



**WELCOME TO THE 21<sup>th</sup> ANNUAL  
GULF COAST SOFTBALL  
COACHES CLINIC**

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**GAMECHANGER™**

BY DICK'S SPORTING GOODS



**Patrick  
Murphy**  
Alabama



**Chris  
Malveaux**  
Auburn



**Ricci  
Woodard**  
Texas State



**Kelly  
Maxwell**  
USA Softball  
Oklahoma  
WCWS MVP

**2024-25 SCHEDULE**

Thursday, December 12, 2024			
3:00	Registration Begins		Westchase Room
5:00-5:45	Ricci Woodard	Practice Management	Grand Ballroom
6:00-6:45	Chris Malveaux	The Kinetic Link	Grand Ballroom
7:00-7:45	Patrick Murphy	Getting to the top is one thing, Staying there is another	Grand Ballroom
8:00-9:00	HAPPY HOUR		Grand Ballroom & Foyer
Friday, December 13, 2024			
7:30	Registration and check in		Westchase Room
8:30-9:15	Patrick Murphy	Hitting Adjustments	Grand Ballroom
9:30-10:15	Chris Malveaux	Strength Training for Hitting	Grand Ballroom
10:15-10:40	BREAK – BREAKFAST SNACKS (Sponsor: Marriott Westchase Hotel)		Grand Ballroom Foyer
10:40-11:40	Ricci Woodard	Offensive Strategies	Grand Ballroom
11:40-12:20	Kelly Maxwell	Pitching Development	Grand Ballroom



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# “Practice Management”

**Ricci Woodard**

Head Coach, Texas State University

## Start with a Calendar

- ☑ Work forwards or backwards
- ☑ Start to finish or vice versa
- ☑ RW – conference tournament backwards (132 days)
- ☑ Divide the time into segments
- ☑ 8-hour weeks
- ☑ Individuals
- ☑ 20-hour weeks
- ☑ Fall Team
- ☑ Pre-season
- ☑ Conference
- ☑ Post-season

## Break Down Teaching Time

8-hour week vs 20-hour week

- ☑ No matter what level you coach, FUNDAMENTALS are the base
- ☑ We always work 3 weeks of basic fundamentals after we see where we are starting from. Then work live pitching into our last week or two of individuals.
- ☑ Start with your TERMINOLGY – we all say things differently
- ☑ Introduce your TECHNOLGY – we all use it differently

## EXAMPLES

Beginning Fall	Mid-Fall
Decide how you want to use your hours -some use more time on weights and conditioning to start the fall ☑ (4) 1-hour days ☑ all offense or all defense ☑ 30 minutes of each ☑ (5) 45-minute days ☑ (6 or 7) days with smaller groups and everyone doesn't come everyday	2:00 Defensive work – C/OF 2:30 Hitting Work – 8 minutes each place (8) Indoor cages Peejay three plates Max Front toss – LC JJ Front toss – RC Outdoor cages Machine – bunting only Bat toss in cage middle, middle, middle, RC, LC, middle T – one legged chair w hover Field Scott – gap to gap Josh – 2k approach 3:00 Conditioning 3:30 Hitting (6) 4:00 Defensive work – infielders

## Team practices

- ☑ Do you want to post and let kids see it
- ☑ WHY/WHY NOT
- ☑ Have a weekly agenda
- ☑ Talk with Staff on objectives to cover
- ☑ Have a daily agenda
- ☑ Work on the times for each drill
- ☑ Stay on time

