

12u softball practice drills

12u Softball Practice Drills: A Critical Analysis of Current Trends

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Summary: This analysis examines the effectiveness of current 12u softball practice drills, highlighting both best practices and areas needing improvement. It considers the impact of specialization, overuse injuries, and the development of holistic athleticism in young players. The article advocates for a balanced approach incorporating fundamental skills, strategic play, and physical conditioning, all tailored to the age and developmental stage of 12u athletes.

Introduction: The Evolution of 12u Softball Practice Drills

The landscape of 12u softball practice drills has undergone significant changes in recent years. While the fundamentals remain crucial, modern approaches incorporate elements of sport science, player psychology, and an increased focus on injury prevention. This analysis delves into the current trends in 12u softball practice drills, assessing their effectiveness and highlighting areas for improvement. Effective 12u softball practice drills should be age-appropriate, fun, and focused on skill development while prioritizing the overall well-being of the young athletes.

Fundamental Skill Development: The Cornerstone of Effective 12u Softball Practice Drills

The core of any successful 12u softball practice drills program lies in mastering fundamental skills. These include:

Throwing: Drills focusing on proper mechanics, accuracy, and velocity are essential. This

can involve various throwing progressions, starting with short distances and gradually increasing the range. Utilizing different throwing angles and targets can enhance versatility. Emphasis should be placed on proper arm care and injury prevention techniques.

Catching: Softball requires quick reflexes and soft hands. Drills should focus on catching various types of throws, including high, low, and hard-hit balls. Players should practice catching with both hands and one hand, emphasizing proper glove positioning and footwork. Reaction drills using toss machines or partners can improve speed and accuracy.

Hitting: Effective 12u softball practice drills for hitting should focus on proper stance, swing mechanics, and bat control. T-drills, soft toss, and batting practice against pitching machines allow players to refine their technique. Visualizing the ball's trajectory and understanding pitch types are critical aspects to incorporate.

Base Running: Speed, agility, and strategic decision-making are crucial in base running. Drills should focus on lead-offs, steals, slides, and efficient base running techniques. Cone drills and relay races can enhance speed and agility.

Fielding: Ground balls, fly balls, and pop-ups are all integral components of fielding. Drills should focus on proper glove positioning, footwork, and throwing mechanics after fielding the ball. Simulated game situations, such as infield-outfield drills and relay plays, are important for developing teamwork and coordination.

Incorporating Game Strategy into 12u Softball Practice Drills

While fundamental skills are crucial, 12u softball practice drills should also integrate game-like scenarios to improve strategic thinking and decision-making. This can include:

Situational Drills: Practicing specific game situations, such as runners on base, close plays at the plate, and defensive plays in pressure scenarios, helps players develop their strategic awareness and improve decision-making under pressure.

Simulated Games: Shortened games or scrimmages provide valuable experience in applying learned skills in a game context. This allows for feedback and improvement in a realistic environment.

Offensive and Defensive Strategies: Coaches should teach basic offensive and defensive strategies, such as bunt plays, hit-and-run scenarios, pickoff plays, and defensive shifts.

The Importance of Physical Conditioning in 12u Softball Practice Drills

Physical conditioning is a crucial but often overlooked aspect of 12u softball practice drills. A well-rounded conditioning program enhances performance, reduces the risk of injury, and promotes overall fitness. This should include:

Flexibility and Warm-up: Dynamic stretching and warm-up exercises prepare the body for activity and reduce the risk of injury.

Strength and Conditioning: Age-appropriate strength and conditioning exercises, such as bodyweight exercises and light resistance training, improve muscle strength, power, and endurance.

Agility and Speed Training: Drills that enhance agility, speed, and quickness are essential for softball. Cone drills, shuttle runs, and ladder drills are effective tools.

Endurance Training: Interval training and continuous running can improve cardiovascular fitness and endurance, crucial for maintaining energy levels throughout a game.

Addressing the Concerns of Overuse Injuries and Specialization

The increasing emphasis on specialization and year-round training in youth sports raises concerns about overuse injuries. 12u softball practice drills should prioritize injury prevention by:

Rest and Recovery: Adequate rest and recovery time is vital to prevent injuries and allow the body to repair itself.

Proper Technique: Focusing on proper throwing, hitting, and fielding techniques reduces the risk of overuse injuries.

Varied Activities: Participating in multiple sports and activities reduces the strain on any single body part.

Monitoring for Signs of Overuse: Coaches and parents should monitor players for signs of overuse injuries, such as pain, fatigue, and decreased performance.

Current Trends and Their Impact on 12u Softball Practice Drills

Several trends are shaping the current approach to 12u softball practice drills:

Technology Integration: The use of video analysis, wearable technology, and pitching machines provides valuable feedback and allows for more precise skill development.

Data-Driven Training: Tracking player performance metrics and using data to inform training decisions is becoming more prevalent.

Emphasis on Mental Skills: Developing mental toughness, focus, and resilience is increasingly recognized as an essential aspect of athletic success.

