

Alabama Softball Practice Objectives

TEAM OFFENSE/HITTING	TEAM DEFENSE	OUTFIELDERS	INFIELDERS	PITCHERS	BASERUNNING	CATCHERS
First and third offense	Pregame infield	Throwing to the relay person and/or the correct base ... when in doubt go to second	Proper fielding technique – line drives, ground balls at you, backhands, forehands, slo-rollers	Basic philosophy – get ahead of every hitter	Home to first	Calling pitches
Execution of skills: sac, drag, slap, hit n’ run, slap n’ run, squeeze, bunt n’ run	Run-downs	Drop steps, crossovers	Drop steps, crossovers	Fielding the position	Stealing second	Blocking pitches
On-deck responsibilities	First and third defense	Balls off the fence	Tag plays	Wild pitch/passed balls	Stealing third	Throwing runners out
Know your role, shut your hole	Cut-offs and relays	Fly ball techniques	Force plays	Back-up responsibilities	Fake steal	Pickoffs
Bases loaded approach	Bunt defense	Sun fly balls	Pop-ups, on field and near dugouts	Fielding the squeeze	Reading the down angle on bunts	Wild pitch/passed balls
Signs	Pickoffs	Ground ball mechanics, including do-or-dies	Communication	Communication	BITDC	Pop-ups
Positive count theory	Defending the squeeze and safety squeeze	Communication	Academy Award Tags	Pitch-outs	Reading the pitchout	Plays at the plate: Tags and forces
Dugout personality	HLC	Back-up responsibilities	Fake throws and when to make them	Intentional walks	The “Checklist” (two hands show number of outs, get sign, read the defense, check the scoreboard)	Receiving/framing pitches
Great presence at the plate	Team Communication	Diving and pop-up slides	Watching runners touch the bases		Leads at first, second and third	Academy Award Tags
Two-strike approach	Proper throwing techniques		Infield positioning during an intentional walk		First to third	Communication
Get to know your swing	Scouting reports		Run-downs		Second to home	Having a great “presence”
	Slap defense		Double plays – feeds and pivots		Tagging up at all bases – when/why	Giving signs
	Steal coverages				Slides – which ones and when to use them	Stances
					Helping the baserunner at the plate – up or down	Fielding bunts
					Two outs, two bases	Pitchouts/intentional walks

