



Softball Sport Training

A special thanks to

Alison Hartman, PT DPT from [Pro-Activity](#)
Lauren Saulter, Special Olympics Pennsylvania
Jake Harkey, Watauga Coach
Softball Sport Development Team
For content/photo contributions!

You chose Softball as your primary sport this season.

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/>



Go to the pages listed below in the Weeks 6 – 10 playbook and the sport skills in this packet for your weekly workouts.

Partner Up Power Up Week #	Thursday Date	1 Let's warm up!	2 Let's get strong!	3 Sport Skills	4 Now, let's stretch out!
6	October 15	Page 4	Page 5	This packet	Page 6
7	October 22	Page 12	Pages 13 – 14	This packet	Page 15
8	October 29	Page 21	Page 21	This packet	Page 21
9	November 5	Page 33	Page 33	This packet	Page 33
10	November 12	Page 39	Page 39	This packet	Page 39

Thursday Live Sessions

Join us online:

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

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

Meeting ID: 945 5406 7844



1. Upright Rows

- Start with feet hip width apart.
- Place the band under your feet where it won't slide out. Hold a handle in each hand.
- While standing up straight lift the handles straight up using your shoulder muscles.
- Your hands should go up and your elbows will bend outwards.
- Do this **12 times**



2. Squat Jumps



- Start by lowering yourself down into a squat position. Then push upward with your legs to jump off the ground.
- Jump as high as you can off the ground.
- Land and lower back into squat position. Jump back up as high as you can.
- Do this 15 times.
- Take a quick 15 second break. Then, stake a big step back with your **right** leg and drop your back knee toward the ground and repeat the steps.
- Modification: Sit in chair while sitting tall and keeping core strong and still.

3. 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 **3 minutes or 1 song**; if you master the technique, try varying the angle and speed of your tosses



4. Fielding Short Hops

- Stand about 5 feet away from a flat wall with your feet shoulder width apart, knees bent, and hands in front of your body extended at the waist.
- Cup your palms to form a pocket or use your glove.
- Underhand toss your ball knee height or lower off the wall.
- Field the ball watching it all the way into your hands.
- Do this drill for **3 minutes or 1 song**



Remember to go back through each exercise 2 more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Half Kneeling Around the World

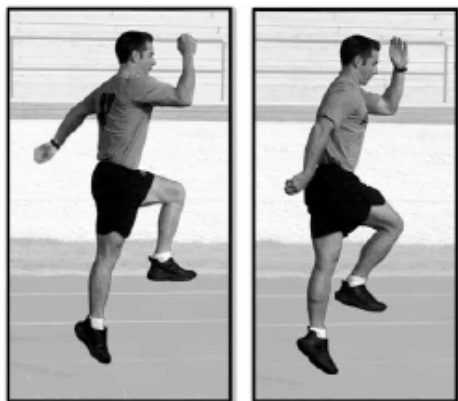
- Kneeling with **left knee** on the ground and **right foot** flat on the ground. Chest up and proud. Hold an object in front of your chest.
- Keeping body very still and only moving arms, move object up around your head in a circle motion, and return back to center. This is **1**.
- Move the object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

2. Power Skips

- Start standing with feet hip distance apart.
- Lift right knee and spring up off your left foot, hopping into the air. Switch.
- Continue in a “skipping” motion in place for **1 minute**.
- Continue to push yourself by skipping as high as you can.



3. Fielding Short Hops

- Stand about 5ft away from a flat wall with your feet shoulder width apart, knees bent, and hands in front of your body extended at the waist.
- Cup your palms to form a pocket or use your glove.
- Underhand toss your ball knee height or lower off the wall.
- Field the ball watching it all the way into your hands.
- Do this drill for **3 minutes or 1 song**



4. Rocket Sprints

- Set two cones 20 feet apart or at a shorter distance if needed for space.
- Begin at cone #1 in a sprint position, rock your weight back to your back foot, push off hard and sprint to the second cone.
- Touch the second cone, pivot quickly and sprint back to the start.
- Repeat this drill **10 times or through 1 song**, taking short rests in between sprints.
- Challenge yourself by beating your personal best time to complete all 20 sprints on your **2nd** round.



Remember to go back through each exercise two more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Seated Row – Rotate Left & 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**. Then do the same, but to the left, **15 more times**.

2. 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**.



3. Rocket Sprints



- Set two cones 20 feet apart or at a shorter distance if needed for space.
- Begin at cone #1 in a sprint position, rock your weight back to your back foot, push off hard and sprint to the second cone.
- Touch the second cone, pivot quickly and sprint back to the start.
- Repeat this drill **10 times or through 1 song**, with short rests.
- Challenge yourself by beating your personal best time to complete all 20 sprints in your 2nd round.

4. Right, Left, Tap, Tap

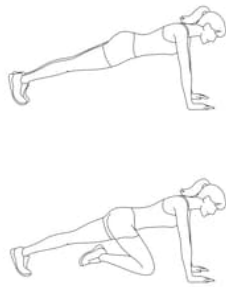
- Begin in a ready position stance with your legs shoulder width apart and slightly bent at the knee. Hands should be low ready to field.
- Staying low, step forward with the right foot, step forward with the left foot, and tap the ground twice with your glove hand.
- Repeat this combo moving forward 5-10 times.
- Turn and repeat back to your starting point.
- Continue this drill for **3 minutes or 1 song**.