Holistic Athlete Development: The emphasis on developing the whole athlete, including

physical, mental, and emotional well-being, is gaining traction.

These trends, while positive, need to be implemented carefully to avoid excessive pressure and potential burnout in young athletes. The focus should always remain on player development and enjoyment of the game.

Conclusion

Effective 12u softball practice drills are crucial for developing well-rounded athletes. By focusing on fundamental skills, incorporating game strategies, emphasizing physical conditioning, and prioritizing injury prevention, coaches can help their players reach their full potential. Integrating current trends responsibly, while avoiding over-specialization and prioritizing the athletes' well-being, will ensure that 12u softball practice drills remain a positive and effective experience for young players.

FAQs

1. How often should a 12u softball team practice? The optimal frequency varies depending on the team's goals and the players' developmental stage, but a balance between practice and rest is vital. Excessive practice can lead to burnout and injury.
1. What is the best way to prevent overuse injuries in 12u softball players? Prioritizing proper techniques, incorporating rest days, and ensuring varied physical activity are key strategies.
1. How can I incorporate fun and games into 12u softball practice drills? Incorporate games and competitions into drills to keep players engaged and motivated. This can include relay races, target practice, and competitive drills.
1. How important is mental training for 12u softball players? Mental skills like focus, resilience, and positive self-talk are crucial for success.
1. How can I assess the effectiveness of my 12u softball practice drills? Regularly evaluate player progress by observing their performance in drills, games, and through feedback.

1. What are some common mistakes coaches make with 12u softball practice drills? Overtraining, neglecting fundamental skills, and failing to address individual needs are common errors.
1. How can parents support their 12u softball player's development? Encouraging participation, providing support, and prioritizing their child's well-being are essential roles for parents.
1. What are some good resources for 12u softball practice drills? Numerous online resources, coaching manuals, and clinics offer valuable information and ideas.
1. How can I create a positive and inclusive practice environment for my 12u softball team? Foster teamwork, encourage positive communication, celebrate achievements, and ensure all players feel valued and respected.

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12u softball practice drills: Survival Guide for Coaching Youth Softball Robert B. Benson, Tammy L. Benson, 2009-10-16 You volunteered to coach the softball team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Softball* has the answers. Longtime coaches Robert and Tammy Benson share their experiences and provide advice you can rely on from the first practice to the final game. Establishing realistic goals, in-game coaching tips, drills, strategies, and fun—it's all here. Develop your team's fundamental skills—fielding, catching, throwing, and hitting—with the *Survival Guide's* collection of the game's best youth drills. Included is a section on pitching instruction, and the ready-to-use practice plans will help you get the most out of every practice. *Survival Guide for Coaching Youth Softball* has everything you need for a rewarding and productive season. So step up and enjoy the experience. It will be one that you won't forget.

12u softball practice drills: Catapult Loading System Joey Myers, 2018-02-14 My son at 10yo (90-lbs) is highly coach-able. I taught him the system in February and he hit well during the season but could only hit the ball around 180'. Then all of a sudden around June he started killing the ball. He was hitting home runs every game and hit a ball at least 250-feet - Michael Parillo (via email) Sick of struggling to help hitters drive the ball hard with more consistency? Dramatically increase power without sacrificing swing quality. Literally thousands of coaches across the nation are getting predictably positive results with hitters using the CLS system. How? By applying human movement principles validated by REAL science to hitting a ball, and NOT bro-science. THIS STEP-BY-STEP GUIDE TO CONSISTENT POWER TEACHES: How to master a handful of human movement principles, so you can slice the teach hitting learning curve in half. How to effectively load the body, so your hitters can optimize their batted ball distance potential. How elite-hitters are revealing ways to hit balls with High-Exit-Speeds, swing after swing, using three elements a 4-year-old can understand. Why 'loading and exploding the hips' is bad for lower back, and how to teach hitters a highly effective but SAFE swing. THE NEW EXPANDED EDITION INCLUDES: 'How to practice' section at end of each movement principle Chapter. How to train a 2-year-old to hit a moving ball (proof that NOT only elite hitters can be taught these movements). Why pitchers are taught to pitch around ineffective swing paths, and how to turn their weapon against them. Why coaches MUST focus their hitters' efforts on targeting and elevating pitches low in the zone. How to teach timing and get hitters on-time more often in games.

