

FRENCHTOWN BRONCS SOFTBALL

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PRE-PRACTICE TASKS:

- 1) Look over the Agility and Throwing Routine Documents shared to your google drive Friday.
- 2) Question to be ready to answer – **What does Sweep the Shed mean to us?**

Practice #1 – 3-14-2022

3:40-3:45 Meet in Front of Dugout

- *Practice matters – make sure you know where you are supposed to be before you show up*
- *Much different from open gym (or summer) – be focused and ready to be on task*
- *Hustle between stations and drills*

3:45-4:00 Agilities in area between building and Field 2

4:00-4:25 Throwing Progression

4:25-4:45 Group 1 - Outfield Daily Drills AND Group 2 - Infield Daily Drills

4:45-5:05 Group 1 - Infield Daily Drills AND Group 2 - Outfield Daily Drills

Infielder drills			Outfielder drills		
▪ Two knee – no glove ▪ Two knee – glove three directions ▪ Fielding Positions Heel Up Rhythm ▪ Hop-Step Throw ▪ Hop-Step Backhand			▪ Hop Step Drop Left and Right ▪ Hop Step Drop Left, switch Right ▪ Hop Step Drop Right, switch Left ▪ Line Drive Straight Across ▪ Knee Dive – Rise, Ready, React ▪ Long to Short, on ground or in front		
Group 1 –Number references hitting group			Group 2 – Number references hitting group		
1 - Sadie	1 - Tanli	1 - Maya	3 – Cass	3 – Quinn	3 - Saige
2 – Abby	2 –Parker	2 - Bailey	4 – Chloe	4 – Lauren	4 – Alexis
5 – Juna	5 – Katelyn	5 – Carah	6 – Toni	6 – Dakota	6 – Addi
7 – Emma	7 – Olivia M	7 – Kelcie	8 – Carlie	8 – Madison	8 – Briette
9 – Tarin	9 – Olivia C	9 – Bailey	10 – Delaney	10- Ava	10 – Avery
11 – Kendra			11 - Agnes		

5:10-5:50 2 cycles of three hitting stations, 20 minutes each

Cycle 1: Outside Tee on Field 2, 3 Loads and a Swing Tee, Med Ball Agility Squares

Cycle 2: Separation Tee at half Pace, Control Fall on Ball, PVC Drills

5:50-6:10 Touchdown Conditioning Drill

Rest of the Week Notes:

1. Pitchers and Catchers Tuesday/Thursday/Light on Friday
2. Saturday Morning – prom – plan?

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RAIN POSSIBLE – BE PREPARED TO BE INSIDE OR OUTSIDE

PRE-PRACTICE TASKS:

- 1) Question – Chapter 3 says “*Better People Make Better All-Blacks,*” what does that mean? How does that apply?

Practice #2 – 3-15-2022

3:45-4:00 Agilities in area between building and Field 2

4:00-4:25 Throwing Progression

4:25-4:45 Group 1 - Outfield Daily Drills AND Group 2 - Infield Daily Drills

Talk about Ready Position and Preparation Steps and glove presentation

4:45-5:05 Group 1 - Infield Daily Drills AND Group 2 - Outfield Daily Drills

Talk about Ready Position and Preparation Steps and glove presentation

Infielder drills			Outfielder drills		
▪ Two knee – no glove ▪ Two knee – glove three directions ▪ Fielding Positions Heel Up Rhythm ▪ Hop-Step Throw ▪ Hop-Step Backhand			▪ Hop Step Drop Left and Right ▪ Hop Step Drop Left, switch Right ▪ Hop Step Drop Right, switch Left ▪ Line Drive Straight Across ▪ Knee Dive – Rise, Ready, React ▪ Long to Short, on ground or in front		
Group 1 –Number references hitting group			Group 2 – Number references hitting group		
1 - Sadie	6 - Tanli	4 - Maya	7 – Cass	11 – Quinn	10 - Saige
2 – Abby	1 –Parker	5- Bailey	8 – Chloe	7 – Lauren	11 – Alexis
3 – Juna	2 – Katelyn	1 – Carah	9 – Toni	8 – Dakota	7 – Addi
4 – Emma	3 – Olivia M	2 – Kelcie	10 – Carlie	9 – Madison	8 – Briette
5 – Tarin	4 – Olivia C	3– Bella	6 – Delaney	10- Ava	9 – Avery
6 – Kendra			11 - Agnes		

