



The very first thing every coach must do before moving forward with in-person training plans, is to review the [Resources for Future SONC Events & Activities checklist](#) in its entirety (scroll about halfway down the page to find). In-person training is **not** “business as usual” and there are many videos to watch, documents to read and preparations to make to ensure the safety of our athletes and volunteers.

Coach’s Meeting

- View the January 14, 2021 Coach’s Meetings found in the [softball](#) section of the [SONC Coach and Sport Resources web page](#).

Sport Equipment

Sport equipment (if needed) is plentiful and arrangements have been made for each athlete to have their own for the duration of practice

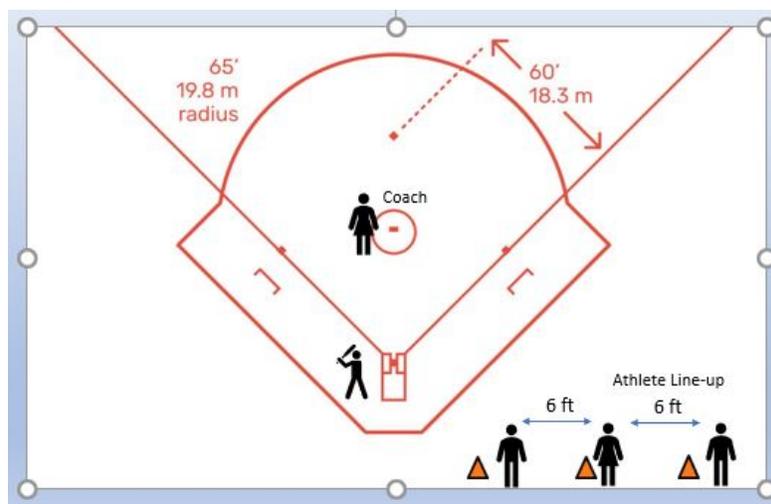
- Athletes Equipment
 - Water bottles
 - Athletic shoes or softball cleats
 - Bat, glove, helmet
- Coaches
 - Signage
 - PPE “practice kit”
 - Baskets for athletes’ personal items
 - Sharpie and painter’s tape to mark athlete’s baskets or stations
 - Cones
 - Measuring tape
 - Softballs, bat, glove
 - Extra helmets (to be used by one athlete/partner for entire practice and disinfected after use)

Stationary Training Areas (plus running lanes)

- Using cones, set up 10' x 10' boxes for each athlete, with at least 6' between each box.
- In these stationary training areas, your athletes can perform stretches, body weight exercises, and practice fielding techniques in place. If positioned near a fence, athletes can practice their swings off a tee or practice proper throwing technique.
- In the diagram, you'll see that each box extends into a running lane. If you would like to implement active stretching or some sprints, you'll need to use cones to clearly mark each athlete's lane. Length of the running lane is variable, depending on how much space and how many cones you have.