September practice	October practice
<p>8:15 Arm warm up with Aidan</p> <p>8:30 Hitting Circuit- EM/MA- pitch during this part – 70 sec each person</p> <ol style="list-style-type: none"> <li>1. Live on field - Coach Scott {eb, di}</li> <li>2. Live on field - Coach Peejay {sh, bs}</li> <li>3. 3 foul poles -jog/sprint/jog {mg, ac}</li> <li>4. Shag {hv, mh} All in the outdoor cage area</li> <li>5. Top hand work- hit under the front arm {mk,ag,kh}</li> <li>6. One leg chair tee {ct, ep}</li> <li>7. Small bat front toss {kb, ef}</li> <li>8. Machine- bunt 3/ 2k approach {kz,sc}</li> <li>9. Down and out tee on left field line {kate, kw}</li> </ol> <p>9:00 Throw</p> <p>9:15 Defensive Skill Work</p> <p>9:30 Team Defensive work- Bunt defense work- (outies bunt or work in cages)</p> <ul style="list-style-type: none"> <li>☑ all infielders and catchers at positions</li> <li>☑ split defensive groups and add other bunters -7min each</li> <li>☑ use pitchers at 50%</li> </ul>	<p>8:15 Warm up</p> <p>8:30 Hitting work - 12 minutes each</p> <p>Indoor cages</p> <p>Peejay Hit Trax</p> <p>Max Front toss</p> <p>Hula Hoop – mirror</p> <p>Small ball machine</p> <p>Field</p> <p>Scott – left center</p> <p>Josh – right center</p> <p>Outdoor cages</p> <p>Machine – 62 change up/FB</p> <p>JJ/Bailee Front toss</p> <p>Double ramp</p> <p>Brown tee</p> <p>9:25 Defensive skill work</p> <p>9:45 Situational offensive and defensive work</p> <p>Point sheet...will figure out defensive groups when we get to the field with whoever is practicing ☑</p> <p>10:30 foam roll and stretch</p> <p>The happiness of your life depends upon the quality of your thoughts.</p>

# 2-team sample

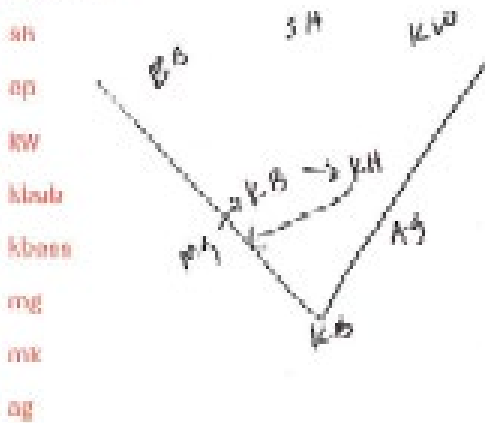
October 31, 2024

- 2:00 Warm up
- 2:20 Throw
- 2:35 Individual pitchers defensive work
- Innies Hit - Pregame in indoor cages

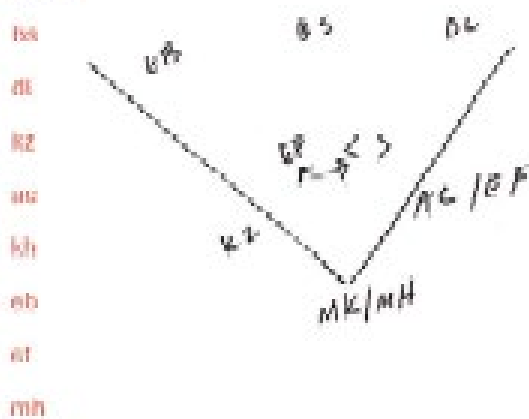


- 3:00 Switch
- 3:10 Scrimmage one last time (until January) off our pitchers

## Maroon



## Black



- 5:15 CAMP OZARK Directors
- 5:25 Foam Roll and Stretch

**YOU CAN ONLY WIN WHEN YOUR MIND IS STRONGER THAN YOUR EMOTIONS.**

# ▶ 3-team sample

October 15, 2024

2:00 Warm up

2:25 R-Respect – Earn each other's trust (get to know each other)

