

FRENCHTOWN BRONCS SOFTBALL

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PRE-PRACTICE TASKS: Finish the survey please!

Practice #1 – 3-16-2026

3:45-4:05 Meet in my classroom – Power of 3.

4:05-4:20 Agilities in Commons

4:20-5:00 Star Bunting – Technique for sacrifice, technique for base-hit bunt

5:00-5:40 Infield-Outfield-Catcher-Daily Drills

5:45-6:00 Baserunning or TD depending on where we are

Possibilities The rest of the Week:

Tuesday	Wednesday	Thursday	Friday	Saturday
Pitchers need to throw	Hopefully Outside	Pitchers need to throw	Live Hit	Pitchers
Hitting Circuit	Mass FB/GB	Mass FB/GB		

Outfield	Infield	Catcher
<i>Miley</i>	<i>Makenzie</i>	<i>Aspen</i>
<i>Brooklyn</i>	<i>Kylee</i>	<i>Gracie – INF Also</i>
<i>Madysen</i>	<i>Jezzy</i>	<i>Anna – IF also</i>
<i>McKinley</i>	<i>Sophia</i>	
<i>Hannah</i>	<i>Eva</i>	
	<i>Kendall</i>	
	<i>Taylor</i>	
<i>Shelby???</i>	<i>Marin</i>	
	Hybrids	
	<i>Delanie</i>	
	<i>Dizzle</i>	
	<i>Abby</i>	

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PRE-PRACTICE TASKS: Great job yesterday, we really enjoy the willingness to learn and work by so many of you. Stack another good one on it today.

Practice #2 – 3-11-2025

3:45-3:55 Meet in Front of the Garage Door

- Nice to meet you

3:55-4:05 Agilities by Field 2 – Silent Mode

4:05-4:12 Star Bunting

4:12-4:30 Throwing Progression

- Add Hop/Long Toss and Abductor Throws

4:30-6:00 Hitting/Pitching/Catching Circuit

Group A	Group B	Group C
Brooklyn	Dizzle	Abby
Aspen	Gracie	Sophia
Katelyn	Briette	Jenica
Delanie	Quinn	Natalee
Taylor	Makenzie M	Kylee D
Madysen	McKinely	Kaydence
		Kelcie
Circuit 1 • Pitch • Catch • Stand-In	Circuit 2 – Silent Mode • On Plane Tee • High Tee • Load-Pause	Circuit 3 – Silent Mode • Camwood Tee • Separation • Back-Hand Tee
Station Location	Station Location	Station Location
Circuit 1	Circuit 2	Circuit 3
Circuit 2	Circuit 3	Circuit 1
Circuit 3	Circuit 1	Circuit 2

Notes: Pitchers will pitch, each member of the group will rotate through as a catcher and as a stand-in hitter. You will stay in each station location for 30 minutes. Circuit 2 and Circuit 3 will have 7 minutes per Hitting Tee, with 7 minutes of explanation at the beginning. Stand-In Hitters will time pitches and focus on release zone – and will be in Silent Mode

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PRE-PRACTICE TASKS:

Practice #3 – 3-12-2025

3:45-3:50 Meet in Front of the Garage Door

3:50-4:00 Agilities by Field 2

4:00-4:08 Star Bunting

4:08-4:20 Throwing Progression

4:20-4:40 Infield Daily and Outfield Daily

- Group 1 in Outfield, Group 2 in Infield

4:40-5:00 Infield Daily and Outfield Daily

- Group 2 in Outfield, Group 1 in Infield

5:00-5:10 Two line Fungo Ground Balls

5:10-5:20 Two line Fungo Fly Balls

5:25-6:05 Hitting Circuit (4 minutes hit, 1 minute move between...hustle, 8 good swings)

- On plane tee
- High Tee
- Load-Pause
- Camwood Tee
- Separation Tee
- Back Hand Tee
- Frisbee Toss
- Medicine ball workout

Group 1	Group 2
Abby	Dizzle
Aspen	Gracie
Katelyn	Briette
Delanie	Quinn
Taylor	Makenzie M
Natalee	McKinely
Sophia	Jenica
Kaydence	Kylee D
Kelcie	

