

Pregame Warm Up

Kate Condon — Planet Fastpitch Veteran Instructor

Dynamic Warm Up – Foul Line to 2B

- Jog down and back
- High Knees
- Butt Kicks
- Side Shuffles (Facing same way down and back)
- Karaoke
- Skip For Height
- Skip For Distance
- Frankenstein's
- Quad pull with reach
- Shoo the Chicken
- Sprint Circuit (50%, 75%, 100%)
- Walk it back

Bands

- T, Y, I's
- Internal Rotation
- External Rotation
- Field Goals

Throwing Progression – Foul Line to 2B

- Feet in the ground shoulder width, turn and throw (NO Step, 20 feet apart)
- Bow and Arrow throws (Split Stance, pull throwing arm back and go, 45 feet apart)
- Normal step and throw (60 feet apart)
- Long toss (air it out, make sure to be beyond 2B)

Hitting Progression

- Tee
 - TH, BH, Walk Throughs, Full Swing
- Front toss or side toss

Team Defense

- Infield everydays
- Outfield drop step lines
- Infield/ Outfield Fungo Lines

Team Huddle

- Get your players excited
- Games while you have your coaches meeting with umpires
 - Hacky Sack
 - Ball game (everyone starts with one ball, one person has two balls and tosses it to another player, that player must catch with their glove hand and toss the ball they already had with throwing hand, if you drop it or make a bad throw that player is out)