2:30 Backwards baseball

2:45 Throw

2:55 2 catchers/outies hit

2 catchers/innies – defensive work

3:15 Switch – catchers to bullpen

Indoor cages – Peejay/Max/Sara and two tees outside

3:35 Signal review

3:40 Scrimmage

## Team one

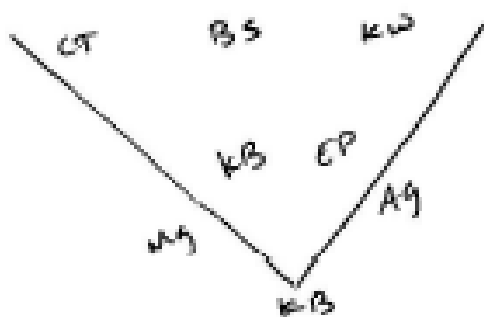
Sh

Kh

Ac

Ef

Mh



5:30 Foam roll/stretch/ice bath

## Team two

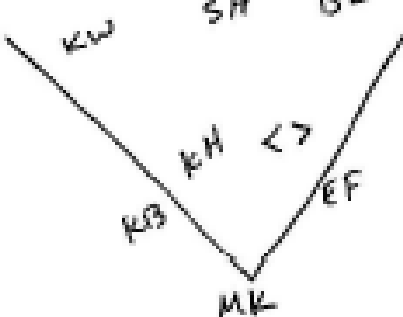
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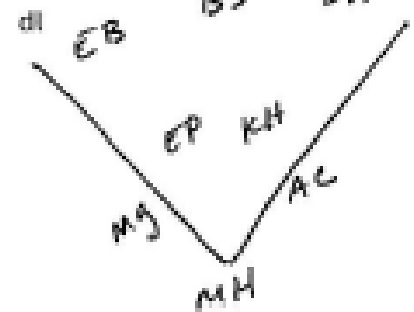
## Team three

kw

kbub

kbass

mk



**Ego kills growth. Doubt kill confidence.**

**Anger kills wisdom.**



Positive points

- 1. Basehit
- 2- Hard hit
- 2-walk
- 2- every RBI
- 3- extra base hits doubles/triples
- 4 homerun
- 4 hit by pitch

negative points

- 1- taking a good pitch in hitters count
- 2- not barelling up a ball in hitters count
- 1-1 2-0 3-0 3-1
- 3 not getting bunt down
- 2 stike out

1 taking an exrtra base

2 not taking extra base

3 getting tagged out

2 doubled off on a line drive (not behind 1<sup>st</sup>)

1 error

Team minus for everyone silent

2 missed signals

2 getting the lead out

3 being apart of a double play

1 diving for a ball

1 making a play on diving ball (out)

## DEFENSE

### The Focus

1. Teach What You Know
2. The Why- Only buy in if they understand why what you teach is better than what they've been taught by someone else.
3. Be More Efficient - Fill their toolbox with as many ways to get things done as possible.
4. Teach Them to Throw

- a. Part of practice is not to warm up or get loose.
- b. Throw to increase arm strength just like P.
- c. 150 ft. – 30,60,90,120,150. (3 to 5 throws per spot).
- d. Catch and transfer.
- e. Position specific on the way in.

WHY? 70% of all errors in bat and ball sports are made throwing and catching not fielding.

### PITCHING

FALL	SPRING
Fall – Split into Phases ☑ Two practice categories: Mechanical Skill & Pitchability ☑ Fall starts mostly MS, transitions over time into PA Phase I: Assessment, Goal Creation. 75% MS, 25% PA 0-65 Pitches Phase II: Development of mechanics and arsenal, location, high level sequencing, begin lowmed intensity exhaustion bullpens, 50% MS, 50% PA 0-85, Max 90 Pitches Phase III: High Level Performance Readiness, Practice, Game Like, 75% PA, 25% MS, 0-100 Max	Spring bullpens are limited Focus on Pitchability + Health ☑ Create some space to have touch and feel days, but no mechanical instruction is intended – not intentionally teaching anything new in the Spring ☑ Emphasis on control/command + mobility, condition, and overall gameday readiness/shape.
Mechanical Skill Practices EXAMPLES	Pitchability Practice EXAMPLES
Doesn't always mean pitching everyday – focus on what makes their arsenal/foundation stronger ☑ EX: M/W/F throw day, T / TH Non-throw day ☑ Throw Day: Tools, Data, Metric Goal Assessments, Give them benchmarks and celebrate steps forward ☑ Non-Throw Day: Strength, Foundation, Athletic Ability, Defensive Reps, Achievable goals with rigor, Teach the why	Understand Pitchability ☑ Understand the relationship between their arsenal, and how to win with it ☑ Lots of location work with counts, create challenge, create gameday feel, grade everything! ☑ Build in a balance of success and failure, exercise routine and mental game ☑ D's may get degrees, but D's don't win a league, and really neither do C's. ☑ In spring, this will more likely translate into game scouting bullpens + game plan breakdowns