12u softball practice drills: Coaching Youth Baseball the Ripken Way Cal Ripken, Jr., Bill Ripken, Scott Lowe, 2006-12-15 Coaching young players, developing their skills, and cultivating a love for the sport may be the most rewarding experience baseball can offer. Cal and Bill Ripken understand this like few others. From their father, Cal Sr., a legend in the Baltimore Orioles organization for 37 years, they learned to play the game the right way. Those lessons, paired with their combined 33 years of big league experience, helped develop the Ripken Way, a method of teaching the game through simple instruction, solid explanations, encouragement, and a positive atmosphere. In *Coaching Youth Baseball the Ripken Way*, Cal and Bill share this approach to coaching and development. Whether you're teaching your children at home, managing the local travel team, or working with high school-level players, *Coaching Youth Baseball the Ripken Way* will help you make a difference both on and off the field, with these features: More than 50 drills covering defense, hitting, pitching, and baserunning Age-specific practice plans for players ranging

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Advice on communicating with parents, players, and staff Methods for creating a positive and fun environment in which kids can learn the skills and strategies of the game Bill Ripken was once voted by his peers as one of the big league players most likely to become a manager. Cal Ripken, Jr., known as baseball's Iron Man, is a member of the game's All-Century Team and a future Hall of Famer. Together, they are proof positive that the Ripken Way is the right way to teach the game of baseball.

12u softball practice drills: *Catching-101* Xan Barksdale, 2011-07-28 CATCHING-101: The Complete Guide for Baseball Catchers is the most comprehensive book ever written for baseball catchers. It contains tips, drills, and proper mechanics that will help every catcher or coach better understand the most difficult position on the field. This book contains information on EVERY aspect of catching that Coach Barksdale has learned through his years of experience from coaching nationally ranked NCAA teams, and playing at almost every level from Little League to professional baseball. A few of the topics covered in CATCHING-101 are: Receiving Blocking Catching Pop Flies Throwing Fielding Bunts Plays at Home Plate Drills Pitchouts Pass Balls/Wild Pitches Giving Signals And More! If you have been searching for a source with lots of high quality information about catching, this is the book for you! CATCHING-101 was written by Coach Xan Barksdale who is currently an NCAA Division I baseball coach and an ex-professional baseball player. Coach Barksdale played in the Atlanta Braves organization and has been a featured speaker at the prestigious ABCA (American Baseball Coaches Association) national convention.

12u softball practice drills: Positional Hitting Jaime Cevallos, 2010-06 Ted Williams once famously remarked, 'Hitting a baseball is the hardest thing to do in sports'... Jaime Cevallos has made it his life's mission to conquer the unconquerable. - Fort Worth Star-Telegram Discover the hitting secret that is changing baseball careers. Positional Hitting offers a few simple steps to hitting with more power and consistency than ever before. The best hitters in the world make it look so easy, and the secret lies in the positions they achieve through the swing. With a camcorder and Positional Hitting, you can hit like you've always dreamed, in very little time. And be prepared, your teammates will likely ask, What has gotten into you? Positional Hitting will open your eyes to a whole new world behind the baseball swing. You will learn: - How Jaime first discovered Positional Hitting in college and went from a .488 OPS to .989 in one year and earned an athletic scholarship, just by changing his swing positions - How amateurs and professionals are achieving eye-popping results using the Positional Hitting method - The hitting myths and misconceptions that are currently holding you back from hitting your best - How the positions you achieve through the swing directly correlate to your results on the field - How to analyze your swing on video using precise measurements - How to train your swing positions to achieve instant results As a former Major League player and a youth coach for the past 13 years, I have seen hundreds of techniques and coaching systems. None of them have produced the results as quickly as what I have seen with Positional Hitting. Jaime has figured it out. - Pat Combs, former MLB player, Philadelphia Phillies To see the difference between before I started working with Jaime in 2007 and the season after working with him in 2008, the numbers speak for themselves. -Drew Sutton, MLB player, Cincinnati Reds Jaime is changing the way hitters analyze and train their swings - from the little leaguers all the way up to the pros. - Steve Moyer, President, Baseball Info Solutions Jaime is way ahead of the game with his knowledge of hitting mechanics. - Ben Zobrist, MLB Player, Tampa Bay Rays

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12u softball practice drills: The Baseball Drill Book Bob Bennett, American Baseball Coaches

Association, 2004 Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

12u softball practice drills: *Clean Your Cleats* Dan Blewett, 2022-02-15 What Does it Take to Have a Great Baseball Career? You daydream about one day seeing your face on a baseball card. You live for pressure and the green grass beneath your cleats. But as your career progresses, the game gets harder. You slump and struggle. You get injured and overlooked. Your confidence plummets. Can you keep improving? Are your big dreams still within reach? A Handbook for the Dedicated Player *Clean Your Cleats* is filled with stories and advice learned the hard way, over a long career on the diamond. Develop better routines and improve your consistency. Handle the ups and downs with confidence and resolve. Strengthen relationships with teammates, parents and coaches. Learn mindset strategies to become the best version of you. Dan Blewett, in this practical guide, helps players understand all the little things in baseball that make a huge difference over a long career. Why clean your cleats? Because every detail matters.

