

# Brewster Recreation Softball practice plan

## For grades 2 & 3

- **5-10 minutes of warming up. This should include some light running, stretching and playing catch with team mates.**
- **20-30 minutes of batting practice and game simulation. Make sure every player gets a turn to hit and play each position. Once each player gets at least 5 hits, have them rotate out, and come back out to the field.**
- **10 minutes of throwing. Make sure coaches are emphasizing proper throwing technique. You can have them start in a kneeling position.**



**Then have them progress to a standing position.  
Work on both throwing and catching the ball  
correctly.**

- **Water break! 5 minutes of rules review and game situations and scenarios.**
- **End practice with base running and relay races.  
Maybe incorporate a fun softball related game like pepper, 500, soft toss, etc.**