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PRE-PRACTICE TASKS: Friday Noon Practice – Monday 9:00 am in my classroom

Practice #4 – 3-13-2025

3:45-3:50 Meet in Front of the Garage Door

3:50-4:00 Agilities by Field 2

4:00-4:08 Star Bunting – Bucket Targets

4:08-4:20 Throwing Progression

4:20-4:50 Infield Daily and Outfield Daily - Catchers

4:50-5:00 Base running Topic

- Starts, Secondary's, reading down angle, ball in dirt

5:00 – 6:00 Live Hit/Circuit/Shag Rotation - 20 minutes per rotation

Circuit Stations

- Load-Pause Tee
- Separation Tee – with extension and finish
- High Tee

Live Hit

- 3 Bunt
- 5 swing
- 3 Hit and Run
- 8 swing
- 3 swing

Group 1		Group 2		Group 3	
Abby	IF	Dizzle	IF	Natalee	OF/IF
Aspen	C	Gracie	C	Sophia	IF
Katelyn	OF	Briette	IF	Kaydence	OF
Delanie	IF/OF/C	Quinn	IF	Kelcie	OF
Taylor	IF	Makenzie M	OF	McKinely	IF/OF
Kiley D	C			Jenica	IF/OF
LIVE		CIRCUIT		SHAG	
SHAG		LIVE		CIRCUIT	
CIRCUIT		SHAG		LIVE	

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PRE-PRACTICE TASKS: Friday Noon Practice – Monday 9:00 am in my classroom

Practice #5 – 3-14-2025

12:00-12:05 Meet in Front of the Garage Door

12:05-12:15 Agilities by Field 2

12:15-12:25 Technique talk and Star Bunting

12:25-12:35 Throwing Progression – short only, no long toss

12:40-12:55 Defensive work, IF and OF

1:00 – 1:50 Hitting Circuit – Hands Above ball emphasis

Circuit Stations

- Hi-Tee – Hands on top
- Bat Path to Extension Tee (x3)
- See-Saw
- On-Plane with Bat Path (x3)
- Outside Tee on Field 2
- Short live front toss on Field 2
- Shag
- Shag (2)

Group 1		Group 2		Group 3	
Abby	IF	Dizzle	IF	Natalee	OF/IF
Aspen	C	Gracie	C	Sophia	IF
Katelyn	OF	Briette	IF		
Delanie	OF	Quinn	IF	Kelcie	OF
Taylor	IF	Makenzie M	C	McKinely	OF
Kylee D	C			Jenica	OF

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PRE-PRACTICE TASKS: Friday Noon Practice – Monday 9:00 am in my classroom

Practice #8 – 3-19-2025

3:45-3:50 Meet in Front of the Garage Door

3:50-4:00 Agilities by Field 2

4:00-4:08 Star Bunting – Bucket Targets

4:08-4:20 Throwing Progression

4:20-4:50 Mass Fly ball and Ground Ball on Field 1 – Outfield first

5:00 – 6:00 Live Hit/Circuit/Shag Rotation -

Circuit Stations

- Load-Pause Tee
- Separation Tee – with extension and finish
- High Tee

15 minutes per rotate			
Group 1	Group 2	Group 3	Group 4
Ryan	Jezzy	Kelcie	Abby - Pitch right away
Aspen	Maya	Briette	Kylee – catch right away
Brooklyn	Bailey	Katelyn	Madysen
Gracie	Taylor	Quinn	McKinley
Dizzle	Makenzie - Pitch after live	Kaydence	Natalie
Miley	Delanie - catch after live	Beatrice	Sophia
	Makenzie M - catch after live		Jenica
LIVE	CIRCUIT	CONDITION	SHAG
PITCH	LIVE	CIRCUIT	CONDITION
PITCH	SHAG	LIVE	CIRCUIT
PITCH/CIRCUIT	CONDITION	SHAG	LIVE

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PRE-PRACTICE TASKS:

Practice #9 – 3-20-2025

3:45-3:50 Meet in Front of the Garage Door

3:50-4:00 Agilities by Field 2

4:00-4:08 Star Bunting – Bucket Targets

4:08-4:20 Throwing Progression

4:20-4:50 Infield/Outfield/Maybe Catchers

End with intro to Bunt Coverage 1 and Coverage 2

5:00 – 6:00

Circuit Stations

- Load-Pause Tee
- Separation Tee – with extension and finish
- High Tee
- Shag
- Outside Tee
- Outside Front Toss
- Condition
- Shag
- Bat-Path Tee

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PRE-PRACTICE TASKS:

Practice #8 – 3-20-2025

3:45-3:50 Meet in Front of the Garage Door

3:50-4:00 Agilities by Field 2

4:00-4:05 Bunting

4:05-4:40 Mass Fly ball and Ground Ball on Field 1 – Outfield first

4:40 – 5:40 Live Hit/Circuit/Shag Rotation –

5:40 – 6:10

Circuit Stations

15 minutes per rotate		
Group 1	Group 2	Group 3
Ryan	Jezzy	Jenica
Aspen	Maya	Kaydence
Brooklyn	Bailey	Beattrice
Gracie	Taylor	McKinley
Dizzle	Kelcie	Madysen
Miley	Briette	Sophia
Abby	Katelyn	Natalee
Kylee	Quinn	Makenzie M
Makenzie B		
Delanie		
LIVE	CIRCUIT	Shag
PITCH	LIVE	Circuit
PITCH	SHAG	LIVE

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PRE-PRACTICE TASKS:

Practice #11 – 3-27-2026

3:45-3:50 Meet in Front of the Garage Door

3:50-4:00 Agilities by Field 2

4:00-4:08 Star Bunting – Bucket Targets

4:08-4:20 Throwing Progression

4:20-4:50 Infield/Outfield Mass Pre-game - Communication

4:50-5:50

Group Aptitude	Group Atlantis	Group Imperfect	Group Toboggan
Brooklyn	Sophia	Ahri	Anna
Aspen	Jezzy	Henley	Hannah
Delanie	Dizzle	Brystol	Abby
Makenzie	Kylee	Shelby	McKinley
Miley	Marin		Eva
Gracie	Madysen		

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PRE-PRACTICE TASKS:

Practice #10 – 3-24-25 – all of this is field and weather depended...but this is the plan for now.

3:45-3:55 Meet in Front of the Garage Door

- How qualifying works – back to our overall three goals, qualify for state, get the best seed possible, play on Saturday
- Our team identity, what do we need to do, who do we need to be.

3:50-4:00 Agilities by Field 2

4:00-4:05 Bunting

4:05-4:50 Base running stations

- Hard through First base, turn head look and react
- Rounding first base – challenge defense, eyes stay with ball until it hits the circle.
- Second base secondary – extended, run ball behind on ground, ball in air when to tag, scoring on hit
- Third base leads – ball on ground, ball in air, when to tag
- Turns at all bases, drop inside shoulder, inside of base, efficiency of path
- Look for bases – anticipate, don't give teams credit for playing catch
- Be aggressive
- Put pressure on all the time

4:55-5:50 Defense

- Outfield to bases – relays, who, where, when
- Outfield/Infield ball in air priority – ball first, go get it, you must talk.
- Infielder, field aggressively – throw with runners/pressure, stopwatch Contact to Glove Contact
- Infielder communication – ball in air, play ball first
- Runners at third
- Whatever other situations I can come up with
- Bunt coverage Cover 1 and Cover 2

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PRE-PRACTICE TASKS:

Practice #11 – 3-24-25 –

Pitchers and Catchers get going ASAP! No need to wait, the earlier you get going the better, we will be out around 3:30!

3:45-3:55 Meet in Front of the Garage Door

3:50-4:00 Agilities by Field 2

4:00-4:05 Bunting

4:05-4:50 Outfield Mass – Infielders working on relay throws to the side

Outfield defense situations

- 3 base, 2 base, 1 base rules
- Throws through Cut-off head, must be cuttable
- Communication with/Infield
- Outfield Bunt Defense locations with infielders

5:15-5:50 Offense

Mirror Double Circuit

- 2 live in cages
- 2 outside
- 2 load pause, hit against front side
- 2 High tee
- 2 Shag
- 2 Your choice – plane tee, separation, share between groups

5:50-6:00 Sign Review

Uniforms have to happen, helmets have to happen! We will work on that tomorrow and Thursday.