### CONCLUSION

- ☑ Powerpoint presentations require 4 coaches:
- ☑ 3 to think and 1 to design
- ☑ Everybody needs a Coach Peejay on their staff
- ☑ Every TED Talk has a point to make so what's ours?
- ☑ Practicing with shitty balls is only frustrating to the person throwing it...which is never CW
- ☑ Go Bobcats!

# **“The Kinetic Link ”**

**Chris Malveaux**

Head Coach, Auburn University

**Mentality – GROWTH MINDSET**

**Lower Body Focuses**

**Upper Body Focuses**

**Separation**

**Trial and Error**

**“Getting to the top is one thing, staying there is another”**

**Patrick Murphy**

University of Alabama

[@UACoachMurphy](#) Twitter/Instagram

**BAMAU = PLAYERU**

**BAMASB Culture:** Store bought vs Homemade

**ADAPT not Adopt**

**Honesty for Greatness** – Can you handle 30 seconds of embarrassment?

**Empathy vs. Sympathy** featuring Brene Brown video

**To Change a Heart, You Must Touch That Heart First:** Connection vs. Control = today’s generation wants connection. Collaboration is also a must!

**Growth Mindset vs Fixed Mindset:** get better or get run over!

**MUDITA:** the key to our success for 28 years

# **“Hitting Adjustments - How to Make and Practice Them”**

## **Patrick Murphy**

Head Coach, University of Alabama

- I. Different kinds of adjustments during hitting**
  - A. To your swing:
  - B. Your position in the batter’s box – Kayla Braud story from 2012 Natty (BAMA SB)
  - C. Timing adjustments:
  - D. Mental adjustments:
  - E. GRIT approach:
- II. How to make an adjustment**
  - A. It all starts with understanding the swing fundamentals:
  - B. It’s a matter of tiny moves:
  - C. Be a SMART hitter:
- III. When to make an adjustment**
  - A. Make the adjustment as quick as possible – pitch by pitch vs specific pitchers (Tenn):
  - B. During a timeout with a coach:
  - C. In the dugout before an at-bat. Tell a teammate/coach what you are going to do! Speak it into existence. Visualize what you are about to do.
  - D. In the dugout after an at-bat:
  - E. After watching a teammate’s at-bat before yours:
  - F. The next day vs. the same opponent:
- IV. Help for those with “Mental Midgets”**
  - A. “The Four Agreements”
  - B. “The Velvet Covered Brick” by Tim Elmore
  - C. Confidence is a choice ...
  - D. There is no win in compariSIN

**V. Drills/competitions for practice settings**

- A. No pop, no pull day
  
- B. Oppo only day
  
- C. Pitch-specific day: fast/change; curve/screw; rise/drop days
  
- D. No “I got it” from the defense “hit it through the wall” vs over the fence
  
- E. 0-2, 1-2 count; 3-1, 2-0 count days
  
- F. Perform or get out; Make it take it; Last hitter standing
  
- G. Tunnels, lanes/driveways on the field w/screens – targets on field
  
- H. Inside/middle/outside drill (pizza game!)
  
