



Sample Work Outs

Beginner Team

Warm-up (10-15 minutes)

- Jogging: 3 minutes around field
- Stretching: Chest, shoulders and arms, hamstrings, quads, groin and calves
- Team warm-up: Throwing, grounders, air swings

Skill Work (45 minutes)

Introduction to Fielding

- After the coach demonstrates the proper form, the athletes will practice assuming the correct ready position without the ball.
- Athletes form two lines facing each other 2 meters (6 feet) apart and practice rolling the ball back and forth between them.

Introduction to Catching

- Demonstrate hand position for over-head catching.
- Athletes form two lines facing each other 2 meters (6 feet) apart and practice catching the ball while throwing it to each other, focusing on correct mechanics rather than the actual catch.
- Once the athletes become more confident, they should move farther apart.

Introduction to Hitting

- Demonstrate correct hitting mechanics
- Athletes form one row 2 meters (6 feet) away from one another and practice dry swings.
- Using a tee the athlete then practices hitting mechanics as they swing and hit off of a tee.

Team Concept (15 minutes)

- Practice ready positions with infielders in positions only.
- Discuss the offensive and defensive responsibilities of each position (who fields, pitches, who hits, etc.).

Cool-down (10 minutes)

- Bring the team together for cool-down stretching.
- The coach will make one positive comment about each athlete within a “winners circle.”



Intermediate Team

Warm-up (10- 15 minutes)

- Jogging: 5 minutes around field
- Stretching: Chest, shoulders and arms, hamstrings, quads, groin and calves
- Team warm-up: Throwing, grounders, air swings

Skill Work (15 minutes)

BASE Drill

- Focus on consistency of hitting.

Team Concept (15 minutes)

Shagging Hitting Practice

- Set up the team to field grounders hit.
- The coach or assistant coach should lead the drill by pitching consistently to the hitters, allowing the team to practice hitting the ball fair and for the defense to work on proper fielding technique.
- For each fair-ground ball, the offensive team receives one point; the drill can end when a total number of ground balls fair have occurred or when a specific number have occurred in a row.

Scrimmage (30 minutes)

Divide the team into four equal groups of three, and play using competition rules.

- Ideally this will be a 3 against 9 game. Coaches, volunteers or family members can be recruited to fill out one team.
- Whenever possible, have an official who uses whistles and hand signals to train the team on what to expect in competition.

Cool-down (10 minutes)

- Bring the team together for cool-down stretching.
- The coach will make one positive comment about each athlete within a "winners circle."

Special Olympics Softball

Coaches Quick Start Guide



Advanced Team

Warm-up (10- 15 minutes)

- Jogging: 5 minutes around field
- Stretching: Chest, shoulders and arms, hamstrings, quads, groin and calves
- Team warm-up: Throwing, grounders, air swings

Skill Work (15 minutes)

BASE Drill

- Focus on accuracy of hitting.

Team Concept (15 minutes)

Target/area Hitting Practice

- Set up the team to field grounders hit.
- The coach or assistant coach should lead the drill by pitching consistently to the hitters, allowing the team to practice hitting the ball fair and for the defense to work on proper fielding technique.
- Break up the field into three sections, left, middle and right. For each fair-ground ball, in each area the offensive team receives one point; the drill can end when a total number of ground balls fair have occurred or when a specific number have occurred in a row in the specific area.

Scrimmage (30 minutes)

Divide the team into two equal groups of six, and play using competition rules.

- Ideally this will be a 10 on 10 game. Coaches, volunteers or family members can be recruited to fill out one team.
- Whenever possible, have an umpire calling balls and strikes/ out and safe to train the team on what to expect in competition.

Cool-down (10 minutes)

- Bring the team together for cool-down stretching.
- The coach will make one positive comment about each athlete within a “winners circle.”