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PRE-PRACTICE TASKS:

Practice #14 – 3-26-25

3:45-3:55 Meet in Front of the Garage Door – what is visualization?

3:50-4:00 Agilities by Field 2

4:00-4:05 Bunting

4:05-4:15 Throw

4:15-4:30 Infield/Outfield/Catcher Daily Drills

4:30-5:00 Mass fly balls, outfield and Infield

5:00 – 6:00 Four station Live Hitting We will randomly do groups today at practice.

Live	Circuit	Condition	Shag
Shag	Live	Circuit	Condition
Condition	Shag	Live	Circuit
Circuit	Condition	Shag	Live

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PRE-PRACTICE TASKS: Uniform adjustments, Helmets sized, etc.

Practice #15 – 3-27-25

Pitchers go right away again, please...light warm-up

3:45-3:55

3:50-4:00 Agilities by Field 2

4:00-4:05 Bunting

4:05-4:15 Throw

4:15-5:00 Team Defensive situations

- 1st and 3rd
Defensive scenarios
- Runner at third only
- bases loaded
- Positioning w/slap.
- Positioning with runner 1st, etc.
- IF/OF Communication

5:15-6:00 Hitting Circuit – **Be focused and be intentional about what we are doing**

- Load Pause
- On Plan Tee
- Camwood
- Outside Tee in Cage
- Frisbees
- Separation
- Soft – Toss
- High tee

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PRE-PRACTICE TASKS: Uniform adjustments, Helmets sized, etc.

Practice #16– 3-28-25

Pitchers go right away again, please...light warm-up

3:45-3:55

3:50-4:00 Agilities by Field 2

4:00-4:05 Bunting

4:05-4:15 Throw

4:15-4:45 Pre-Game Infield/Outfield Mass – done in two sessions.

4:45 – 5:30 Live Hit and Circuit

2 groups – Group 1 hits second, Pull out slappers for 15 minutes on field 3

Jezzy	Dizzle
Aspen	Gracie
Ryan	McKinley
Makenzie B	Madysen
Bailey	Kylee
Katelyn	Natalee
Maya	Jenica
Taylor	Makenzie
Miley	Kaydence
Delanie	Abby
Briette	Sophia
Beatrice	

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PRE-PRACTICE TASKS:

Practice #17– 3-30-25

3:45-3:55 Shed – UMASS continued

3:50-4:00 Agilities by Field 2

4:00-4:05 Bunting

4:05-4:15 Throw

4:15-4:30 Pre-Game Infield/Outfield Mass – done in two sessions.

4:30-4:45 Bunt Coverage 2 – who goes where and when?

-catchers, inside outside, throw firm

-picks to 1st for catchers

4:45-4:55 Delay Steal – Offence, what happens at 1st and 3rd on this play

4:55-5:10 Squeeze, Squeeze 2nd and 3rd cut the edge

5:10-6:00 Hitting Circuit

- Stay on top of the ball – Keep on Keeping on with the drills

-Machine

-Soft Toss

-High Tee

-Plane Tee

-Your choice

-Load Pause

-Double tee

-Outside tee into Net

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PRE-PRACTICE TASKS:

Practice #24– 4-7-25

3:00-3:20 Pictures

Pitchers, as needed?

4:00-4:15 Agilities by Field 2

4:15-4:20 Bunting

4:20-4:25 Throw

4:25-4:35 Defensive Specialties

4:35-5:00 Infield/Outfield Mass – Bunts, Runners at Third

5:00 – 6:00 Hitting Circuit

- Machine – Hopefully new machine part is here and we are rolling
- Soft Toss
- High Tee
- Plane Tee
- Your choice
- Load Pause
- Double tee
- Outside tee into Net

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PRE-PRACTICE TASKS:

Practice #22– 4-9-25

3:45-4:00 Bring your helmet please. Better Bronc Stickers for all...