- I. High strike zone tee/low strike zone tee
  
- J. Sit on the change drill
  
- K. Swing/slap combos
  
- L. Strings between hitter and pitcher – hit if its above or below the string

# **“Strength Training with Hitting”**

**Chris Malveaux**

Head Coach, Auburn University

**Functional Training**

**Explosive Lower Body**

**Upper Body – Scaps**

**Core**

**Pitch Recognition**

# “Offensive Strategies – How are we going to score runs this year”

## Ricci Woodard

Head Coach, Texas State University

1. KNOW YOUR TEAM
2. What to look for:
3. What’s going to be the most important part of the plan?
  - a. Quality at Bats
  - b. Sacrifices or RBIs
  - c. Hard hit balls
  - d. 8 pitch at bats
  - e. 0-2 see 4 more pitches
  - f. Move a runner effectively
  - g. Hit By Pitch
  - h. Walk
  - i. 2 strike hits

### Positive points

- 1-basehit
- 2- Hard hit ball
- 2-walk
- 2- **every RBI**
- 3 – extra basehits – doubles/triples
- 4- homeruns
- 4 – hit by a pitch

1-taking an extra base

2-getting the lead out

3-being part of double play

1-Diving for a ball

2-making a play on a diving ball (outs)

### Negative points

- 1-taking a good pitch in hitters count
- 2-not barreling up a ball in hitters count

**1-1 2-0 3-0 3-1**

3- not getting bunt down

2-strike outs

2-not taking an extra base

3-getting tagged out by defense

2-doubled off on a line drive(not behind 1<sup>st</sup>)

1-error

**TEAM MINUS 1 FOR EVERYONE -silence**



4. Situational hitting

5. Scrimmage work – instead of just counting the Runs

6. Short Game - Speed

- a. Sacrifices
- b. Steals - delays
- c. 1<sup>st</sup> and 3<sup>rd</sup>
- d. Squeeze
- e. Hit and Run
- f. Fake bunt hit
- g. Fake bunt hit and run

7. BUNTING

- a. Work on it everyday
- b. Sacrifice
- c. Bunt for a Base hit
- d. Squeeze
- e. Bunt in the middle of the field – 10 feet in front of home plate – DRAW A CIRCLE

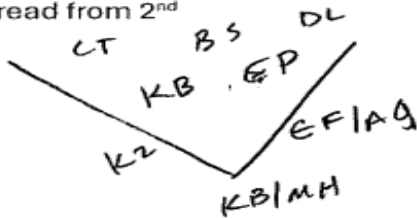
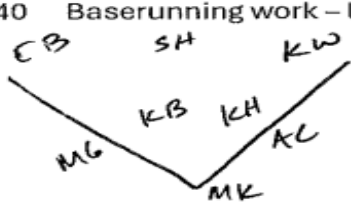
8. Practice the short game

October 14, 2024

8:15 Warm up

8:30 Throw

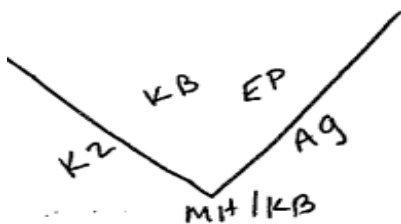
8:40 Baserunning work – leads/read from 2<sup>nd</sup>



9:10 Defensive skill work

9:40 Short game work -offensive and defensive

Sac/H&R/SQ/1<sup>st</sup> and 3<sup>rd</sup> work



10:30 foam roll/stretch

## 9. BASErunning

- a. Spend major time in this area if you can
- b. Do two base at a time drills every chance you can during practice
- c. Work on leads and reads often (change ups, balls in dirt, catcher on knees)
- d. 4 station baserunning drills
  - i. Each runner is independent – you hit or use them as hitters also
  - ii. Work on reads from every base

## 10. Consistency/Power

- a. Work a ton on gap to gap hitting
  - i. Place cones left center to right center
- b. Two base approach on everything
- c. Place as many of them together in the lineup as possible
- d. Power usually comes with strikeouts
  - i. Tell them it's ok to be all in for two swings
  - ii. 2 k approach – have to decide if you are having one with these kids or not

