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Girls softball drills and instruction on video for fastpitch softball players and coaches, including how to throw a softball and tips for hitting, fielding, and

### **Fastpitch drills**

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Softball Throwing Drills Bucket Relay. Purpose: This softball throwing drill is to develop techniques for relaying a softball from the outfield to the infield.

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Softball Fielding Fundamentals: Balance Drill for Fielding. This is a great softball fielding drill to check if your fielders are totally balanced when they get

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Purpose: Learn series of fundamental drills to practice over and over. These are good outfield softball fielding tips. Procedure: Equipment needed are softballs and

## **Softball drills**

Purpose: This activity combines the many bunting varieties, baserunning disciplines, and conditioning. Variety of drills must be done when coaching softball.

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In this article, I'll cover two of my most effective fastpitch softball drills. You can use these activities with teams of all ages. Make sure to star

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Packed with 175 drills straight from the practice sessions of the game's most successful programs, The Softball Drill Book will add variety to your practices and

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There is no reason softball practice has to be boring. These infield drills can spice up your practices while improving your mental focus and finesse on the field

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