12u softball practice drills: *High-Scoring Softball* Ralph Weekly, Jr., Karen Weekly, 2012-04-10 Plain and simple, championship teams score runs. Their offenses are consistent, aggressive, opportunistic, and disciplined. They may manufacture runs or rely on the long ball, but they score early and often. And they win. *High-Scoring Softball* is the definitive guide for offensive play. The game's most successful coaching duo, Ralph and Karen Weekly, share the approach that has shaped some of the game's top scoring offenses and generated more than 1,700 career victories. Inside you'll find detailed instruction, advice, and coaching tips on mastering offensive fundamentals, such as baserunning, bunting, slap hitting, and hitting for power and average. You'll learn how to evaluate your team's talents, tendencies, and strengths and create a potent, offensive attack. And a detailed analysis of common game situations provides you with strategies and advice for capitalizing on every opportunity. Defense may win games, but only if you score. With *High-Scoring Softball* you will score and you will win. It will change the way you play the game.

12u softball practice drills: *Skill Building Competitions* Gary E Barr, 2021-10-02 Effective coaching requires planning varied formats that keep players mentally and physically engaged throughout the practice. For example, challenging and cooperative games support exciting training sessions, improve focus, and encourage player-coach and player-player rapport. While we provide vital offensive and defensive tips for most competitions, this book is not a fundamentals book. Instead, its primary purpose is to demonstrate how to use team skill-building contests under game-like pressure to get your baseball and fastpitch softball players game-ready more quickly than straight drills alone. Focus and learning amplify when you gamify. The baseball and fastpitch softball games are a constant competition, not only against opponents but also against oneself. As coaches, we want our players to get comfortable with both types of competition and enjoy it. The best way to be comfortable in competitive situations is to create a competitive culture in your practices. Providing game-like structures, combining skill-building with competition is the objective of this book. These are not simple drills that can be found all over the internet. Instead, the 65 unique competitions are precisely detailed. Fast-moving and designed to maximize quality repetitions (swings, ground balls, fly balls, throws to bases, etc.) in an allotted amount of time. This handy coaching tool contains functional and innovative games that reinforce your fundamentals instruction. The rules of each competition, clearly laid on step-by-step, promote habit building for individual skills and team communication in situations players face during every game. Each game includes the purpose, equipment needed, time required, ages the drill is suitable, and well-thought-out rules. Chapters include competitions for throwing, infield, outfield, pitching, catching, hitting, bunting, baserunning, and offense vs. defense. Games are designed for youth, Middle School, High School, and College. Written by Coach Gary Barr, author of *Building the High-Level Swing Series*, the hitting competitions alone are valuable for their suggestions on utilizing targeting, constraints, and learning how to perform well under game-like pressure. *Skill Building Competitions* is a coaching lifesaver. Coming up with great games that work to improve vital skills and that players love is time-consuming. Flip open a chapter depending on the desired type of drill, read the rules, and you

are ready to incorporate the competition in today's practice plan.

12u softball practice drills: Youth Baseball Practice Games Michael O'Connell, Ben Harley, 2022-01-14 Youth Baseball Practice Games: Skills that Scale is a book designed to bring fun and productive games to youth practices. The book is 47 games designed to plug and play into any practice plan covering pitching, hitting, defense, strength, and full team games.

12u softball practice drills: Coaching Fastpitch Softball Successfully Kathy J. Veroni, Roanna Brazier, 2006 Field a winning fastpitch softball team year after year with the knowledge and insights of a coaching legend! Coaching Fastpitch Softball Successfully provides the guidance and technical expertise you need in order to build and maintain a competitive team, covering every facet of leading a squad on the field and developing a program off of it. Hall of Fame coach Kathy Veroni, who has won more than 1,250 fastpitch games in her career, and pitching expert Roanna Brazier share their insights and experiences in this authoritative, comprehensive guide to coaching fastpitch softball. From developing a coaching philosophy and planning for the season to teaching the skills and tactics of the game, you will find proven formulas for success within these pages. With practice and conditioning plans, administrative forms, sample scouting charts, tactics for dozens of game situations, and more than 130 drills, Coaching Fastpitch Softball Successfully is the most complete resource available for aspiring and experienced coaches alike. Take advantage of the authors' expertise to gain a winning edge over your competition.

12u softball practice drills: The Softball Coaching Bible, 2002 Offers advice on coaching softball from twenty-eight top coaches, covering priorities and principles, program building, practice sessions, team strategies, player motivation, and other topics.

12u softball practice drills: Changing the Game John O'Sullivan, 2013-08-01 "A powerful guide for both parents and coaches who want kids to have fun, enjoyable, and meaningful youth sporting experiences . . . I highly recommend it!" —John Ballantine, president and co-founder, Kids in the Game The modern-day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of thirteen, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. Changing the Game gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids. "Changing the Game is, well, a game changer. It explores in both depth and breadth the youth sports experience, its blood, sweat, and tears. Any parent who wants their children to gain the physical, psychological, emotional, and social benefits of what sport has to offer (and isn't that every parent!) better read this book. It will make you a better sports parent, and it will ensure that your children get all the good stuff and avoid most of the bad stuff from participating in sports." —James Taylor, Ph.D., author of Positive Pushing: How to Raise a Successful and Happy Child

12u softball practice drills: The Mental Game Of Baseball H. A. Dorfman, Karl Kuehl, 2002 In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

12u softball practice drills: 101 Teambuilding Activities Greg Dale, 2004-09-30 The activities provided in this book are practical and have been used successfully with a variety of athletic and corporate teams at every level. This book will provide you with a wide variety of fun, meaningful and applicable activities that will enhance teamwork, communication, trust and overall team environment.

