



AIR IT OUT

Runner on 2nd... 2 outs... base hit up the middle...
Can you throw out the runner at home?

HOW IT WORKS

Set up a ball bucket anywhere between 100 feet to 200 feet away.

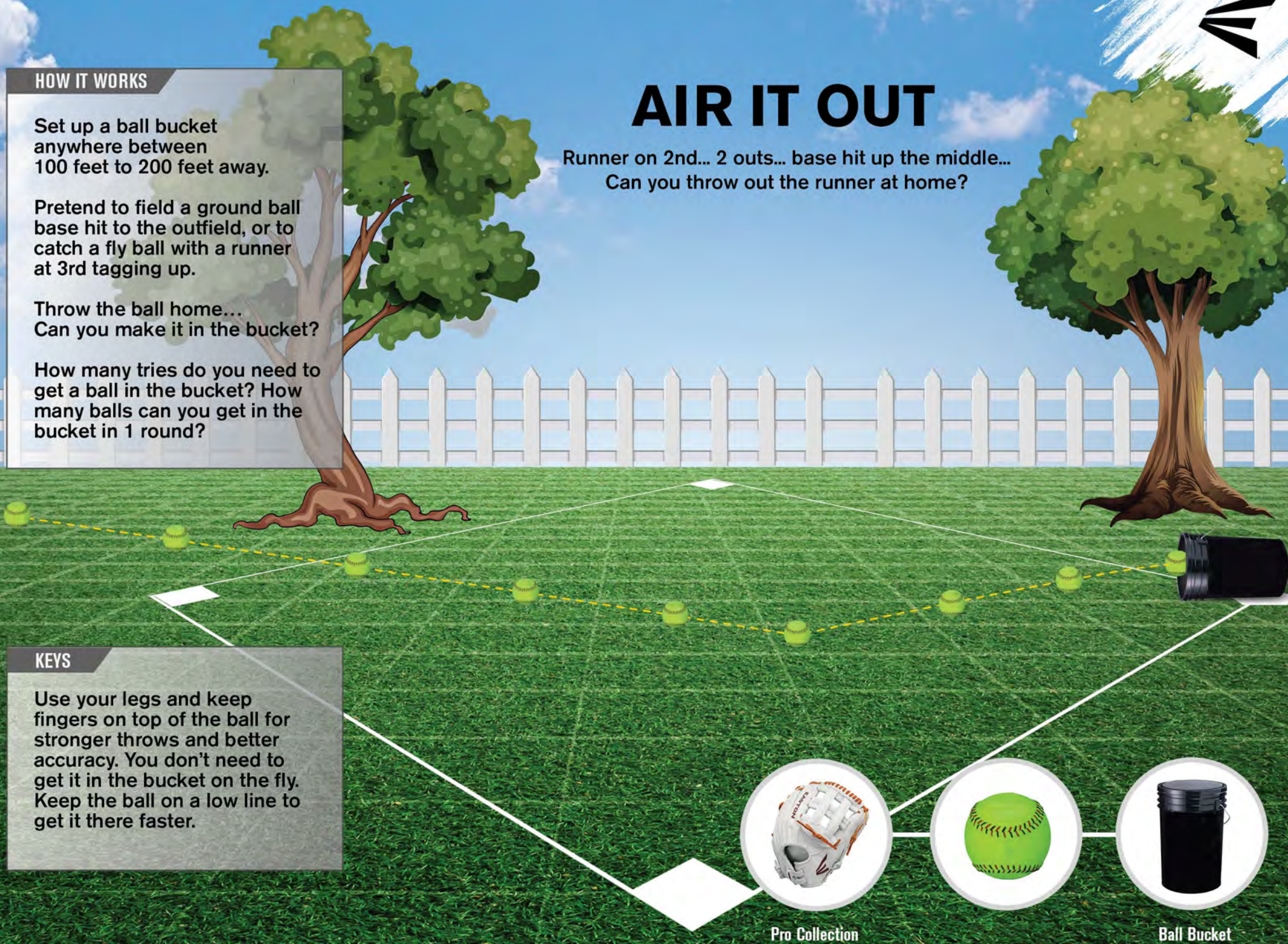
Pretend to field a ground ball base hit to the outfield, or to catch a fly ball with a runner at 3rd tagging up.