CATCHERS	PITCHER	HITTING
Qualities	Bunt Defense	On Deck Responsibilities
Equipment	Play @ 1B	Dropped 3rd Strike
Mask, Chest Protector, Shin Guards, Glove	Play @ 2B	Mechanics
	Play @ 3B	Strike Zones
	Play @ Home	Hiters Strike Zone
	Suicide Squeeze	Pitcher's Strike Zone
Signal System	Roll on Ground	Rule Book Strike Zone
Flash	Forehand flip	Situational Strike Zone
Touch	Back hand flip	Quality At Bats
Catcher's Position In Box vs. Hitter's Position In Box	Glove flips	Adjustments vs. Pitchers
Signals Stance	Barehand	Adjustments vs. Umpires
Receiving Stance (When to set up, How to shift)	On Ground	Hit & Run
Targets: what you prefer, what we prefer	At knees	Run & Hit
Middle of the plate	Slappers	Protect Runners
Glove	At You	Situational hitting
Chest Off Edge	To Glove Side	Drag Bunt (for a base hit)
Runner on Base Stance	To Throwing Side	Bunt & Run
Receiving Strikes	Double plays	Sacrifice
Framing	1 to 2 to 3	Fake Bunt & Hit
Balls Entering Zone	1 to 6 to 3	Push Bunt
Balls Leaving Zone	1 to 5 to 3	Slap Hitting
Glove Side - High, Mid, Low	Covering Open Bases:	Soft Slap
Throwing Side - High, Mid, Low	Home on WP/PB	Hard Slap
Down Middle of Plate - High, Mid, Low	3B on Sac Bunt with R1	Chop Slap
Sway & Frame	1B on Push Bunt	Reading the Defense
Catching when tired	Check Runners	Suicides
Catching while in the bullpen	Comebackers w/ Throws to Bases: Footwork	Safety Squeeze
Blocking	1B (glove side, throw side)	
Shift vs. Replace vs. Knee to Heel, Scoop	2B (who covers?)	
Glove Side	3B	
Throwing Hand Side	Home	BASERUNNING
Down Middle	Footwork: Jump Shift, Drop Step, Pivot Step	Philosophy
Wild Pitch	Receiving throws from Catcher	Mechanics
Throws to 1B - right handed/left handed hitter	No One On	Home to and through 1B
Ball Gloveside, Ball throwing side, Ball down middle	R on 1B	Home to and around 1B
Throws to 2B - right handed/left handed hitter	R on 2B	1B to 2B
Ball Gloveside, Ball throwing side, Ball down middle	R on 3B	2B to 3B
Throws to 3B - right handed/left handed hitter	R on 1B & 3B	3B to Home
Ball Gloveside, Ball throwing side, Ball down middle	Look Back & Look Back Rule	Tagging Up
Dropped 3rd Strike	Aborting a Pitch: Don't Like P. Selection, Time	Wild Pitch
No One On	Run downs	Pass Balls
R on Base	Between Home & 3B	Ball in Dirt
Throw on Wild Pitch/Pass Ball	Between 1B & 2B	"Know the Situation"
Throws to Pitcher	Between 2B & 3B	Leads
No One On	Between 1B & 2B, Home & 3B	Steals
R on Base	Between 3B & Home, 2B & 3B	Delayed Steals
Bunts	Cut Offs (maybe)	Off Catcher's pick off throw
Down 1B	Fly ball communication & Priorities	Off Catcher's throw to the pitcher
Down 3B (Back Chest)	First and Thirds: Mental & Physical	Off Infielders falling asleep
Straight Ahead	Backup: Bases & Plate	Off Pitchers falling asleep
On Run	Taking Signals	1st & 3rd Situations
Pop Ups	Pickouts: what pitch/location/sign	1st & 3rd from a walk
Towards Back stop	Pick-offs: what pitch/location/sign	Special Plays
Communication	Intentional Walk: what pitch/location/sign	Run downs
Wild Pitches/Pass Balls	Calling a game	Situations
Footwork: Right side	Get Ahead	Base Hit
Overhead Throw, Side Arm Throw, Underhand Throw, Flips	2	No One On
Blocking the Plate	Pitch Counts	Runner on 1B
Positioning from Left & Center	Strike Zone Management	Runner on 1B
Positioning from Right Field	"Waste Pitches"	Runner on 2B
Peekaboo vs. Step vs. Wall	High, Low, change, inside, outside, fastball	Runner on 3B
Double Plays	Signals	Runner on 1B & 2B
Behind Plate vs. In Front of Plate	Targets: what you prefer, what we prefer	Runner on 1B & 3B
Footwork (see Shortstops)	Charting (Control Hitters, Evaluating Games)	Runner on 2B & 3B
Cut Off Communication	Mechanics	Double
Direct Traffic	Control	No One On
Line up Cuts	Velocity	Runner on 1B
Backing Up Plays - 1B/3B	Changing Speeds	Runner on 2B
Pick Offs: what pitch/location/sign	Movement: RISE BALL	Runner on 3B
R @ 1B (RHH, LHH)	Movement: DROP BALL	Runner on 1B & 2B
R @ 2B (RHH, LHH)	Movement: CHANGE UP	Runner on 1B & 3B
R @ 3B (RHH, LHH)	Movement: CURVE BALL	Runner on 2B & 3B
Pickouts: what pitch/location/sign	Movement: SCREW BALL	Ground Ball to IF
RHH	Warm-ups for Games/Practices	No One On
LHH	Arm Care	Runner on 1B
Intentional Walks: what pitch/location/sign	Communication about arm injuries/fatigue	Runner on 2B
Back Up Responsibilities	Mound Presence	Runner on 3B
Covering Bases:	Starting & Relieving	Runner on 1B & 2B
3B on bunt w/ R 1B, 1B on Throw Behind	How to Appeal	Runner on 1B & 3B
Run downs	Calling a game	Fly Ball to OF
Working with Umpires	Get Ahead	No One On
Calling a Game/Strategy/game plan	Boxing & Tilting	Runner on 1B
Evaluating Hitters	Pitch Counts	Runner on 2B
Getting Signs from Coach	Strike Zone Management	Runner on 3B
Tempo	"Waste Pitches"	Runner on 1B & 2B
Interpersonal Skills	High, Low, change, inside, outside, fastball	Runner on 1B & 3B
Handling Pitchers, Umpires, and Pitching Coach	Pitching Philosophy	Runner on 2B & 3B
Team (struggling situations)		
Knowledge & Recognition of Pitching Mechanics/Spins		
Calling Plays		