row – Rotate Right

You will need a chair, your resistance band, and something to wrap it around for this one!



- Wrap your resistance band around something heavy or won't move. If you don't have anything, then sit on the floor with the band under the middle of your feet.
- Sit up tall with your arms stretched out, holding a handle in each hand. Pull right arm back, and turn your upper body to the right at the same time.
- Return to center and straighten your arm. Do this **15 times**.

3. Seated Row – Rotate Left

Same as above, just turn to the left! Do this **15 times**.



4. Throwing Technique – Standing

- Stand with feet planted shoulder-width apart about 5 big steps from the wall
- Turn back to the side of your throwing arm, come forward by rotating your upper body, release and aim for target; do this for **3 minutes**
- Next, on the balls of your feet, step forward with non-throwing foot and plant, step past planted foot with throwing foot and release the ball toward your target; do this for **3 minutes** while your middle stays tall and strong.



5. Test your Accuracy and Distance

- For accuracy: set up a target on the wall about 5 big steps away from you. Use the techniques you've learned and hit the target as often as you can. Do this drill **3 minutes**.
- For distance: set up a laundry basket or trashcan about 10 big steps away. Use the techniques you've learned and throw the ball into the target as often as you can. Do this drill for **3 minutes**.



Remember to go back through all **5 exercises one more time**. Then, it's time for cool-down! You will find those stretches in the playbook.

October 8, 2020

Softball Skills – Throwing & Fielding



Go through all **4** exercises once, then do them **one more time**.

1. Reverse Lunge to Balance

- Stand up tall. Take a big step back with one leg, and drop your back knee toward the ground.
- Press up to return to standing, then raise your knee up and balance on one leg. Return to both feet on the ground. This is **1**. To make it harder, keep your foot off the ground as you bring it forward.
- Step back with other leg, and do the same action with the other leg. This is **2**.
- Keep switching legs for a **total of 20 times**.



2. ½ Kneeling Around the World

- Kneeling with **left knee** on the ground and **right foot** flat on the ground. Chest up and proud. Hold an object in front of your chest.
- Keeping body very still and only moving arms, move object up around your head in a circle motion, and return back to center. This is **1**.
- Move the object in a circle the other direction. This is **2**. Do this **15 total times**.



- Now, switch legs. Kneel with **right knee** on the ground and **left foot** on the ground.
- Keeping body very still and only moving arms, move object up around your head in a circle motion, and return back to center. This is **1**.
- Move the object in a circle the other direction. This is **2**. Do this **15 total times**.

3. Test your Accuracy and Distance

- For accuracy: set up a target on the wall about 5 big steps away from you. Use the techniques you've learned and hit the target as often as you can. Do this drill **3 minutes**.
- For distance: set up a laundry basket or trashcan about 10 big steps away. Use the techniques you've learned and throw the ball into the target as often as you can. Do this drill for **3 minutes**.



4. Fielding Grounders

- Stand about 10 feet away from a flat wall
- With feet shoulder-width apart and your hands in front of your body and extended at the waist, cup your palms to form a pocket for catching
- Toss your ball or socks against the wall and field it when it comes back to you
- Do this drill for **4 minutes**; if you master the technique, try varying the angle and speed of your tosses



Remember to go back through all 4 exercises one more time. Then, it's time for cool-down! You will find those stretches in the playbook.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

You made it through the first three weeks
of the sport training program.

You will receive the training program for the
next 5 weeks in the mail.

Don't forget to fill out your weekly trackers and share
them with your coach or partner.

Write your sport activity in under "other activity".