## 11. 2 strike approach

- a. Teach what you believe
- b. May depend on the player (power vs consistent)
  - i. Choke up/don't choke up
  - ii. Shorten up/don't shorten up
  - iii. Wide Stance
  - iv. Ground balls in the middle of the field

## 12. Hitting Drill Sheet

**“Managing a tired arm  
Understanding the importance of arm care, a proper warm up, & activation  
specific to pitching”  
Kelly Maxwell**

USA Softball Team, University of Oklahoma Graduate, WCWS MVP 2024

- SPONDYLOLYSIS
  
- OTHER COMMON OVERUSE INJURIES- PITCHER SPECIFIC
  - Stress on Shoulder Joint
  - Rotator cuff pain
  - Forearm stress fractures, spasm, strain
  - Lower back pain
  - Mid back tightness/weakness
  - Valgus stress on the knee- causes ligamentous injuries
  - Shin splints
  
- PRECAUTION & PREVENTION
  - Arm Care (See Pages Below)
  - Activation/Turf Work
  - Mobility (The Ready State App)
  - Lifting
  - Cardio
  - Swimming
  - Pilates
  - Sleep
  - Nutrition
  - Hydration
  - Treatment
  - LISTENING TO BODY (REST & TIME OFF)
  
- DYNAMIC WARM-UP
  - JAEGER SPORTS J-BANDS
  - ACTIVATION/TURF WORK
  
- POST-BULLPEN/GAME TREATMENT OPTIONS
  - Cupping
  - Needling

- Graston
- Soft Tissue Massage
- Massage Chairs
- Contrast Plunges
- Flush in the pool
- Mobility
- Movement lift
  
- WHEN & HOW OFTEN?
  - TYPICAL WEEK OUT OF COMPETITION
  - TYPICAL WEEK IN MID-SEASON
  - TYPICAL WEEK IN POST-SEASON
  - TYPICAL WEEK NOW IN JAPAN
  -

EXERCISE	SETS	REPS	REMINDERS
Foam Roller Lat stretch with lift off	2	5 each side	
Pec stretch	2	30 seconds on each side	Preferred to use doorway
Sleeper stretch	1	2 minutes	
Forearm Flexion Stretch	2	30 seconds	
Forearm Extension Stretch	3	30 seconds	
Band W's	2	15	Shoulders down
Banded ER/IR @ 90/90	2	10c	
Banded A's	2	15	Shoulders down & back, return to start each time
Banded Y's	2	15	
Dumbbell D2	3	10	
Dumbbell Wrist Extension	3	10	
Dumbbell Wrist Flexion	3	10	
Softball Squeeze	2	10 x 5	10 squeezes holding for 5 seconds is one set
Forearm Pronation/Supination	3	10	
Kneeing 90/90 Stabs	2	30 seconds	
Flexion Wall Ball Stabs	2	30 seconds	
Digi flex (one finger at a time)	3	30 seconds	
ARD Body Blade	2	30 seconds	

PITCHERS			
DAY 1	Bicep ISO	3	20
	Reverse A	3	10
	Bicep curl at 90/90	3	12
	KB eccentric wrist ext	2	10
	KB eccentric wrist flex	2	10
	Lat lift off	2	10e
DAY 2	Push up iso	3	20
	ER walk outs	2	10e
	IR @ 90/90	2	15
	Banded Y's	2	15
	Band A	2	15
	Banded W's	2	15
DAY 3	Dumbbell D2	3	10
	Dumbbell D1	3	10
	Dumbbell Wrist extension	3	10
	Dumbbell Wrist Flexion	3	10
	PVC UD/RD	2	10e
	Forearm Pronation/Supination	2	10e
DAY 4	90/90 KB hold	2	20sec
	Pec fly	3	15
	Wall ball name	2	name
	Digiflex (one finger at a time)	3	30sec
	Softball Squeeze	2	10x5
	ABD body blade	2	30sec
Pec, sleeper, forearm flex, forearm extension x 1min			

