



6U Practice Templates - 2026

How to Use This Guide

This guide is your blueprint for running fun, high-energy, and effective softball practices designed for MGS/USA Softball rules.

- **Step 1: Review the practice plans** – each one focuses on different skills needed to progress through 6U.
- **Step 2: Plan your season** – check how many practices you will have this season and match your favorite plans to your practice dates.
- **Step 3: Share your practice plans** with your assistant coaches so everyone stays on the same page!

These are only templates and are by no means requirements. If you have a more advanced team, feel free to begin working on more advanced hitting, throwing, and catching drills!

If you need any clarification, or would like to have an assisted practice with the Director of Player Development, don't hesitate to reach out!

Let's make this season the most fun and memorable in MGS history!

See you at the fields,

Coach Jon

Director of Player Development

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Practice Plan 1

AREAS OF FOCUS

- Getting to know their new teammates and coaches
- Throwing and Catching Basics
- Baserunning Basics

SCHEDULE

- Team Meeting (5 min)
 - Coaches introduce themselves and team name/team nickname
 - Have each girl introduce themselves and say their favorite animal
 - Team cheer
- Stretching and Dynamic Warm-up (10 min)
 - Stretching Circle
 - Choose two team captains to lead stretches (rotate captains every practice)
 - Light jog around ball
 - Coach tosses ball 50-75 ft. Girls take a light jog around the ball. Designate one player to retrieve the ball.
 - Ladders and Cones
 - Ladders - the girls go forwards and sideways (both directions).
 - Making sure stress speed is not important, try to get your feet in each square.
 - Cones - set up two lines of 4 cones about 6-8 feet apart. Players run to the first cone and back, second cone and back, third cone and back, tagging the next teammate to start. Later in the season, you can let this become a race.

WATER BREAK; grab helmets ONLY and go to home plate

- Base Running (15 min)
 - Explain the names/numbers of each base.
 - Running through first base
 - Have the assistant coach stand 10 ft behind the base. *Stress the importance of hitting the orange base for safety.*
 - Girls return to home plate via foul territory.



- Spaghetti Run
 - Have the girls go around all 4 bases. Before starting, the girls pick a silly word for each base. (Ex. 1st base is spaghetti, 2nd base is banana, 3rd base is tofu, etc.)
 - The girls should shout the silly word as they touch each base.
 - For the first practice, have the players shout their name as they cross home plate so their teammates can start to learn their name.

WATER BREAK; get masks and gloves

- Throwing (10 min)
 - Target Practice
 - Hook 2 hula hoops on fence as targets 10 ft apart
 - Two lines in front of each hula hoop
 - Demonstrate proper fielding technique (alligator chomp) and proper throwing technique (stand sideways, point glove at target, knock with ball in hand, step and throw)
 - Have each girl complete 3-5 reps, throwing balls at the targets
 - Pick up balls at the end to save time
 - Infield Practice (10 min)
 - Walk the girls to each position.
 - Keep it fun by skipping to the first, walking backwards to second, crab walking to SS, etc.
 - Finish at home plate
 - Call out a position and have the girls run to the correct spot as a group.

WATER BREAK; grab helmets and bats

- Hitting Stations (20 min)
 - Station 1: Hitting Stick
 - Station 2: Off the Tee into net
 - Station 3: Coach Pitch

**Modified if you are still waiting to get assistant coaches*

- Line up girls behind home plate.
- Three swings off the tee each.
 - On the third swing, have them run through first base.

WATER BREAK; no equipment



- Game (Red Light, Green Light)
- Player Meeting
 - Congratulate them on a great first practice.
 - Review their names and favorite animals, see if the girls can remember any teammates!

EQUIPMENT NEEDED

- Bases (shed)
- Cones (shed)
- Warm-up ladders (shed)
- Hula hoops/fence targets
- Batting Tee (shed)
- Hitting Net (shed)
- Hit Stick (shed)



Practice Plan 2

AREAS OF FOCUS

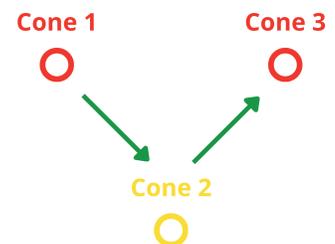
- Getting the ball back into the circle
- Throwing and Catching Basics
- Hitting basics

SCHEDULE

- Team Meeting (5 min)
 - Have each girl introduce themselves and say their favorite movie
 - Team cheer
- Stretching and Dynamic Warm-up (10 min)
 - Stretching Circle
 - Choose two team captains to lead stretches (rotate captains every practice)
 - Light jog around ball
 - Coach tosses ball 50-75 ft. Girls take a light jog around the ball. Designate one player to retrieve the ball.
 - Ladders and Cones
 - Ladders - the girls go forwards and sideways (both directions).
 - Making sure stress speed is not important, try to get your feet in each square.
 - Cones - set up two lines of 4 cones about 6-8 feet apart. Players run to the first cone and back, second cone and back, third cone and back, tagging the next teammate to start. Later in the season, you can let this become a race.