12u softball practice drills: The Matheny Manifesto Mike Matheny, Jerry B. Jenkins, 2015-02-03 St. Louis Cardinals manager Mike Matheny's New York Times bestselling manifesto about what parents, coaches, and athletes get wrong about sports; what we can do better; and how sports can teach eight keys to success in sports and life. Mike Matheny was just forty-one, without professional managerial experience and looking for a next step after a successful career as a Major

League catcher, when he succeeded the legendary Tony La Russa as manager of the St. Louis Cardinals in 2012. While Matheny has enjoyed immediate success, leading the Cards to the postseason four times in his first four years—a Major League record—people have noticed something else about his life, something not measured in day-to-day results. Instead, it's based on a frankly worded letter he wrote to the parents of a Little League team he coached, a cry for change that became an Internet sensation and eventually a "manifesto." The tough-love philosophy Matheny expressed in the letter contained his throwback beliefs that authority should be respected, discipline and hard work rewarded, spiritual faith cultivated, family made a priority, and humility considered a virtue. In *The Matheny Manifesto*, he builds on his original letter by first diagnosing the problem at the heart of youth sports—it starts with parents and coaches—and then by offering a hopeful path forward. Along the way, he uses stories from his small-town childhood as well as his career as a player, coach, and manager to explore eight keys to success: leadership, confidence, teamwork, faith, class, character, toughness, and humility. From "The Coach Is Always Right, Even When He's Wrong" to "Let Your Catcher Call the Game," Matheny's old-school advice might not always be popular or politically correct, but it works. His entertaining and deeply inspirational book will not only resonate with parents, coaches, and athletes, it will also be a powerful reminder, from one of the most successful new managers in the game, of what sports can teach us all about winning on the field and in life.

12u softball practice drills: *Practice Perfect Softball* National Fastpitch Coaches Association, 2016-06-24 The road to a championship season begins long before the first pitch of the opening game. It begins before a player even steps onto the field. In *Practice Perfect Softball*, the game's premier coaches share their approaches, experiences, and philosophies of every aspect of practice. This authoritative guide goes beyond the stretches and drills, straight to the heart of winning—effort and attitude. From structuring sessions to evaluating practice performance, you'll find proven and practical recommendations from the all-star lineup of contributors: • Julie Lenhart • Rachel Hanson • Beverly Smith • Rachel Lawson • Lisa (Sweeney) Van Ackeren • Dot Richardson • Ken Eriksen • Connie Clark • Celeste Knierim • Bill Gray and Melissa Chmielewski • Lonni Alameda • Jo Evans • Jen McIntyre • Donna Papa • JoAnne Graf (editor) Inside, you'll identify and establish practice ethics; assess team strengths; and develop players' skills in the field, on the mound, and at the plate. Developed by the National Fastpitch Coaches Association, *Practice Perfect Softball* is your guide to developing champions on and off the field.

12u softball practice drills: *Throw Like a Girl* Jennie Finch, Ann Killion, 2011-08-01 The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

12u softball practice drills: *A Little Something for All Ages* Mark McCullogh, 2021-07-26 *A Little Something for All Ages* is compelling and true. Throughout this thoughtful book are illustrations and pages written in a diverse array of poetry from Mark McCullogh, covering practical topics for children, youth, and adults with a touch of history and humor. Suitable for the entire family, this book is a must read and will enhance "family time." "Helping Mom and Dad with the Big Bad Storm," a story featured in this book, is a great read to your children. With illustrations, it instructs younger children how to cope by helping you, the parent, prepare for natural disasters such as a hurricane and gives suggestion and comfort to the family during and after the storm. "In the Dawn of Morning" brings the story of 9/11 to life, on how we felt on that dark day in history, and gives a new generation an appreciation of its reality and how America grew stronger for it. "Bush and Gore" is more of a lighthearted historical look at the 2000 election, and with these, in a family

setting, helps children understand real-world situations. "Fire Is Not a Friend" helps the youngest of our children understand the dangers of fire, what it does and what happens to bad people who commit them while teaching what fire is for and how to respect it. "Love and Respect Older People" teaches children of all ages to not only love and respect grandma and grandpa but all elders. "The Taming of Deer" is a real-life look at Northern Nomads taming live reindeer with a familiar twist at the end, which makes it enjoyable for the holiday season. "Ode to the Essential Workers" is a tribute to all those on the front lines who have helped us through COVID-19 and continue to do so through all walks of life, who will always be with us in times of trouble. From history to satire and down to adolescent lessons, this book is suitable for the whole family to love. This is the first collection of writings by Mark McCulloch, and there will be more in the coming years.

