

# 14U Workout Plan

**0:00 Warmup:** To prepare the body for softball movements

Stationary:

1. Cat Stretch 3 reps/T-Spine 3 reps each side/Hip Raises 3 reps

Movement:

2. Knee Huggers/Bear Crawl/Monster Kicks/Skips **(eliminate if time does not allow)**

**0:10 Arm Care**

Arm Care: grab two balls

1. Pronation Swings 5/Cuban Press 5/Two Arm Throws 5
2. 5 Staggered reverse pivots behind head (20ft)
3. 5 Staggered pull apart (20ft)

**0:20 Throwing and receiving:** Throwing tasks designed to develop healthy throwing patterns for arm care and movement efficiency. To pick up target visually and move appropriately to hit target. Receiving tasks are design for player to pick up release points of thrower or batted ball to perceive speed and direction of the ball in order to secure ball and transfer into a throw.

Tasks: To acquire target visually and hit the target with different footwork at various distance (moving to throw). Receivers want to get gloveside palm behind the ball.

Equipment set up: 4 Buckets of age and development appropriate balls, 4 catch net with target, cones for distance markers, fungo bat

**IF pairs are CONSISTENTLY hitting the targets on the net, throwing and receiving can be done with a partner (Catch Play).**

1. 5 Reverse kneel, face away, find target, stand replace throw into net, receive any way to secure ball (50ft)
  - a. Overhand feed from volunteer sitting on bucket
2. 5 MLB pitcher/Force Play receiving (one hand) (50ft)
  - a. Overhand feed from volunteer sitting on bucket
3. 4 Shuffle Step ball in glove/Force Play receiving (one hand) (60ft)
  - a. Overhand feed from volunteer sitting on bucket
4. 4 Shuffle Step ball on the ground, bare hand/Force Play receiving (one hand, catch over gloveside toe) (60ft)
5. 4 Quick transfer receiving (two hands, receive middle of body) throw to net (50ft)
  - a. Underhand feed from volunteer sitting on bucket
6. 4 Relay receiving (player back to target, throw into net (70ft)
  - a. Overhand feed from volunteer sitting on bucket

**0:30** 2 groups on infield/2 groups in OF

**0:35** Swap IF and OF groups

7. Groundball receiving w/counting the hops out loud (no throws)
  - a. 5 balls right at
  - b. 5 balls barehand
  - c. 5 balls glove side
8. Groundball receiving w/counting the hops out loud (no throw) **(IF TIME)**
  - a. 10 balls mix direction/ mix bunts (watch top hand)
9. Flyball receiving w/ counting time ball in air (no throw)

- a. 5 balls short distance (70ft)
- b. 5 balls medium distance (90ft)
- c. 5 balls longer distance (150ft)

**0:40 HARD STOP: Wash hands**

**0:43 Hitting:** Purpose: To develop players internal visual cueing for perception of speed and direction of pitched ball. To provide intent to their swing, i.e. hit ball over the screen. A player's perception and intent will allow them to provide the movement necessary to accomplish task.

Tasks: Depending on age and ability level we ultimately want them to hit ball hard on a line head high or over front toss net. This can occur over any **infielder's head on a line** depending on the location of the pitched ball. For inexperienced players we want make any type contact while swinging fast as they can into fair territory. Contact ability is the main focus, if consistent contact then impact quality (how hard and far) should be focus. Add in swing decisions. i.e. throw both sides of plate but hitter only hits a ball on outside of the plate. If they see it there they go, if they don't they take.

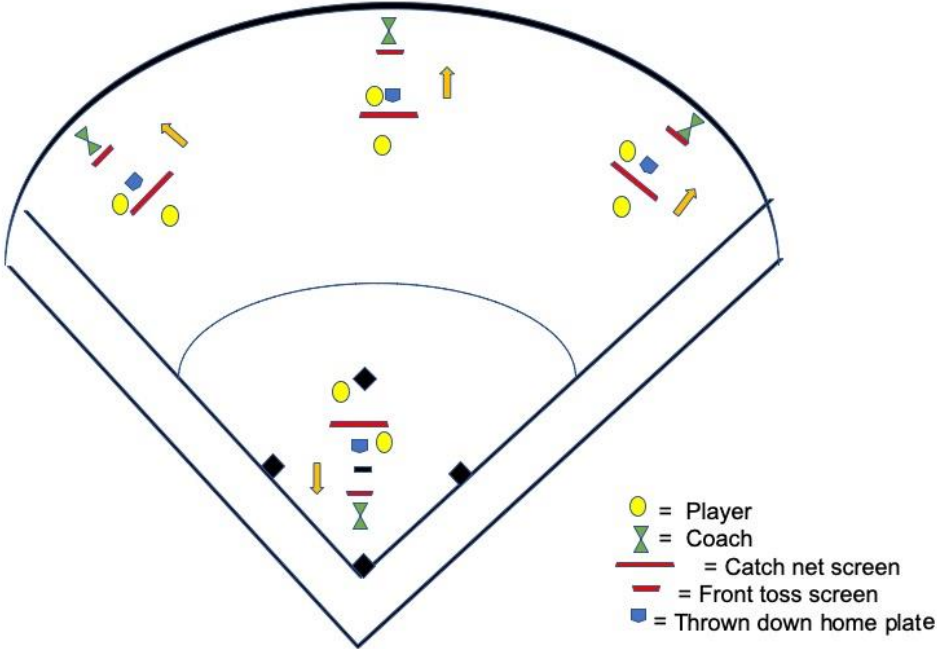
Equipment set up: 5 Buckets of whiffle and hard balls, 5 front toss screens, 5 catch nets for backstop, throw down home plates, 4 buckets for tosser to sit on, Cones set up at where infielders would be for visual targets