Throw the ball home...
Can you make it in the bucket?

How many tries do you need to get a ball in the bucket? How many balls can you get in the bucket in 1 round?

KEYS

Use your legs and keep fingers on top of the ball for stronger throws and better accuracy. You don't need to get it in the bucket on the fly. Keep the ball on a low line to get it there faster.



Pro Collection
Fastpitch Ball Glove



Training Softball



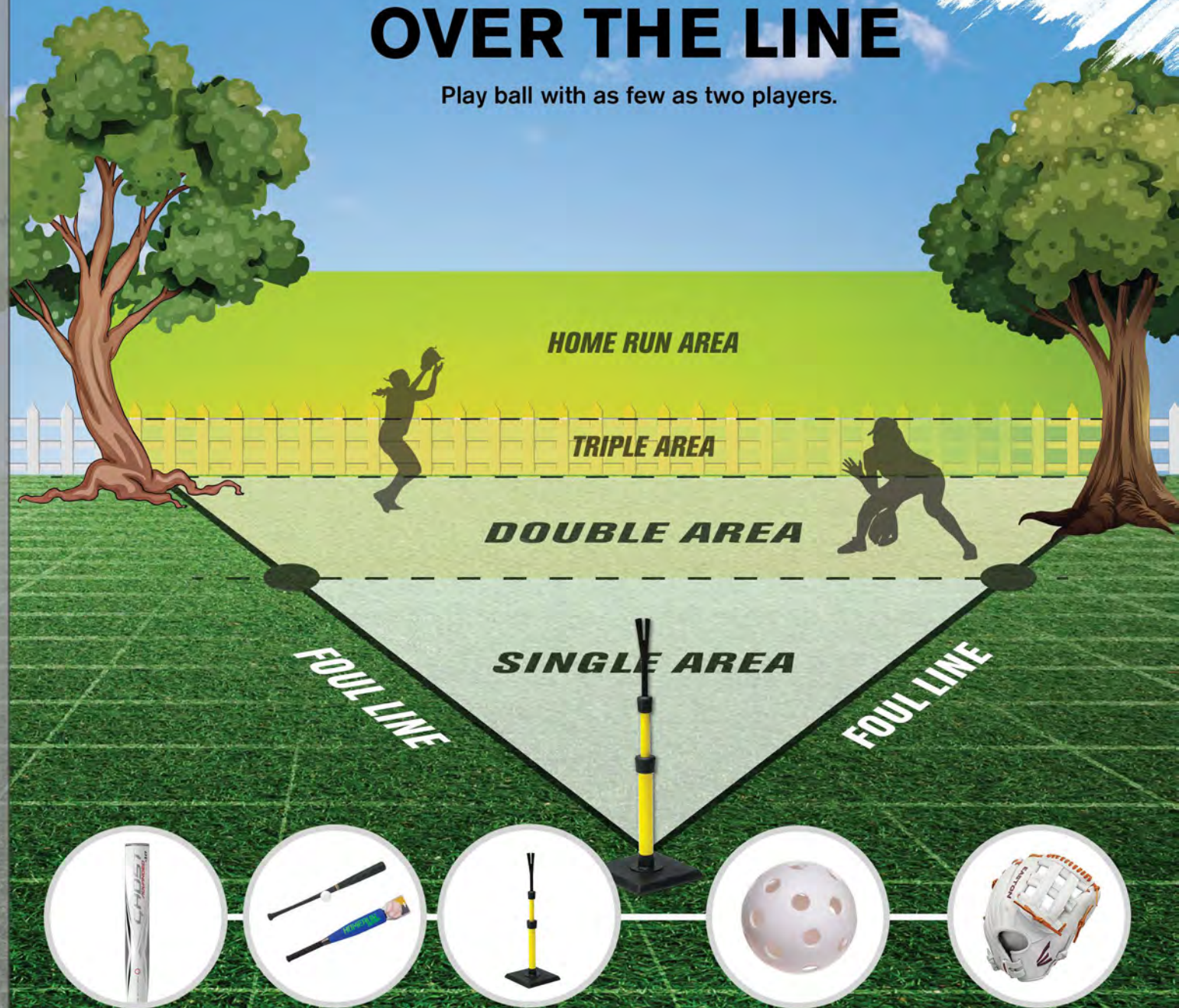
Ball Bucket

HOW IT WORKS

- 2-4 people are needed to play.
- Set up your field of play. Think about the shape of a softball field, and make your own foul lines. Any width will do.
- Designate areas of the field, starting from your home plate and ending at the farthest distance: Single, Double, Triple and Home Run.
- Players will take turns trying to hit the ball past the defenders in the field to score runs. **NO RUNNING!**
- Players can hit off a tee, soft toss or even pitch to each other.
- Balls hit past defenders or not fielded cleanly result in a “ghost” runner on base.
- If a defender fields the ball cleanly, that’s an out.
- Ghost runners can only be forced-in to score. For example: A runner on 3rd when a single is hit results in that runner remaining on 3rd and a new runner on 1st.

OVER THE LINE

Play ball with as few as two players.



Ghost® Advanced



Pro Stix Training Set
or Foam Bat & Ball Set



Square It Up Tee



Plastic
Training Ball