12u softball practice drills: *Injuries in Baseball* Bertram Zarins, 1998 A comprehensive guide to the prevention and management of baseball injuries. Includes the medical aspects of conditioning, preseason physicals, infectious disease, and drugs in sports. Injuries are addressed by anatomical region.

12u softball practice drills: *Baseball Quizzes* Idea Logical Company, 2009-05 Diehard baseball fans--take the challenge! Turn your baseball cap into a thinking cap, and test your knowledge of the game with over 980 brain-twisting questions about the big hits and amazing feats that occurred over the last 100 years: Who is the only pitcher in baseball history with two grand slams in one game? Who was the first National Leaguer to hit 50 home runs in two seasons? Even those who strike out on a few questions will relish these fascinating facts and insider's trivia!

12u softball practice drills: *Winning Baseball* Trent Mongero, 2011 From age-appropriate drills to motivation strategies, this step-by-step guide to youth baseball offers all the information parents and coaches need to help young players reach their full potential.

12u softball practice drills: *Complete Game* Rob Crews, 2007-07 Are you a good player, who struggles with consistency? How can you improve your game? Are you teaching hitters to have nice swings, or how to actually hit? How can you get practice swings to become game swings? Improving one's mental game begins with realizing that you need one. Most athlete's and coaches will admit that our game is approximately 80% mental. In *Complete Game*, author Rob Crews addresses these issues in an easy to understand approach. There is an invisible wall blocking many athlete's progress. We are spending so much time trying to get over it or under it. On the other hand, the people on the other side of the wall have changed their perception of the wall and walked right through it. The Law of your Mind can take the other Laws, which have specific limitations, far beyond their boundaries. And because we cannot see the Mind, we try to change the things we can actually see such as the swing. Ever thought of changing your mind? There is an interconnectivity of Mind and Body that cannot be ignored. Mind Training must come first or be taught along with Body Control or mechanics. If we continue to teach them separately our players will not develop and mature properly as they move on to higher levels of competition. In order to realize success and consistency, we have to fuse Mind and Body principles together in our respective teaching models. Rob Crews

12u softball practice drills: *The MVP Machine* Ben Lindbergh, Travis Sawchik, 2019-06-04 Move over, Moneyball -- this New York Times bestseller examines major league baseball's next cutting-edge revolution: the high-tech quest to build better players. As bestselling authors Ben Lindbergh and Travis Sawchik reveal in *The MVP Machine*, the Moneyball era is over. Fifteen years after Michael Lewis brought the Oakland Athletics' groundbreaking team-building strategies to light, every front office takes a data-driven approach to evaluating players, and the league's smarter teams no longer have a huge advantage in valuing past performance. Lindbergh and Sawchik's behind-the-scenes reporting reveals: How undersized afterthoughts José Altuve and Mookie Betts became big sluggers and MVPs How polarizing pitcher Trevor Bauer made himself a Cy Young contender How new analytical tools have overturned traditional pitching and hitting techniques How a wave of young talent is making MLB both better than ever and arguably worse to watch Instead of out-drafting, out-signing, and out-trading their rivals, baseball's best minds have turned to

out-developing opponents, gaining greater edges than ever by perfecting prospects and eking extra runs out of older athletes who were once written off. Lindbergh and Sawchik take us inside the transformation of former fringe hitters into home-run kings, show how washed-up pitchers have emerged as aces, and document how coaching and scouting are being turned upside down. The MVP Machine charts the future of a sport and offers a lesson that goes beyond baseball: Success stems not from focusing on finished products, but from making the most of untapped potential.

12u softball practice drills: Coach's Guide to Game-Winning Softball Drills Michele Smith, Lawrence Hsieh, 2008-02-28 "Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well--confidence." --Michele Smith Two-time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill-building drills developed especially for coaches of fast-pitch recreation league, travel ball, and high school softball players, ages eight to eighteen. Straight from the Michele Smith Gold Camps and Clinics, these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball skills. With Michele's expert guidance and instruction, you'll coach your players to: Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast-pitch skills so they can windmill like Michele And much more

12u softball practice drills: Cool of the Evening Jim Thielman, 2005 In 1965, the Minnesota Twins were an endless surprise. Baseball was the nation's sport, and it gave people a little break from the world. The Minnesota Twins powerful lineup drew huge crowds in cities such as New York, Boston, and Los Angeles. But in an upper Midwest storm-filled year, the Minnesota Twins were the perfect storm. When the World Series between the Twins and the Dodgers arrived Minneapolis was vibrant with red, white, and blue bunting. The Twins scored six times in the third inning of the first World Series game ever played in Minnesota. Decades after the 1965 World Series fans lined up for autographs of their heroes. This is the story of the team, the players, the games of the 1965 Minnesota Twins.