# OU SOFTBALL BRICKHOUSE PROTOCOL

Color coded volume/intensity continuum

Yellow: Less percent of PR, more reps

Red: Close to PR, less reps

Personal Records Split Squat Deadlift:  
Squat: Bench Press: RDL:

## DAY 1: SET THE TONE

Dynamic + Mobility + Band Activation

Pogo Series, lunge ISOs, build up sprint progression

4 twenty yard sprints

Exercise	Week 1	Week 2	Week 3	Week 4

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## DAY 2: MUSCLE MOMMIES

Quick Dynamic + Mobility + Rotational Med Ball Toss

2x 20 band pull aparts, 2x 8e YTC, 2x

2x10 light goblet squat, 2x 10 banded plyo push ups

Exercise	Week 1	Week 2	Week 3	Week 4

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## DAY 3: BOOTY LICKIOUS

Dynamic (include lateral) + Mobility + band activation

2x10 KB Swing, 2x 4e skater jumps

2x10 yrd bear crawl, 2x 10e shoulder taps

Exercise	Week 1	Week 2	Week 3	Week 4

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## DAY 4: EARN THE WEEKEND

Quick Dynamic + Mobility + Broad Jump series

2 x 8 Banded GM, 2 x 5e Bird dogs

2x 5 Lying Shoulder Ext Rot, 2x10 band activation

Exercise	Week 1	Week 2	Week 3	Week 4

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### TEAM CHALLENGE

3 Captains (Pancake, Farmer Relay, Cal Row Relay, etc.)

"Take care of your body, it's the only place you have to live. Build a strong home."

## TYPICAL WEEK OUT OF COMPETITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Heavy Lift	HEAVY LIFT	OPTIONAL CARDIO	HEAVY LIFT	HEAVY LIFT + TEAM	DAY OFF SOMETIMES	DAY OFF
Arm Strengthening	HEAVY BULLPEN	MOBILITY	LONG TOSS	CHALLENGE		ACTIVE RECOVERY
Mobility Treatment		LIVE AB TREATMENT	LIVE AB' S	HEAVY BULLPEN TREATMENT		MOBILITY

## TYPICAL WEEK IN MIDSEASON

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	HEAVY LIFT	CARDIO	HEAVY LIFT	MOBILITY	MOBILITY	MOBILITY
ACTIVE RECOVERY	LONG TOSS OR 5 SPOT	LIVE AB' S OR MIDWEEK	PRE-GAME BULLPEN	GAMEDAY TREATMENT	SHORT WALK OUSTIDE	GAMEDAY
SOFT- TISSUE MASSAGE OR NEEDLING	SHORT BULLPEN	GAME CUPPING	TREATMENT		GAMEDAY TREATMENT	

## TYPICAL WEEK IN POST-SEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	COLD PLUNGE	COLD PLUNGE	COLD PLUNGE	MOBILITY	MOBILITY	MOBILITY
ACTIVE RECOVERY	HEAVY LIFT	CARDIO	HEAVY LIFT	SHORT WALK OUSTIDE	SHORT WALK OUSTIDE	GAMEDAY
SOFT- TISSUE MESSAGE OR NEEDLING	LONG TOSS OR 5 SPOT	HEAVY BULLPEN	PRE-GAME BULLPEN	GAMEDAY	GAMEDAY	TREATMENT IF NEEDED
	TREATMENT IF NEEDED	CUPPING	TREATMENT	TREATMENT	TREATMENT	

## TYPICAL WEEK NOW IN JAPAN

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY OFF	HEAVY LIFT	CARDIO	HEAVY LIFT	PRE-GAME BULLPEN	MOBILITY	MOBILITY
ACTIVE RECOVERY	LONG TOSS OR 5 SPOT	MOBILITY	TRAVEL DAY	TREATMENT	WALK DURING WARM UP	WALK DURING WARM UP
	SOFT- TISSUE MESSAGE OR NEEDLING	BULLPEN  LIVE AB' S	MOBILITY  TREATMENT		GAMEDAY  TREATMENT	GAMEDAY