5:10-5:50 Hitting Circuit to include: Could happen inside or outside - 6 minutes rotate

1. Outside Tee (group 1 and group 2)
2. PVC Hands inside drill (group 3 and group 4)
3. Separation in Slow Motion Freeze at Extension (group 5 and group 6)
4. Three loads and a swing (group 7 and group 8)
5. Controlled Fall (group 9 and group 10)
6. High Tee (group 11)

5:50 – 6:10 Base running

- Starts from first, 2nd, 3rd
- Anticipate and Read ball in dirt and advance

Rest of the Week Notes:

1. Pitchers and Catchers Will be better Wednesday...I want to do it on dirt.

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PRE-PRACTICE TASKS:

Practice #3 – 3-16-2022

3:45-4:05 Agilities in area between building and Field 2

4:05-4:20 Throwing Progression

4:20-4:30 Infield/Outfield Specialties

4:30-5:00 Mass Fly Ball/Ground Ball

5:10-6:10 Live Hit Rotation

Specialties Groups (Your location can change based on the day...If you are in bold, you will Mass both in the infield and outfield and if you have a question mark it is because I really want you in both today and haven't decided)

Infield			Outfield		
Abby	Juna	Carlie	Chloe	Cass	Alexis
Ava	Dakota	Tarin	Olivia	Emma	Delaney
Parker	Carah	Kendra	Agnes	Katelyn	Bailey
Madison	Avery	Olivia M	Bella	Kelcie	Saige???
Tanli	Maya	Sadie	Briette		
Lauren	Quinn	Saige???			
Addi	Toni				

Hitting Groups

Group 1		Group 2		Group 3		Group 4		Group 5		Group 6		
Sadie		Kendra		Juna		Tanli		Maya		Emma		
Toni		Bella		Dakota		Cass		Carlie		Bailey		
Parker		Olivia C		Alexis		Delaney		Kelcie		Briette		
Tarin		Abby		Ava		Agnes		Katelyn		Lauren		
Avery		Saige		Quinn		Chloe		Carah		Addi		
Olivia M				Madison								
	Shag		Condition		Circuit 1		Circuit 2		Bunt		Live	
5:10-5:20	Group 6		Group 5		Group 4		Group 3		Group 2		Group 1	
5:20-5:30	Group 1		Group 6		Group 5		Group 4		Group 3		Group 2	
5:30-5:40	Group 2		Group 1		Group 6		Group 5		Group 4		Group 3	
5:40-5:50	Group 3		Group 2		Group 1		Group 6		Group 5		Group 4	
5:50-6:00	Group 4		Group 3		Group 2		Group 1		Group 6		Group 5	
6:00-6:10	Group 5		Group 4		Group 3		Group 2		Group 1		Group 6	

Group 1 and 2 Pitch after Live Hit

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PRE-PRACTICE TASKS:

Practice #4 – 3-17-2022

3:45-4:05 Agilities in area between building and Field 2

4:05-4:20 Throwing Progression

4:20-4:30 Infield/Outfield Specialties

4:30-5:00 Mass Fly Ball/Ground Ball with Throw

5:10-6:10 Live Hit Rotation

Specialties Groups (Your location can change based on the day...If you are in bold, you will Mass both in the infield and outfield and if you have a question mark it is because I really want you in both today and haven't decided)

Infield			Outfield		
Abby	Juna	Carlie	Chloe	Cass	Tanli
Ava	Dakota		Olivia	Emma	Delaney
Parker	Carah	Briette		Katelyn	
Madison	Avery	Olivia M	Bella	Kelcie	Addi
Agnes	Maya	Sadie	Catchers		
Lauren	Quinn	Saige	Tarin	Toni	Bailey???
(Kendra)		Alexis	Olivia	Bella	