12u softball practice drills: Character Carved in Stone Pat Williams, Jim Denney, 2019-02-05 Overlooking the Hudson River on the campus of the United States Military Academy at West Point are 12 granite benches, each inscribed with a word representing a key leadership virtue: compassion, courage, dedication, determination, dignity, discipline, integrity, loyalty, perseverance, responsibility, service, and trust. These benches remind cadets of the qualities that lead to victory and success, not just on the battlefield, but in all of life. With his signature enthusiasm and insight, Pat Williams shares the incredible stories of West Point graduates who exemplified these traits, from the Civil War to the War on Terror. He shows readers of all backgrounds how to develop these 12 essential virtues in their lives, whether they are in the corporate world, the academic world, the military, the church, or in some other sphere.

12u softball practice drills: Baseball Strategies Association American Baseball Coaches, 2018

12u softball practice drills: Play Baseball the Ripken Way Cal Ripken, Jr., Bill Ripken, Larry Burke, 2005-01-25 Every year, hundreds of thousands of children play "Cal Ripken Baseball" in the largest division of Babe Ruth League, Inc. Play Baseball the Ripken Way is the ultimate guide to playing the game, by one of the sport's living legends. Baseball is America's national pastime, but that doesn't mean we're all born naturals. Kids of all ages (and their parents) are eager to improve specific skills, and now they can learn from one of the most respected baseball families in history. Cal and Bill Ripken have written a thoroughly illustrated instructional book that clearly explains proper baseball fundamentals—hitting, fielding, baserunning, pitching, and much more. Based on the teachings of the late Cal Ripken, Sr., a player, coach, manager, and scout in the Baltimore Orioles system for thirty-seven years, Play Baseball the Ripken Way shows players just what they need to do to be their best while maintaining a sense of fun and accomplishment with every new

lesson. The Ripken Way consists of the following principles: *Keep It Simple: Teaching that is too complicated is difficult to remember and can result in frustration. *Explain Why: A teacher who cannot explain why is not truly teaching. Lessons that make sense will stick with players. *Celebrate the Individual: No two players are alike, so why treat them as if they are? *Make It Fun: The game gets serious enough quickly enough on its own. Drills and instruction should be structured so that players can enjoy themselves while learning. The book also includes tips for parents and coaches, practice workouts, and drills for players of every level.

12u softball practice drills: The Softball Drill Book Kirk Walker, 2007 The Softball Drill Book contains the same drills that 14 elite U.S. softball coaches have used to help their teams capture 13 NCAA Division I titles and dozens of NCAA regional championships. Margie Wright, Yvette Girouard, and Carol Hutchins, each of whom have amassed more than 1,000 career wins--along with contributors from legendary programs such as UCLA and Florida State--team up to share the most authoritative collection of softball drills ever assembled. This comprehensive collection features 180 drills for individual and position-specific fundamentals, as well as warming up, training, and team tactics. Each drill is presented with a description of purpose, organization, execution, variations, and coaching points, along with photographs and diagrams to enhance instructional clarity. The progressively arranged sequence of drills further optimizes learning and helps readers make the most of every practice.

12u softball practice drills: The Slot Swing Jim McLean, 2011-03-23 Top golfing instructor Jim McLean shares the secret to a better swing and a better game It's what every great golfer knows and every struggling player wants to know: how to find the slot, the perfect channel through which the shaft and club head can meet the ball on the downswing for a more powerful, accurate, and consistent swing. Great ball-strikers like Ben Hogan, Sam Snead, and Jack Nicklaus were slot swingers. Today, Tiger Woods, Sergio Garcia and Jim Furyk provide dramatic examples. Now leading golf instructor Jim McLean shows you how to find the slot to take your game to the next level. With step-by-step instructions and more than eighty illustrations by leading golf illustrator Phil Franke, The Slot Swing makes it easy. Shows you how to find the perfect channel for a more powerful and consistent swing Shares McLean's secrets from more than twenty years as a top instructor to the greatest pros Features stunning two-color art by Phil Franke and a full-color foldout showing how the dramatically different swings of Tiger Woods, Sergio Garcia, Bruce Lietzke and Jim Furyk all end up in the slot Written by the author of the classic book The 8-Step Swing, named one of the 20th Century's top 15 golf instructionals by Sports Illustrated This book helps you get out of a golfing rut, get locked in to your slot, and find the sweet spot in your game.

12u softball practice drills: The Arm Jeff Passan, 2016-04-05 Yahoo's lead baseball columnist offers an in-depth look at the most valuable commodity in sports—the pitching arm—and how its vulnerability to injury is hurting players and the game, from Little League to the majors. Every year, Major League Baseball spends more than \$1.5 billion on pitchers—five times more than the salary of every NFL quarterback combined. Pitchers are the game's lifeblood. Their import is exceeded only by their fragility. One tiny band of tissue in the elbow, the ulnar collateral ligament, is snapping at unprecedented rates, leaving current big league players vulnerable and the coming generation of baseball-playing children dreading the three scariest words in the sport: Tommy John surgery. Jeff Passan traveled the world for three years to explore in-depth the past, present, and future of the arm, and how its evolution left baseball struggling to wrangle its Tommy John surgery epidemic. He examined what compelled the Chicago Cubs to spend \$155 million on one arm. He snagged a rare interview with Sandy Koufax, whose career was cut short by injury at thirty, and visited Japan to understand how another baseball-mad country treats its prized arms. And he followed two major league pitchers, Daniel Hudson and Todd Coffey, throughout their returns from Tommy John surgery. He exposes how the baseball establishment long ignored the rise in arm injuries and reveals how misplaced incentives across the sport stifle potential changes. Injuries to the UCL start as early as Little League. Without a drastic cultural shift, baseball will continue to lose hundreds of millions of dollars annually to damaged pitchers, and another generation of children will suffer the

same problems that vex current players. Informative and hard-hitting, *The Arm* is essential reading for everyone who loves the game, wants to keep their children healthy, or relishes a look into how a large, complex institution can fail so spectacularly.

