

Offense Softball

“Planning a Hitting System for YOUR Team”

1. Identify the Program Offense

a. Players Offense skills. Once the season begins. Work your strengths.

- i. Swings up. (work down ball).
- ii. Swings down. (work up pitch).
- iii. Leaves elbow behind (work outside pitch).
- iv. Timing: Late. Work Hit and Run drills

b. Team Offense skills: What Type of Team are YOU?

i. Speed:

1. Run early and often.
2. Double steal is your game (1st and 3rd).
3. Set practices accordingly.

ii. Power:

1. Hit and Run replaces the sac bunt.
2. No bunting with one out runner at first.
3. Set practice accordingly.

iii. Combo:

1. Work Sac bunt and Hit and Run accordingly.
2. When to run? When to bunt?
3. Set practice accordingly.

2. Customize your practices: Sample Practice Progression & Set Up.

i. Ball is stationery on T : PPF-Pre Practice Fundamentals: 5 Anchor Drills

1. T Drills-Stationery Ball.
2. One Arm Knees w/T.
3. One Arm Standing w/T.
4. Walk Up.
5. Zone T work-Each individual works their weak zone.

ii. Ball is moving-slowly: Toss Drills- (partner at 45 degree to the hitter).

1. Zone Hitting.
2. Timing and Rhythm-Change up.

iii. Ball is moving-zone recognition: Front Toss- picking up out of tosser's leg area.

iv. Ball is moving-pitch recognition:BP Pitcher (two pitch combos: i.e.inside/change).

v. Ball is moving-pitch recognition:Live BP-all zones being thrown-Game situations.

3. Offense Areas to be covered: Complete with customized stations. (don't assume they come early stay late).

- a. **Two Strike Situation:** Statistics will show we go even or behind the majority of the time.
- b. **CB station:** Confidence Building: Work your strengths. Document their success.
- c. **Short Game Station:** Sac, Drag, Suicide.
- d. **Read the defense:**Assess the infield: defense.
- e. **Pressure Cooker:** Drill at the end to create excitement NOT pressure.
- f. **Vision and Tracking Drills:** Tennis Balls.Bunting with back arm. Tracking ball to contact area.

4. Plan For the Entire Season

- a. **Pre Season:** How many practice days (assess their skill, customize drill work)
- b. **In Season:** Each player strategies regarding their swing path, swing DNA.
- c. **Post Season:** Heavy dose of confidence building, taking inventory of positives. Excitement vs. pressure.
- d. **Educate on opponent without information overload.**

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