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Drill #3: The jealously guarded "progression drill" that automatically develops flawless pitching mechanics. (12:55) Drill #4: How to extend your pitcher's stride (and instantly boost her velocity) using a little-known "cone drill" (15:01) Drill #5: A simple "arm-circle" secret that's PERFECT for young pitchers. Makes a powerful, accurate fastball so easy you could cry with joy!

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Oklahoma State University
Head Softball Coach Kenny
Gajewski 8-Ball Drill for
Softball Outfielders!

The "Refuse to Lose" Softball
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Softball Fielding Drills - Top 3
Backhand Fielding Techniques

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Outfield Ground Ball Drill - Oklahoma State University Head Softball Coach Kenny Gajewski 3
Pregame Strategies, Tips and Softball Drills for Better Throwing Footwork Around a Base for Softball Infielders!
Softball Drills and Practice Plans
Becky Wittenburg is a kids softball coach, and the owner and publisher of Softball-Spot.com, the web's #1 resource for kids softball drills, tips, and practice ideas for youth and high school coaches.
About Coach Becky Wittenburg - Softball Spot
Becky Wittenburg - igt.tilth.org
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The entire "Softball Drills and Practice Plans" system is included in a downloadable ebook. Just place your secure order, and you'll have instant access to it. You can start coaching the right way at your very next practice.
SOFTBALL DRILLS AND PRACTICE PLANS
Hi Softball Coaches!!
Thanks for visiting my blog. I've posted hundreds of my favorite drills and coaching tips, so please have fun browsing around and feel free to use anything you find with your own team. Okay... about me - I'm a youth softball coach (and

former player) with more than 19 years experience. I'm also the owner and publisher of www.Softball-Spot.com, and the author of several ...
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Becky Wittenburg has been coaching softball for over 15 years- it is her true passion. She's constantly on the lookout for new free girls softball fastpitch drills. You can get instant access to a sample of her softball practice plans by visiting her website: SoftballSpot.com
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Becky Wittenburg at the Softball Drills & Coaching Tips website. The first girl starts in the middle of the circle, runs to one of the balls and tosses it to teammate on the opposite side of the Page 13/25. Read Book Becky Wittenburg circle.
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Circle Drill The players form a wide circle with a softball in front of each girl, in this drill recommended by veteran softball coach Becky Wittenburg at the Softball Drills & Coaching Tips website. The first girl starts in the middle of the circle, runs to one of the balls and tosses it to teammate on the opposite side of the circle.

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by Guest Author Becky Wittenburg Start with the Basics These kids softball drills teach the basics -- hitting, running, throwing, and catching -- in fun, simple ways that beginners will understand and enjoy! Don't Miss This hitting drill emphasizes making contact with the ball and correct placement of the bat once the batter has hit the ball. [Youth Softball Coaching Clinic: Kids Softball Drills - Fun ...](#)

A collection of drills and videos to help lead your team to a great season!

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*Footwork Around a Base for
Softball Infielders!*

BECKY WITTENBURG

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21, 2020 The Everyday

Softball Drill - Kate Drohan

... Quarantine Softball Drills

von Leah Teniente vor 5

Monaten 16 Minuten 1.748

Aufrufe I, Coach Teniente,

created this video to help

athletes keep active at home

during this time. These ,

drills , can be done without a

...

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Back Hand Drill; Ground Ball

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Diamond; Quick Release Drill;

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Drill - turn and sprint; Infield /

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Hands - Line Drill; Four Corners;

Drop and Go; Outfield Fly Drill;

Funnel Drill; Star Drill; Over the

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