Hitting Groups

Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	
Ava	Bailey	Dakota	Saige	Sadie	Parker	
Abby	Bella	Delaney	Tanli	Quinn	Olivia	
Agnes	Cass	Emma	Tarin	Maya	Olivia	
Avery	Chloe	Briette	Toni	Lauren	Kelcie	
Addi	Carlie	Juna	Katelyn	Madison	Carah	
Alexis	(Kendra)					
	Shag	Condition	Circuit 1	Circuit 2	Bunt	Live
5:10-5:20	1	6	5	4	3	2
5:20-5:30	2	1	6	5	4	3
5:30-5:40	3	2	1	6	5	4
5:40-5:50	4	3	2	1	6	5
5:50-6:00	5	4	3	2	1	6
6:00-6:10	6	5	4	3	2	1

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PRE-PRACTICE TASKS:

Practice #5 – 3-18-2022

Pitchers/Catcher ASAP (3:30-ish, Olivia, Sadie, Avery, Parker, Tarin, Toni, Bailey, Bella, Olivia)

3:45-4:05 Agilities in area between building and Field 2

4:05-4:20 Throwing Progression

4:20-4:45 Infield/Outfield Specialties

Normal Daily stuff PLUS

- Outfielders throwing from fence line
- Outfielders finding the fence with off hand
- Infielders throwing footwork
- Infielders throwing squares

4:50-5:45 Hitting Circuit

Infield			Outfield		
1 - Abby	2 - Carlie	3 - Juna	5 - Cass	5 - Alexis	4 - Chloe
6 - Carah	5 - Lauren	6 - Addi	6 - Emma	7 - Delaney	9 - Katelyn
7 - Dakota	7 - Tanli	3 - Maya	1 - Kelcie	3 - Saige	10 - Agnes
2 - Quinn	8 - Briette	4 - Ava			
11 - Madison					
11 - (Kendra)					
9 - Parker	10 - Sadie	1 - Avery	9 - Olivia	2 - Bella	10 - Bailey
8 - Toni	4 - Tarin	8 - Olivia			

Circuit Drill

Outside Tee – Shag – Separation Drill – Hi Tee – PVC – 3Load – Bunt In cage – Condition – Whiffle Soft Toss (Left Field of Field 2) – 4 Square Med Ball – Single Back Hand (Top Hand) Tee with free hand extended over Tee holding Ball

4:30 each station

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PRE-PRACTICE TASKS: Make sure you have read the last page of Chapter 3 Today. What is your purpose? Curious what mine is?

Practice #7 – 3-21-2022

Today will be a heavy defensive emphasis.

Pitchers/Catcher ASAP (3:30-ish, Olivia, Sadie, Avery, Parker, Tarin, Toni, Bailey, Bella, Olivia)

3:45-4:10 Agilities/Swings/Throwing

4:10-4:25 Base Running – Read balls in Air at all bases

4:25-5:10 Infield/Outfield Specialties

Infield	Outfield
Daily Drill	Daily Drills
Throwing Square	Star Drill
Throwing from Position	Ground Ball Work – Break down make sure it stays in front
Split to 1B Drills, SS/2B/3B around cone drills	Balls at Fence Drills
3B/1B/C Get around the bunt SS/2B feeds to second	Balls in Front of player at 45 degree to glove side emphasis

5:10-5:40 Bunt Defense Group 1 – Circuit Group 2

5:40-6:10 Bunt Defense Group 2 – Circuit Group 1

Circuit Drills – Will be attached to swing trainer, only use the trainer on the noted drills
3 Load – Be strong in the load and get to a good attack position, let it fly after the third load
Outside T – Focus on a strong top hand and keeping the barrel above the ball, drive the ball to the opposite field
High T – Use the swing trainer on this drill, swing at half speed, keep the loop from breaking and stay above the ball
Separation – Use the swing trainer on this drill, emphasize the finish to center field
Bow and Arrow – Tension cord on bat to feel the load
Controlled Fall – Slow fall, let foot hit ground with hands back in attack position, then explode through ball

