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21 outs (20-25 min) This softball practice drill is where the practice is going to start to become competitive. Option #1 is for an elite team, option #2 is for intermediate, and #3 is for younger teams or teams that struggle a lot with making routine plays.

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Ladder Footwork drills that you can do with a team or individually to help your posture and glove work. Start with some in front, work forehand and back hand. Be sure to look carefully at which boxes I'm placing my feet and the fact that I'm fielding the ball out in front!

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Foundations for Winning Softball:  
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From warm-up to conditioning, throwing to hitting, bunting to base-running, you'll find drills to improve position skill and team execution - all from college coaches and programs that have won 13 NCAA Women's College World Series titles and dozens of NCAA regional tournament titles. Contributors include:-Louie Berndt, Florida State-Carol Bruggeman, Louisville-Yvette Girouard, Louisiana State-Michelle Gromacki, Cal State Fullerton-Deanna Gumpf, Notre Dame-Carol Hutchins, Michigan-Kelly Inouye ...

Full version The Softball Drill Book

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Drysdale, Sharon J., Harris, Karen S.:

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With a team of 11 players you will need 3-4 different groups (therefore, 3-4 different coaches). As far length of time goes, each drill should be done for no more than 10-15 minutes at a time. Survey your team's attention span and adjust the length of each drill accordingly. "The Complement Sandwich".

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Lampard on a complete performance, moving in the right direction, Ziyech's personality and Pulisic's injury. Three goals, a fourth consecutive clean sheet and a victory on the road left Frank Lampard hailing 'a complete performance' as the Blues beat Burnley 3-0 on Saturday afternoon.

Winning Softball Drills Coach's Guide to  
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Softball Fundamentals 101 Offensive

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Youth Softball Focused for Fastpitch  
Practice Perfect Softball CATCHING-101  
The Complete Book Of Softball Drills  
Complete Guide to Slowpitch Softball The  
Complete Handbook of Coaching Catchers  
The Softball Coaching Bible Training for  
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Baseball Hitting Drills for a Batting Tee  
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