

Softball training plan template

Softball Training Plan Format		EXAMPLE	
Date <i>9 November 2019</i>		Venue <i>Smith Park</i>	Attendance <i>All 12 players</i>
Main Objectives of the Week	Main Objectives of the Session		
<i>Assess skill levels of players</i>	<i>Run through skills checklist</i>		
<i>Have some fun with a team dinner</i>	<i>Involve some parents to assist</i>		
	<i>Set new drills</i>		
Activity outline – skills, drills, conditioning			
<p>6.00 pm</p> <p>Start warm up activity with light jog and go through partner stretches</p> <p>Incorporate some skipping – bring 12 ropes</p> <p>6.15pm</p> <p>Set up three fielding stations and get Mike to organise a parent for each group to roll grounders to fielders once players have gone through throwing – work as follows and record results (with Mike and Mary) on checklists:</p> <p>Throwing (overhand and receiving the ball) – in pairs</p> <p>Fielding grounders and fly balls – in groups of 4</p> <p>Baserunning – digging out and running through base & lead offs</p> <p>7.00 pm</p> <p>Batting – Mike pitching – and tees (2 groups of 6)</p> <p>5 hits and 3 bunts per player</p> <p>7.20 pm</p> <p>Warm down and remind everybody including parents about team dinner on Friday</p>			
Don't Forgets	Injuries/other comments	Session Evaluation	
Talk to athletes, phone, special equipment:	Treatment to organise:		