Group 1			Group 2		
Abby (2B)	Cass (CF)	Chloe (LF/RF)	Lauren (2B)	Addi (3B/OF)	Bella (C/OF)
Alexis (LF/RF/SS)	Carlie (1B)	Ava (1B)	Madison (3B)	Avery (P/3B)	Quinn (1B)
Dakota (SS)	Saige (LF/RF/2B)	Carah (1B/3B)	Bailey (C/OF)	Olivia (C/IF)	Maya (SS)
Olivia (P/LF/RF)	Toni ©	Tarin (C/3B/SS)	Kelcie (OF)	Briette (3B/?)	Agnes (OF/1B)
Tanli (OF/2B)	Parker (P/1B)	Delaney (OF)	Katelyn (OF/3B)		
Kendra (P/1B)	Sadie (P/SS)	Juna (3B)			

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Defensive Emphasis Bunt Defense Pitchers-Light	Offensive Emphasis Mass Circuit and Live	Mass Live Rotate Pitchers-Heavy	Defensive Emphasis First and Third Defense Full Group Circuit	3 Team Scored Controlled Scrimmage Pitchers- Medium with Stand in Hitters	Work on our Field

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PRE-PRACTICE TASKS: What is Alexis' Why? ☺

Practice #7 – 3-21-2022

Pitchers/Catcher ASAP (3:30-ish, Olivia, Sadie, Avery, Parker, Tarin, Toni, Bailey, Bella, Olivia)

3:45-4:10 Agilities/Swings/Throwing

4:15 – 5:00 Outfield Mass followed by Infield Mass

5:00 - 5:50 Hitting Circuit

Circuit Drills – Will be attached to swing trainer, only use the trainer on the noted drills
3 Load – Be strong in the load and get to a good attack position, let it fly after the third load
Outside T – Focus on a strong top hand and keeping the barrel above the ball, drive the ball to the opposite field
High T – Use the swing trainer on this drill, swing at half speed, keep the loop from breaking and stay above the ball
Separation – Use the swing trainer on this drill, emphasize the finish to center field
Bow and Arrow – Tension cord on bat to feel the load
Controlled Fall – Slow fall, let foot hit ground with hands back in attack position, then explode through ball
Live in Cage – See ball and hit ball
Bunt Station – Sacrifice bunt, be perfect every time
PVC Drill – Elbow in slot, finish bottom hand up
Condition – Crunch and Plank 10 Crunch then plank for 20 seconds, repeat as possible until time expires
Shag Group – shag for outside tee on field 2
Whiffle Ball Soft Toss – Not a speed toss drill, toss to outside part of play from a 45 degree angle
Nerf Take the pitch properly – Own the batters box, don't move but safely absorb the pitch
Bat Path – From launch position, elbows and shoulders to bat lag three times then swing, no stride
Two Tee Drill – Hit ball off the front tee without knocking the ball off the back tee

50 minutes
3 minutes per station
8 swings is goal.

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Defensive Emphasis Bunt Defense Pitchers-Light	Offensive Emphasis Mass Circuit and Live	Mass Live Rotate Pitchers-Heavy	Defensive Emphasis First and Third Defense Full Group Circuit	3 Team Scored Controlled Scrimmage Pitchers- Medium with Stand in Hitters	Work on our Field

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PRE-PRACTICE TASKS:

Practice #9 – 3-21-2022

3:45-4:10 Agilities/Swings/Throwing

4:10 – 4:25 Daily Drills – Infielders up the cone line and down the cone line
Outfielders – Star Drill only

4:30 – 5:00 Outfield Mass – one round and Infield Mass One round

5:00 – 6:00 Live Hit Rotations

Group 1	Group 2	Group 3	Group 4	Group 5
Sadie	Parker	Dakota	Alexis	Carah
Olivia	Kendra	Chloe	Juna	Carlie
Toni	Bella	Delaney	Tanli	Madison
Tarin	Olivia M	Cass	Quinn	Kelcie
Avery	Saige	Lauren	Ava	Katelyn
Bailey	Agnes	Addi	Abby	Maya
Hit	Circuit	Shag	Condition	Bunt
Shag	Hit	Circuit	Shag	Condition
Condition	Shag	Hit	Circuit	Shag
Bunt	Condition	Shag	Hit	Circuit
Circuit	Bunt	Condition	Shag	Hit