Pro Collection
Fastpitch Ball Glove

QUICK FEET



There is a ton of lateral movement in softball. Whether you are fielding a grounder or in a pickle, having quick feet is key.

1. BOX AGILITY DRILL

Set up a 4 cones or markers in a square about 10 feet apart.

Start at one corner. Sprint straight for the first cone. Then, break left or right into lateral steps as you head to the second cone. Then, break into a back pedal as you head to the third cone. At the final cone, transition into lateral steps again as you head back to your starting point.

Continue around the box the same way 5 times. Take a quick break and repeat, going the opposite direction.

2. W AGILITY DRILL

Set up 5 cones or markers in the shape of the letter "W".

Start below one side. Sprint straight for the first cone. Then, break into a back pedal as you head to the next cone. Then, switch your feet quickly and sprint forward then back until you reach the end.

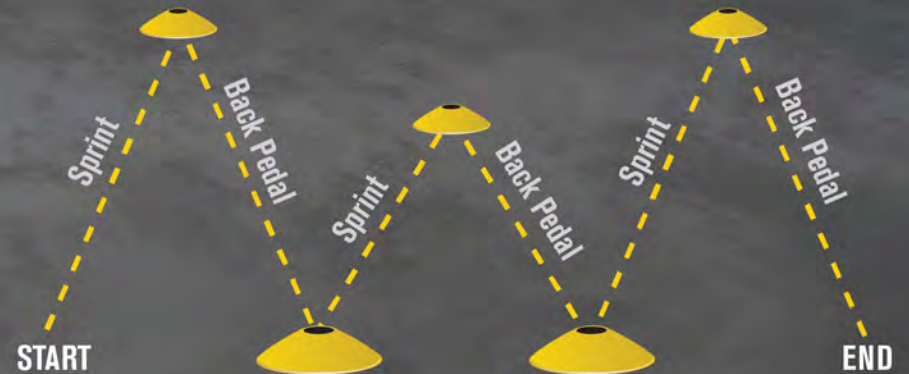
Continue back and forth 5 times (there and back counts as 1).

KEYS

Stay low! Keep your butt down and try not to "hop".

Keep your hips square, and try not to "click" your feet together.

Don't "round" the corners. Stay in straight and direct lines.





TEE WORK

Tee work doesn't have to be boring. Have a plan to make it fun and get better!

PURPOSE

Practice hitting pitches in different areas of the strike zone. The tee provides instant feedback.