12u softball practice drills: Coaching Youth Softball Babe Ruth League, Inc., 2019-01-22 Congratulations on your commitment to coach youth softball. If you're new to coaching, you'll find *Coaching Youth Softball* invaluable in making your first season a success. If you have previous coaching experience, you're sure to discover tips and strategies that will help you improve on last year. *Coaching Youth Softball* will help you manage your team with confidence. This age-specific and field-tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach; communicate with players, officials, other coaches, and parents; teach softball skills and strategies using a combination of 27 drills and 39 coaching tips; minimize the risk of injury, establish a safe playing environment, and administer basic first aid; plan and conduct efficient practices; manage your team on game day; and keep it all fun. Written for coaches of players ages 18 and under, this book is a valuable component of the *Coaching Youth Softball* the Babe Ruth League Way online course, the official certification course of Babe Ruth League, the premier amateur baseball and softball program in the world. With this book, you will create and nurture an athlete-centered environment that promotes player development, enjoyment, motivation, safety, and sportsmanship—an environment that inspires players to perform at their best and come out for the team year after year.

12u softball practice drills: T Ball Skills and Drills Marty Schupak, 2017-01-10 *T-Ball Skills & Drills* presents 37 creative drills that T-Ball coaches and parents can do with their team or with their own kids at home. Over a million kids participate in T-Ball every year. Hitting fundamentals, throwing, baserunning, and fielding are just some of the skills covered. Coaches need to be creative to keep kids stimulated in practices and during games. Many of the drills in *T-Ball Skills & Drills* use common household items as props. The drills give useful hints for skills like throwing and catching fly balls that will make it achievable for 5, 6, and 7 year old kids. Other important T-Ball issues are emphasized such as safety. This book is appropriate for all T-Ball coaches and parents. Children as young as four up to seven years old will learn useful skills should they continue playing baseball or softball.

12u softball practice drills: Coaching Volleyball Carl McGown, Hilda Ann Fronske, Launa Moser, 2001 One of the most complete books on coaching volleyball ever printed — includes advice, tips, and cues that take the experienced coach years to accumulate. This comprehensive book covers every aspect of coaching volleyball — from the beginning basic skills to information on aiding the talented college-bound athlete. It guides the coach through the decision-making processes of tryouts, practice schedules, setting up the team's offense and defense, coaching a game, and dealing with parents and administrators. Here are the keys to creating a winning volleyball class or entire volleyball program from the elementary to collegiate level, based on the solid knowledge that comes with years of experience. Volleyball coaches and physical education teachers.

12u softball practice drills: *The Official Rules of Softball* Amateur Softball Association of America, 1998 The essential resource for players and fans of the game. Included are the sport's official playing rules, pitching regulations, referee signals, and field diagrams for fast and slow pitch, both 12 inch and 16 inch.

Additional Resources

12U Baseball Rules

We will play with whoever is available. The Field: The distance from the pitcher's rubber to the back edge of home plate is 50'. The distance between the outer edges of each base is 70'. ...

OFFICIAL BASEBALL NATIONAL BY-LAWS & RULES - USSSA

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12U Rules 2025

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Season: Playoffs: Seeding determined by season standings (wins/losses). Single elimination ...

2021 12U Division Baseball Rules - hunteryouthsports.com

2021 12U Division Baseball Rules Rule 1: Players, Field and Equipment Number of Players: Each team will field 9 players, with 3 playing outfield. A minimum number of 8 players may be used ...

12U Rules - grandslaminfo.com

12U Rules *All Rules are subject to interpretation by Mannino's Grand Slam staff Field Dimensions -70 ft bases, 50 ft. pitching Game Times -6 innings or 1 hour 30 minute time limit ...

Tournament Rules

9U-12U: The slash bunt is illegal, and the player will be called out if this play is attempted. A slash bunt is defined as a player showing bunt at any time during the pitch and then swinging at that ...

Competitive Local Rules 12U Governed by Official Baseball ...

Competitive Local Rules 12U Governed by Official Baseball Rules Last Updated Spring 2025 Page 1 of 5 Players • The defensive alignment should consist of: i) 3 outfielders, and ii) 4 ...

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We will play with whoever is available. The Field: The distance from the pitcher's rubber to the back edge of home plate is 50'. The ...

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