WATER BREAK; grab masks and gloves

- Fielding Warm-Up (5 min)
 - Three Cone Drill
 - Players start at cone 1. Charge the ball to get it before it reaches cone 2. Throws ball back to coach. Goes to cone 3 until the rest of the team has gone. Repeat going from cone 3 to cone 1.
 - Recommend doing near a base. On second or third rep, can have the players field the ball and run to touch the base to simulate gameplay.





- Getting the Ball Back to the Circle (20 min)
 - Two lines. One at 2nd base and one at short stop.
 - Alternate rolling grounders to each line from the pitching circle.
 - They throw the ball back to the circle, while loudly saying 'circle, circle', so players get used to gameplay.
 - IMPORTANT: explain to the players that the play does not stop until the ball gets back into the circle.
 - After 2-3 rounds, have the SS line go to first base. Continue rolling balls to 2nd base line, but this time call out '1st base' or 'circle' so the players get used to listening to the coaches on field instructions.
 - Rotate lines, so everyone gets a chance catching and throwing.
 - Make sure first basemen throw the ball back to the circle as fast as possible (even if they make the catch).

WATER BREAK; grab helmets and bats

- Hitting (15min)
 - Give each girl 4 attempts from coach pitch.
 - Bring in the tee for one last swing.
 - Run through first base after hitting the ball off the tee.

Note: While the girls are hitting, have your assistant coach practice lining them up in the dugout and sending them to the on-deck circle.

WATER BREAK; no equipment

- Game
 - Relay Race
 - Split into two teams, one at first base, one at third base. Place balls around the pitching circle (one for each player). Once the coach says 'go,' players race, one at a time to retrieve a ball from the circle and tag their teammates at their respective bases. The first team to have all their balls wins!



- Player Meeting
 - Congratulate them on great practice.
 - Review their names and favorite movies, see if the girls can remember any teammates

EQUIPMENT NEEDED

- Bases (shed)
- Cones (shed)
- Warm-up ladders (shed)
- Batting Tee (shed)



Practice Plan 3 - Simulated Game

AREAS OF FOCUS

- Learning pregame routine
- Learning how to put on/take off equipment on their own
- Gameplay Rules

SCHEDULE

- Team Meeting (5 min)
 - Make sure parents do not hand up equipment in the dugout, meet away from the dugout.
 - After welcoming everyone, start the warm up routine in the outfield.
- Stretching and Dynamic Warm-up (10 min)
 - Stretching Circle
 - Choose two team captains to lead stretches (rotate captains every practice)
 - Light jog around ball
 - Coach tosses ball 50-75 ft. Girls take a light jog around the ball. Designate one player to retrieve the ball.
 - Ladders and Cones
 - Ladders - the girls go forwards and sideways (both directions).
 - Making sure stress speed is not important, try to get your feet in each square.
 - Cones - set up two lines of 4 cones about 6-8 feet apart. Players run to the first cone and back, second cone and back, third cone and back, tagging the next teammate to start. Later in the season, you can let this become a race.
- Hitting Warm-Up (5 min)
 - 3 lines to simulate game warm up in outfield
 - Hit stick
 - Hits off the tee
 - Foam/wiffle ball soft toss

Have girls re-pack their bags and bring them to the dugout. Get masks and gloves and meet in foul territory



- Fielding Warm-Up (5 min)
 - One big line in foul territory.
 - Roll ground balls to each player 2-3 times

WATER BREAK; split team in two groups

- Simulated Game
 - Group 1: Takes the field
 - Group 2: Bats
 - Rotate until 10mins left in practice.
 - 4 coach pitches, unlimited swings off tee.
 - Make sure players run until the ball returns to the circle.

WATER BREAK; no equipment

- Game: Red Light, Green Light
- Player Meeting
 - Congratulate them on great practice.
 - Get them excited for the first game of the season!