Hitting	Condition	Circuit
12 minutes Bunt and Hit and Run with runners round 1 5 swings outside 5 swings normal 5 swings anywhere Time left rotations of 2 swings	6 Half and Half ran hard Core exercises after each 2 Shag Work on first step, reads and fielding live balls	3 load Outside Tee Hi Tee Bat Path (get on plane with your elbows 3 times and swing)

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Defensive Emphasis Bunt Defense Pitchers-Light	Offensive Emphasis Mass Circuit and Live	Mass Live Rotate Pitchers-Heavy	Defensive Emphasis First and Third Defense Full Group Circuit	3 Team Scored Controlled Scrimmage Pitchers- Medium with Stand in Hitters	Work on our Field

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PRE-PRACTICE TASKS: Schedule is out. Read it, so you know about it.

Practice #10 – 3-24-2022

3:45-4:10 Agilities/Swings/Throwing

4:10 – 4:40 Daily Drills *PLUS*

- Daily Hands drills
- Set of Three
- Up the cones down the cones (1B pull off here to work Footwork)
- Relay throws Footwork
- Throwing to bases, with double play incorporation 5-4-3, 6-4-3, 4-6-3, 5-2-3, 6-2-3, 4-2-3, 3-2-3
- 2B/SS Footwork (1B Pull of here again)

- Normal Daily's
- Star Drill
- Ball on Ground from 150 feet
- Outfield Communication (Ball-Ball-Ball Take it-Take it-Take it – Be loud)

4:45 – 5:30 First and Third Defense and Circuit

- Black (throw through)
- Orange (2B cut)
- Silver (p cut)
- White (straight to third)

5:30 – 5:50 Hit and Run Drill, Bunt and Run, Squeeze)

- Signs

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Defensive Emphasis Bunt Defense Pitchers-Light	Offensive Emphasis Mass Circuit and Live	Mass Live Rotate Pitchers-Heavy	Defensive Emphasis First and Third Defense Full Group Circuit	3 Team Scored Controlled Scrimmage Pitchers- Medium with Stand in Hitters	Work on our Field

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PRE-PRACTICE TASKS: Watch the video on Failure Recovery System: <https://whatdriveswinning.com/conference-videos/fear-and-failure/> The entire video is good to listen to, but we are most interested in the part starting at 14:05. Today the game is yours-there will be a lot of mistakes today. But persist, this stuff matters.

Practice #11 – 3-25-2022

Pitchers – 3:30, or as soon as we can get going. We can stall the start of the scrimmage. Want hitters with helmets to stand in.

3:45 - 4:10 Agilities/Swings/Throwing

4:10 – 4:30 Pre-Game Mass (2 groups)

4:30 – 6:00 Scrimmage Rotation – expect lots of stops for instruction. The two people who are off will be responsible for the scorecard. See attached second page to familiarize yourself with the scoring of the game. [Remember that FRS is a failure recovery system]

Krazy Koala's	Vengeful Vipers	Aggressive Anteaters
Abby (2B)	Chloe (RF - LF)	Sadie (SS and off!!!)
Toni (C and maybe 3 rd)	Cass (CF)	Juna (3B)
Carlie (1B)	Ava (1B)	Delaney (OF)
Kendra (1B)	Carah (3B – 1B)	Parker (1B)
Dakota (ss)	Maya (SS)	Alexis (OF – SS)
Olivia C (OF)	Tarin (C – 3B))	Saige (OF – 2B)
Addi (3B and OF)	Lauren (2B – SS)	Tanli (2B)
Madison (3b)	Avery (3B)	Bella (C – OF)
Kelcie (OF)	Briette (3B and ?)	Quinn (1B)
Katelyn (OF)	Olivia M (C – 2B)	Avery (3B)