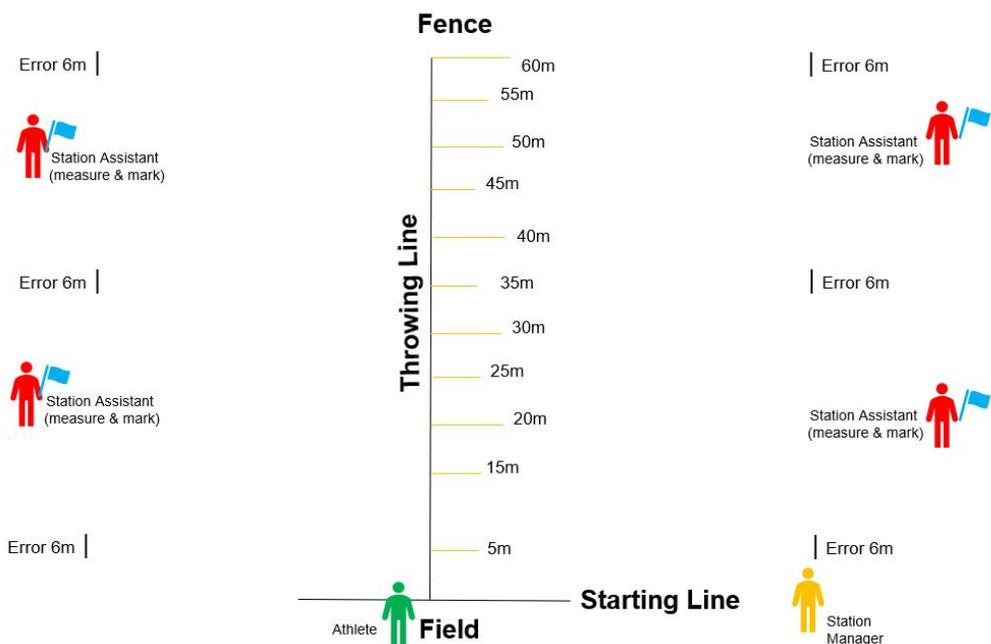
With Access to a Softball Diamond



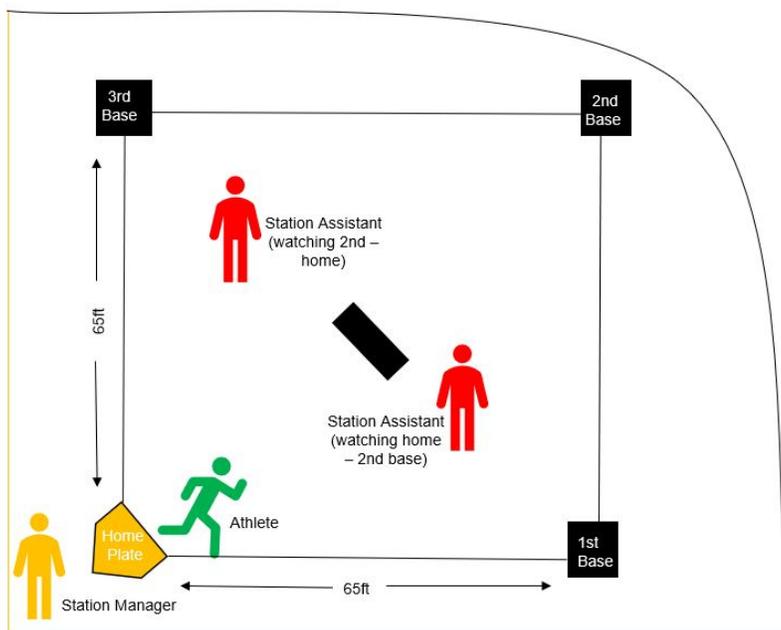
Skills Stations (see Coach & Sport Resources page for more information)

Note: The number of station assistants pictured will not be possible while observing social-distancing protocols

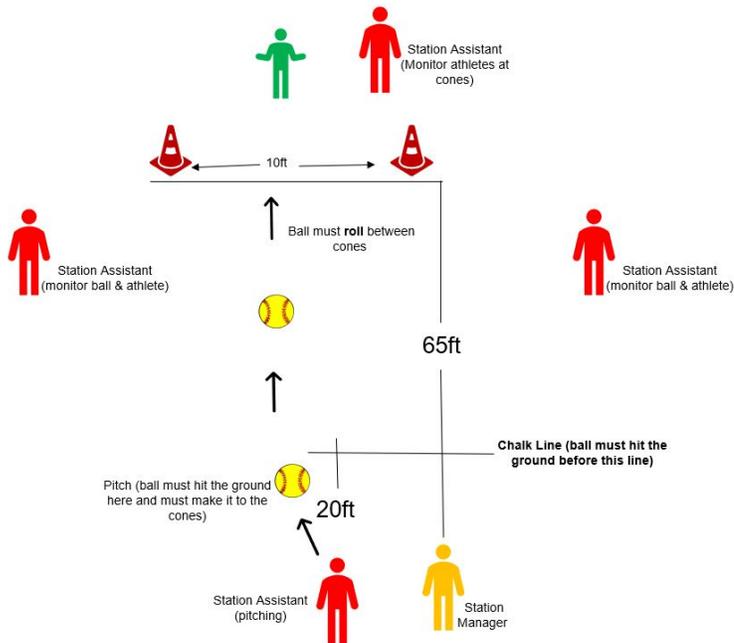
Drill 1: Throwing



Drill 2: Base Running



Drill 3: Fielding



Drill 4: Hitting