Remember to go back through each exercise two more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

1. Mountain Climbers

- Begin in a plank position with hands shoulder width apart.
- Bring the right knee up to the chest, and return back to starting position. **This is 1 rep.**
- Bring the left knee up to the chest, and return back to starting position. **This is 2 reps.**
- Continue this pattern for **1 minute** or **20 reps.**



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2. Bicep Curls with Band

- Stand with your feet shoulder width apart and the resistance band secured under your feet. Your hands should be relaxed at your sides grasping the end of the resistance band with palms facing out.
- Slowly raise your palms up to your shoulders, keeping your elbows close to your sides.
- Slowing lower the palms back down.
- Repeat **12 times** or **through 1 song.**



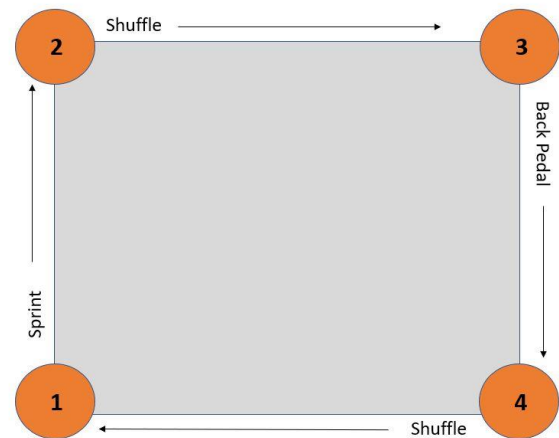
3. Right, Left, Tap, Tap

Wear your glove to mimic being in the game for this drill

- Begin in a ready position stance with your legs shoulder width apart and slightly bent at the knee. Hands should be low ready to field.
- Staying low, step forward with the right foot, step forward with the left foot, and tap the ground twice with your glove hand. **This is 1 rep.** Do this **10 times.**
- Turn around and do this **another 10 times.**
- Continue this drill for **3 minutes** or **1 song.**

4. Box Agility

- Set up 4 cones/objects in a square with 10 ft in between each object.
- Start at cone # 1 and sprint forward to cone # 2.
- Shuffle right in a fielding position to cone # 3. Be careful to not cross your feet.
- Back pedal to cone # 4.
- Shuffle left to cone # 1 to finish.
- Complete this drill **5 times** with a short break between each. Challenge yourself to move faster each time you go through.



Remember to go back through each exercise two more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!

November 12, 2020

Softball Skills



1. Burpees



- Start in standing position.
- Drop down to a push-up position.
- Now jump both feet forward bringing



them up under your chest.

- Jump straight up as high as you can while bringing your arms above your head.
- Repeat and do this 10 times.

2. Fielding Grounders

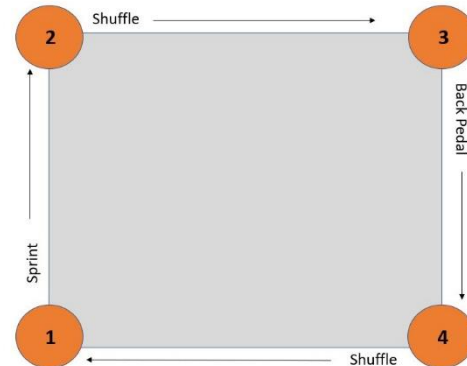
- Stand about 10 feet away from a flat wall
- With feet shoulder-width apart and your hands in front of your body and extended at the waist, cup your palms to form a pocket for catching
- Toss your ball or socks against the wall and field it when it comes back to you
- Do this drill for **3 minutes or through 1 song**; if you master the technique, try varying the angle and speed of your tosses.



3. Box Agility

- Set up 4 cones in a square with 10 ft in between each bottle.
- Start at cone # 1 and sprint forward to cone # 2.
- Shuffle right in a fielding position to cone # 3. Be careful to not cross your feet.

- Back pedal to cone # 4.
- Shuffle left to cone # 1 to finish.



- Complete this drill **5 times** with a short break between each.

4. Squish the Bug Dry Swings

- Begin in relaxed batting stance with feet about shoulder width apart with the hands resting at the chest in the position in which they hold a bat.
- Work through the steps of a good swing:
 - Ready stance: Lift the hands to where you hold a bat, and bend the knees.
 - Step: Lift the front foot slightly, and shift your weight to the back foot
 - Contact: Turn the hips forward, rotating the back foot like you “squish a bug”, and bring your hands down waist level to the contact point.
 - Push/Follow Through: Push the hands forward until fully extended.



- Repeat this combo **10 times or through 2 songs**.
- Place a water bottle beside your back foot as you go through the steps of the swing. If you knock that bottle with your back heel, you are rotating you lower body perfectly!

Remember to go back through each exercise two more times. Then, it's time for cool-down! Go back to your large playbook for those stretches!