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Defensive Emphasis Bunt Defense Pitchers-Light	Offensive Emphasis Mass Circuit and Live	Mass Live Rotate Pitchers-Heavy	Defensive Emphasis First and Third Defense Full Group Circuit	3 Team Scored Controlled Scrimmage Pitchers- Medium with Stand in Hitters	Work on our Field

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TEAM: _____

Offensive Situations and Value				
Base Hit (+2)				
Run Scored less than two outs (+1 per)				
Run Scored with Two outs (+2 per)				
Sacrifice Bunt (+1)				
Sacrifice Fly (+1)				
1 st to 3 rd on a Single (+1)				
Not knowing outs (-1)				
Line Drive Out (+1)				
Every Runner left on base at the end of an inning (-1 per)				

Defensive Scoring				
Error Free Inning (+2)				
First Batter of the Inning Out (+1)				
Not Knowing Outs (-1)				
Good Talk between batters, pitchers, etc. (+3 per inning max)				
FRS (+1)				
No FRS (-1)				
Hustle on and off Field (+1)				

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PRE-PRACTICE TASKS:

Practice #12 – 3-28-2022

Pitchers Early – All of you and catchers

3:45-4:00 Agilities/Swings/NO THROWING

4:00 – 4:30 Short Daily and Mass with no throwing.

4:30 –4:45 Team communication drill (Outfield and Infield)

4:55 - 6:00 Extensive Hitting circuit

- Machine with velocity and Rise Ball
 - 3 Load and Go
 - Controlled Fall
 - Back Hand Tee Only
 - Soft Toss with Whiffle Balls
 - Outside Tee
 - Shag
 - Conditioning
 - PVC Pipe
 - Bow and Arrow
 - High Tee
 - Roll it in Safely Drill
-
- Signs

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Throw Mass with Communication Solid Hitting Circuit	Defense heavy	Game has been moved to potential April 15 th . Situations	@ Mission Bus Leaves at 1:00	Clean up from items from Thursday	Vs. Libby

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PRE-PRACTICE TASKS:

Practice #13 – 3-28-2022

3:45 – 4:10 Agilities/Swings/Throwing

Situational Rotations → Some position play, some run.

- Cuts Runners on 2nd
- Cuts Runners on 1st
- Cuts Ball to Fence with all base
- Infield Runner at 3rd
- Other Random's as they present themselves

4:10 – 4:40 Group 1 and Group 2 on Field Group 3 Circuit/Hit

4:40 – 5:05 Group 2 and Group 3 on Field Group 1 Circuit/Hit

5:05 – 5:30 Group 3 and Group 1 on Field Group 2 Circuit/Hit

Hitting Today:

- Machine in Cage Live
- 3 Load Swing
- Outside Tee
- High Tee
- Hit Pause (Old)
- Controlled Fall

Group 1	Group 2	Group 3
Sadie	Parker	Avery
Toni	Tanli	Lauren
Abby	Saige	Addi
Cass	Delaney	Kelcie
Juna	Tarin	Katelyn
Alexis	Maya	Briette
Dakota	Madison	Bailey
Olivia	Carah	Olivia
Carlie	Kendra	Bella
Ava		Quinn
Chloe		Agnes

5:30 – 6:00 Live Hit on Field 1 and Field 2

Group 1 and 2 on Field 1

Group 3 on Field 2 (Maya and Madison move to Group 3 for live hitting)

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Throw Mass with Communication Solid Hitting Circuit	Defense heavy	Game has been moved to potential April 15 th . Situations	@ Mission Bus Leaves at 1:00	Clean up from items from Thursday	vs. Libby

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PRE-PRACTICE TASKS: Bus Leaves at 1 pm.