HOW IT WORKS

Try to hit 5 balls to each location based on the tee position:

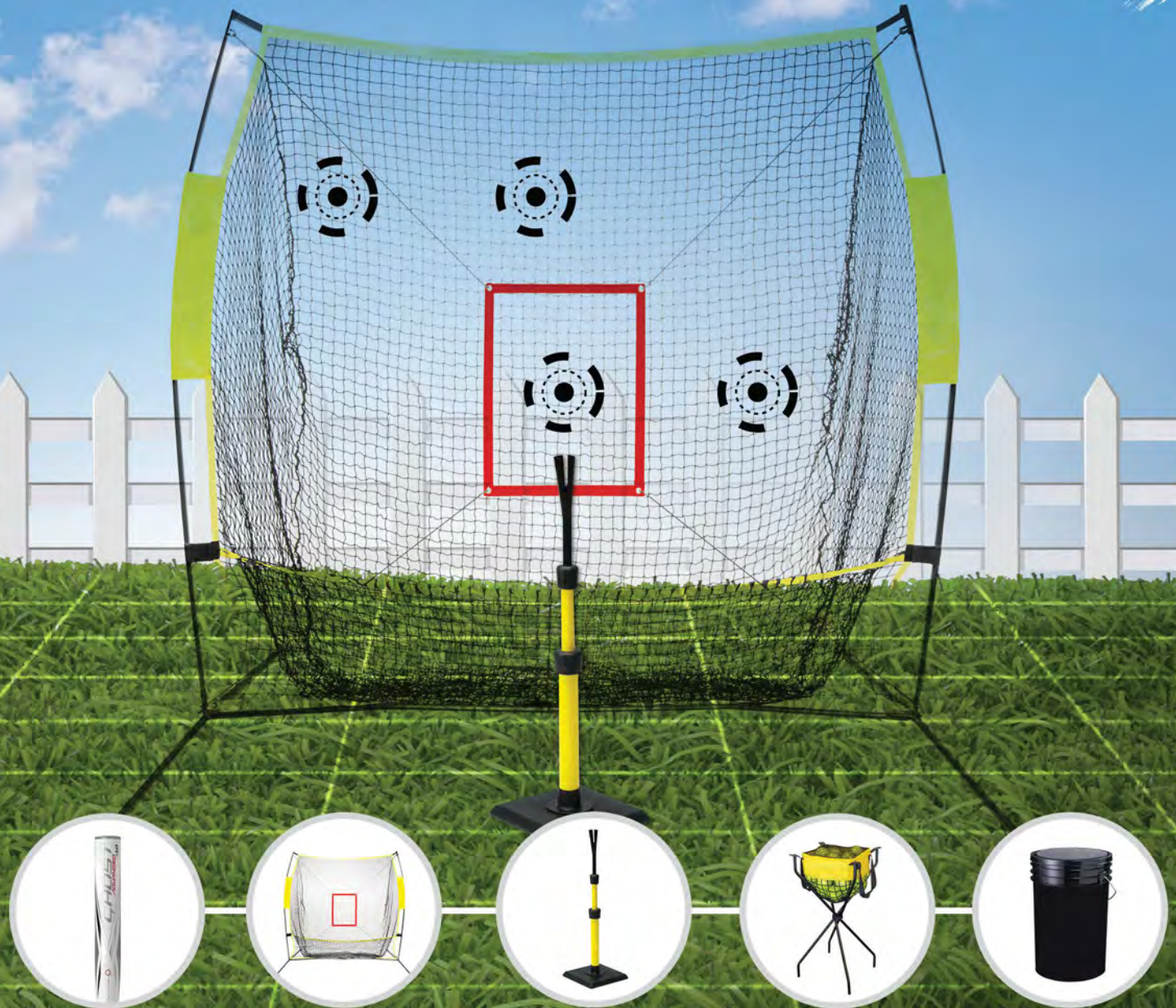
- Middle/middle
- Middle/away
- High/pull
- High/middle

KEYS

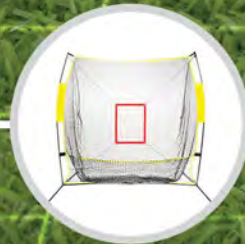
Move the tee based on pitch location and where you want to hit it (i.e. set up the tee farther away and deeper in your stance for the away pitch). Make sure to keep your hands above the ball on the high pitch, or else you might be fetching the ball from the street.