1. 5 outside pitches (coach toss from bucket)
2. 5 inside pitches (coach toss from bucket)
3. 5 high pitches (coach toss from bucket)
4. 5 low pitches (coach toss from bucket)
5. 5 slow pitches (lob) (coach toss from bucket)
6. If time 5 mixed speed and locations

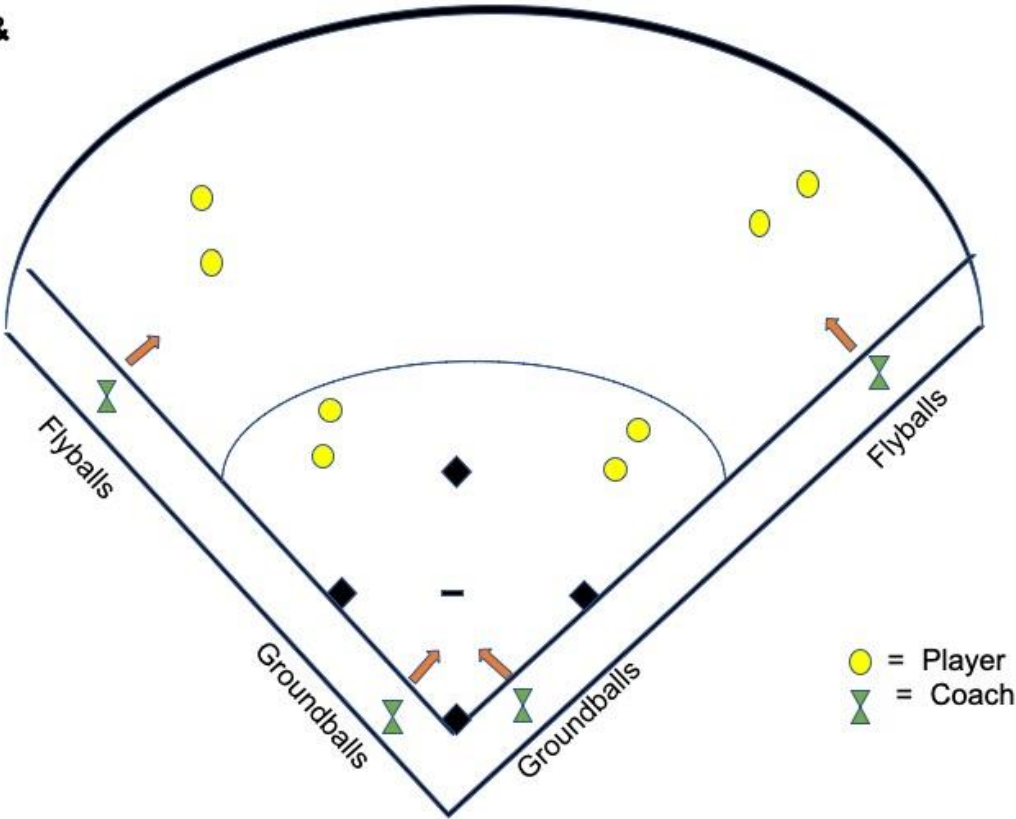
**1:00 END**

**\*REMINDER:** We are here to give them experience working towards completing a task. We are here to facilitate the environment for growth through task rich environment. Task failure gives them a chance to grow OVER TIME. IF they can complete the tasks GREAT! Celebrate and reinforce the PROCESS, not the task completion. We will be developing players with a growth mindset instead of a fixed mindset! Let the environment and tasks be their guide to figure out movement solutions. Remember perception drives movement! No point to give mechanical cues when the problem may be perception, they may not have information to move appropriately. When in doubt give visual cues, this will help them toward movement autonomy!

**HITTING**



**Groundballs & Flyballs**



**Throwing & Receiving**