4:00-4:15 Agilities by Field 2

4:15-4:20 Bunting

4:25-4:40 Defensive Specialties

- Outfielders – Spin off the bat, know it, understand it, adjust it; positioning how we move you; remember hitters the best you can, corner adjustment to Left and Right hitters
- Catchers---Aspen work with others about 0-2 set up and what we are trying to accomplish with this pitch
- 1B – footwork, tags, handling yourself around the base
- 2B/SS – DP footwork, tags, handling yourself around the bases (3B join in on tags), Cover 2 runners on 1st and second, take care of the steal

4:40 – 5:50 Circuit – focused on extension and keeping shoulder in – Lots of new/different drills

Discuss count/controlling at bats, what a quality at-bat looks like, working in the zone, get ahead as a hitter – Yes, Yes, No...lots of mental hitting stuff

Then circuit will emphasize keeping front shoulder in

- PVC held with left hand (or lead hand)
- Front hand Tee from the knee
- Back Hand Tee with ball over Tee or PVC or Corner of Cage
- Double Tee set for extension
- Swing – rails on Bat Path on Tee
- Fence Swing
- Outside Tee to extension in cage
- Track the numbers soft toss
- Roll it in and take the pitch
- Dry-Separation (2 times)
- Camwood Tee
- On-plane tee

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PRE-PRACTICE TASKS:

Practice #23– 4-9-25

3:45-4:00 Agilities/Bunt

4:00-4:15 Throw

4:15-4:40 Mass Fly/Ball Ground Ball – we will do it as two separate events, Varsity/JV

4:40-4:55 Bunt Defense Reviews Both groups/Catchers to bases

5:00-6:00 Live Hit – Double Barrel (Two lives at once)

Circuit – Shag - Hit

Three Groups:

Group 1	Group 2	Group 3
Ryan	Makenzie B	Brooklyn
Aspen	Taylor	Bailey
Delanie	Miley	Briette
Jezzy	Maya	Katelynn
Kylee	Abby	Dizzle
Sophia	McKinley	Makenzie M
Gracie	Nataleee	Madysen
Jenica	Kaydence	Beatrice

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PRE-PRACTICE TASKS:

Practice #24– 4-14-25

3:45-4:00 Agilities/Bunt

4:00-4:15 Throw

4:15-4:35 Base running – Obstruction, Interference, Sliding away from contact, tag, helping at the plate, running technique

4:40-4:55 Defense 1st and 3rd Review and Practice

5:00-6:00 Circuit

- **Machine**
- **Soft-Toss Side**
- **Plane Tee**
- **Camwood Tee**
- **Split Grip Tee**
- **Outside Tee**
- **High Tee**
- **Double Tee**

6 minutes per

Three Groups:

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PRE-PRACTICE TASKS:

Practice #25– 4-16-25

Today we will start in the shed and go through some more specific visualizing techniques

3:45-4:00 Agilities/Bunt

4:00-4:15 Throw

4:15-4:50 Defensive Things

- **Mass FB/GB**
- **Throw Behind on Bunt and regular ground ball**
- **Runner at Third Defense**
- **Hurricane – Tornado – or Whatever**
- **Five Infielder coverages and responsibilities**

4:55-5:55 Offense – 5 stations 10 minutes each, Groups of 4-4-5-5-5

- Squeeze and Hit and Run Live AND Fake Bunt and Run Timing
- Machine in Cage – we need to stay at this it is difficult but it has benefits
- Load Pause Tee (3 set ups)
Focus to Balance, Then good hands to ball
- Outside Tee (3 Set ups)
Focus Top hand and keeping the ball on the line to the opposite field
- High Tee
Focus Top Hand here as well

Live Hit Thursday

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PRE-PRACTICE TASKS:

Practice #26– 4-17-25

3:45-4:00 Agilities/Bunt

- **Sign Review while we stretch**

4:00-4:15 Throw

4:15-4:45 Defensive Things

- **Pre-Game Mass FB/GB**
- **Runner at 3rd work**
- **Dropped Third Strike – Know the Rules and how to handle it for catchers**