Practice #12 – 3-28-2022

3:45 – 4:05 Agilities/Swings/

4:10 – 4:40 Mass with throwing

4:40 – 5:45 Live Hit on the Field

Group 1	Group 2	Group 3	Group 4	Group 5
Sadie	Parker	Delaney	Lauren	Katelyn
Toni	Abby	Saige	Maya	Olivia M
Olivia	Alexis	Tanli	Addi	Bella
Tarin	Juna	Ava	Bailey	Kelcie
Kendra	Cass	Carlie	Agnes	Briette
Dakota	Chloe	Carah	Madison	Avery
			Quinn	
Circuit	Bunt	Condition	Shag	Hit
Hit	Circuit	Bunt	Condition	Shag
Shag (Pitch)	Hit	Circuit	Bunt	Condition
Condition	Shag (Pitch)	Hit	Circuit	Bunt
Bunt	Condition	Shag	Hit	Circuit

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Throw Mass with Communication Solid Hitting Circuit	Defense heavy	Game has been moved to potential April 15 th . Situations	@ Mission Bus Leaves at 1:00	Clean up from items from Thursday	Vs. Libby

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PRE-PRACTICE TASKS:

Practice #15 – 4-1-2022

3:45 – 4:05 Agilities/Swings/Light Throwing

4:10 – 4:50 Base Running Topics

Be aggressive: yes-yes-no approach even on the bases, anticipate opportunity.

- Delay Steal first and third situation, what can happen? How do we react? What should the runner at 3rd look for?
- Scoring around 3rd, secondary at two outs vs. one out at second, working with coach
- Balls in the dirt, expect the chance
- Leads at 3rd and when to score

5:00 – 5:45 Broken Mirror Circuit

Image 1		Image 2	
QAB Hitting		Machine Live	
Shag Live			
Outside Tee		Outside tee	
Shag Tee		Shag tee	
Frisbee Throw		Frisbee Throw	
High Tee			
3 Load		3 Load	
Separation at Elbow		Separation	
Transistion to Live (Basically Off!)			
Toni	Sadie	Lauren	Maya
Tarin	Tanli	Bailey	Olvia
Chloe	Cass	Quinn	Addi
Carah	Carlie	Madison	Bella
Juna	Alexis	Katelyn	Kelcie
Abby	Dakota	Avery	Briette
Parker	Kendra	Agnes	
Ava	Delaney		
Olivia	Saige		

Tentative Plan for the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Throw Mass with Communication Solid Hitting Circuit	Defense heavy	Game has been moved to potential April 15 th . Situations	@ Mission Bus Leaves at 1:00	Clean up from items from Thursday	Vs. Libby

FRENCHTOWN BRONCS SOFTBALL

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PRE-PRACTICE TASKS:

Practice #17 4-6-22

3:45-4:10 Agilities/Swings/Throwing

4:10 – 4:40 Outfield Mass – Infield Mass

4:40 – 5:10 Base Running Issues

- Obstruction
- Interference
- Leads off second base
- Turns on balls to outfield
- Do we need to revisit Tag Up? We did a really good job in the varsity game, we also have outstanding 3rd base leads at that level right now.

5:10 – 6:00 Hitting Circuit

15 group of 2...Mirror Circuit

- Shag
- Outside Tee
- Lid toss
- High tee
- Separation
- Single Load Hit Pause
- Live in Cage
- Bunt

Make your own group, be prepared to have it changed by coaches as we see fit.

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PRE-PRACTICE TASKS:

Today is an interesting day in Western A – we may be able to find some of these games live on our game changer

Dillon vs. East Helena

Butte Central vs. Stevensville

Practice #18 4-6-22

3:45 – 4:10 Agilities/Swings/Throwing

4:10 – 4:40 Infield defense runner at 3rd, other special scenarios

4:40 – 5:20 Hitting Circuit

15 group of 2...Mirror Circuit

- Shag
- Outside Tee Field 2 (2 tees) – This has been huge for us thus far, stay the course with great focus
- Load Pause Go (2 tees) – I am liking where we are in this aspect too
- High tee (2 tees) – we will run into a rise ball here soon, we are handling up stuff really well
- Separation (2 tees) – focus on getting the bat on plane as long as we can
- Whiffle Ball front toss in cage (throw to each other from short distance) – Timing drill
- Bucket Lid – Palm up/Palm down at contact
- PVC Drills – Hands inside, elbow runs down the path

5 minutes each place