EXTRA CHALLENGE

Line up the tee off your front foot. Try to stay inside the ball and drive it up the middle/away. Don't get jammed!



Ghost[®] Advanced



7 FT XLP Net



Square It Up Tee



Ball Caddy



Ball Bucket

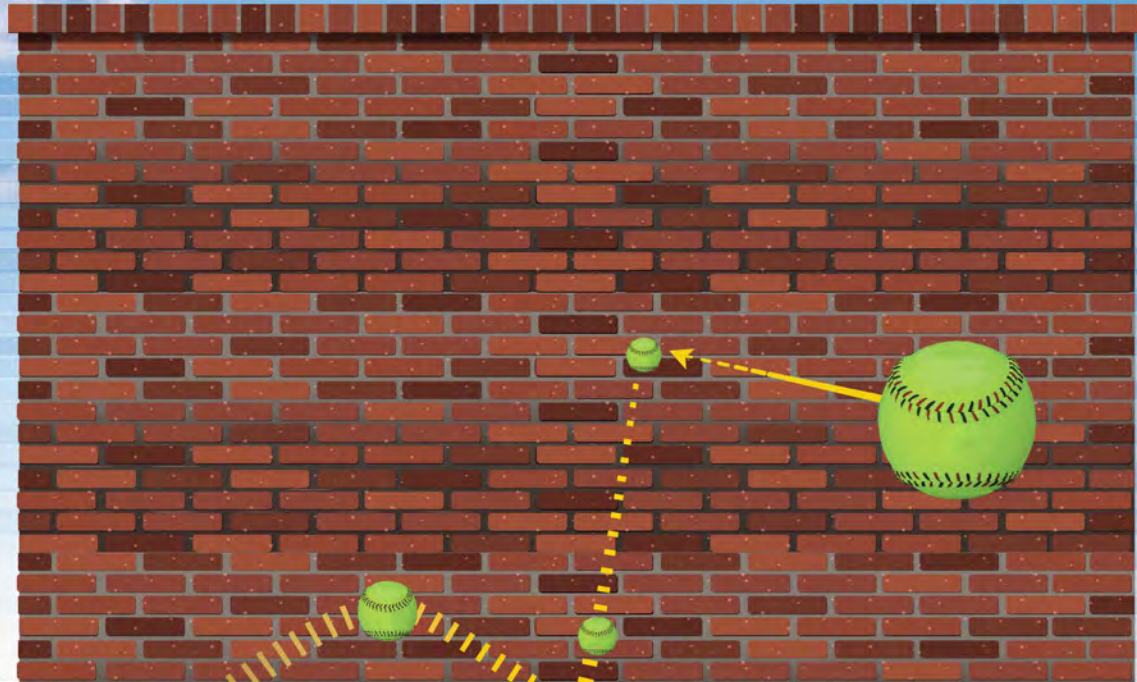


WALL BALL

HOW IT WORKS

- Find a wall (without windows) and grab a ball that's soft to avoid damage.
- Throw the ball against the wall and field it... it's that simple. You can do this with a glove or your bare hand.
- Work on good footwork and field the ball in front of your body. Come up and pretend like you are throwing the runner out or starting a double play.
- Count the hops. Can you throw the ball to create 1, 2 or 3 hops? Field the ball on a short hop or long hop and work through the ball to your target.

Why have someone hit you ground balls when you can throw them to yourself?



EXTRA CHALLENGE

Stand off to the side and throw the ball on an angle against the wall to create a forehand or backhand ground ball. How many wall balls can you field cleanly in a row?



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Training Ball



Plastic
Training Ball



Playback Elite