4:45-5:45 Live Hit on Field

- Same groups you hit in yesterday please
- T-group has Machine work and Three Tees
- Shag Group, infielders work at least two hitters in position getting live reads on balls
- Shag Group Outfielders work at least two hitters in position getting live reads on balls

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PRE-PRACTICE TASKS:

Practice #28– 4-23-25

3:45-4:00 Agilities/Bunt

4:00-4:15 Throw

4:15-4:45 Defensive Things

- **Daily Drills**
- **Mass**

5:00-5:15 Hit and Chase

- **Hit one and run, chase the next persons ball**

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PRE-PRACTICE TASKS:

Practice #29– 4-9-25

3:45-4:00 Agilities/Bunt

4:00-4:15 Throw

4:15-4:50 Mass Fly/Ball Ground Ball

5:00-6:00 Live Hit – Double Barrel (Two lives at once)

Circuit – Shag - Hit

Three Groups:

Group 1	Group 2	Group 3
Ryan	Katelyn	Jenica
Aspen	Briette	Gracie
Delanie	Miley	Kaydence
Jezzy	Maya	Kylee
Taylor	Abby	Dizzle
Makenzie B	McKinley	Sophia
Bailey	Brooklyn	Madysen
		Beatrice

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PRE-PRACTICE TASKS:

Practice #29– 4-9-25

3:45-4:00 Agilities/Bunt

4:00-4:15 Throw

All Pitchers need to warm up and throw a bit today

4:15-4:30 Everyday Work – First Base, Glove work in the Infield, Outfielder working toward their left

4:30-4:45 Mass Ground ball – Fly Ball

4:45-5:00 Squeeze Review

5:00-6:00 Circuit 8 stations times 6 minutes

Machine – two plate set up 2-2-2-2-2-2

Outside Tee

Shag with that

Conditioning

On Plane Tee

Load Pause Tee

Cam-Wood Tee

See-Saw Tee

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PRE-PRACTICE TASKS:

Practice #31– 5-1-25

3:45-4:00 Agilities/Bunt – sign review

4:00-4:15 Throw

4:15-4:30 Pre-Game Mass Fly Ball and Ground Ball – 2 groups

4:30-5:45 Live Hit Rotations

Shag – Circuit – Live

Live with Runners – Bunt, read down angle, Hit and Run, Squeeze, Read ball from 3rd base
Live Swings

Circuit with Shag

Group 1	Group 2	Group 3
Ryan	Katelyn	Jenica
Aspen	Briette	Gracie
Delanie	Miley	Kaydence
Jezzy	Maya	Kylee
Taylor	Abby	Dizzle
Makenzie B	McKinley	Sophia
Bailey	Brooklyn	Madysen
		Beatrice

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PRE-PRACTICE TASKS:

Practice #32– 5-5-25

3:45-4:00 Agilities/Bunt – sign review

4:00-4:15 Throw

4:15-4:25 Defensive Specialties

4:25-4:40 Pre-Game Mass Fly Ball and Ground Ball – 2 groups

4:40 – 4:50 1st and 3rd defense review

5:00 – 5:50 Circuit Hitting today

- Machine
- Machine (stay here twice) total of four people at this station
- Split Grip
- On Plane Tee
- Frisbee Throw and PVC
- Outside Tee on Field 2
- Inside Tee on Field 2
- Shag
- Load Pause Go Tee
- Number reaction – Eye Training
- High Tee

FRENCHTOWN BRONCS SOFTBALL

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PRE-PRACTICE TASKS:

Practice #39– 5-20-25

3:40 – 3:50

3:50-4:00 Agilities/Bunt

4:00-4:15 Throw

4:15-4:30 Infield/Outfield Mass Fly Ball and Ground ball.

Outfielders throw

Infielders to home

4:40 – 5:30 Live Hit on Field

- Circuit work on the side – machine set for hitting – Get work in
- Live Hit – Sets until happy
- Baserunners – work reads
- 3 groups 6-6-5

Wednesday Depart 1:00, Practice 5:00, Bat Test 6:30, Coach Meeting 7:00

Pack your stuff!