EQUIPMENT NEEDED

- Bases (shed)
- Cones (shed)
- Warm-up ladders (shed)
- Batting Tee (shed)

Practice 4 - Highly Recommended to schedule a scrimmage with a fellow 6U coach

Practice 5 - Repeat practice 1

Practice 6 - Repeat practice 2



AREAS OF FOCUS

- Catching Mechanics

SCHEDULE

- Team Meeting (5 min)
 - Coach's welcome players
 - Have each girl introduce themselves and say their favorite Book
 - Team cheer
- Stretching and Dynamic Warm-up (10 min)
 - Stretching Circle
 - Choose two team captains to lead stretches (rotate captains every practice)
 - Light jog around ball
 - Coach tosses ball 50-75 ft. Girls take a light jog around the ball. Designate one player to retrieve the ball.
 - Ladders and Cones
 - Ladders - the girls go forwards and sideways (both directions).
 - Making sure stress speed is not important, try to get your feet in each square.
 - Cones - set up two lines of 4 cones about 6-8 feet apart. Players run to the first cone and back, second cone and back, third cone and back, tagging the next teammate to start. Later in the season, you can let this become a race.

WATER BREAK; grab helmets ONLY and meet at home plate

- Base Running (10 min)
 - Explain what rounding and hitting the corner of the bag is to players. Show them the smaller squares on the bases.
 - Run from home to second taking the correct path and hitting the corner of the base.
 - ADVANCED: Have the assistant coach tell them to run through first or go to second base.

WATER BREAK; grab masks and gloves



- Catching (15 min)
 - Foam Ball/Tennis ball catches
 - Have players line up along the chalk line (arms width apart)
 - Throw a foam or tennis ball to each player, without their glove on, so they can practice squeezing the ball.
 - For proper technique. Have each player step across the line with their glove foot and meet the ball with their fingers up (high five position). Tell the player to simply High five the ball.
 - Have each girl complete 3-5 reps or until each player is comfortable with 'high fiving' the ball. Catching it is not critical this first time, just ensure that they are moving their hand to the ball and their palm stays up (high five position).
 - Laying Down Catches
 - Bring the players to the outfield and give them each a foam/tennis ball.
 - They have them lay on their backs and practice gently tossing the ball up and catching the ball with their glove hand.

Note: tell them that these are great drills to do at home. If they master these two, tell them to find a wall and try to catch bounces off the wall.

WATER BREAK; grab helmets and bats

- Hitting Stations (20 min)
 - Station 1: Hitting Stick
 - Station 2: Off the Tee into net
 - Station 3: Coach Pitch

**Modified if you are still waiting to get assistant coaches*

- Line up girls behind home plate.
- Coach Pitch until they hit the ball.
 - After the fourth ball, have them run through first base.

WATER BREAK; no equipment

- Game: Relay Race
- Player Meeting
 - Congratulate them on great practice.
 - Review their names and favorite books, see if the girls can remember any teammates!



EQUIPMENT NEEDED

- Bases (shed)
- Cones (shed)
- Warm-up ladders (shed)
- Foam/Tennis balls
- Batting Tee (shed)
- Hitting Net (shed)
- Hit Stick (shed)



AREAS OF FOCUS

- Backing Up First Base

SCHEDULE

- Team Meeting (5 min)
 - Coach's welcome players
 - Have each girl introduce themselves and say their favorite TV Show
 - Team cheer
- Stretching and Dynamic Warm-up (10 min)
 - Stretching Circle
 - Choose two team captains to lead stretches (rotate captains every practice)
 - Light jog around ball
 - Coach tosses ball 50-75 ft. Girls take a light jog around the ball. Designate one player to retrieve the ball.
 - Ladders and Cones
 - Ladders - the girls go forwards and sideways (both directions).
 - Making sure stress speed is not important, try to get your feet in each square.
 - Cones - set up two lines of 4 cones about 6-8 feet apart. Players run to the first cone and back, second cone and back, third cone and back, tagging the next teammate to start. Later in the season, you can let this become a race.

WATER BREAK; grab helmets ONLY and meet at home plate

- Backing Up First Base (15min)
 - From a line in right field. Place a hula hoop behind first base, where the right fielder should be moving to for a backup play.
 - First player goes to second base, second player goes to first base, and third remains in right field.
 - Roll ground balls to second base and have them throw to the first baseman. While the second baseman is fielding the RF player should be running to the hula hoop.
 - Once the players get the ball back to the pitching circle, rotate.
 - 2nd base goes to the back of the line, 1st goes to 2nd, RF goes to first.



- Give each girl 2-3 reps.
 - If the line is having a hard time focusing, split into two groups and have one group run to first base as soon as you roll the ball.

WATER BREAK; grab helmets and bats

- Hitting Stations (20 min)
 - Station 1: Hitting Stick
 - Station 2: Off the Tee into net
 - Station 3: Coach Pitch

**Modified if you are still waiting to get assistant coaches*

- Line up girls behind home plate.
- Coach Pitch until they hit the ball.
 - After the fourth ball, have them run through first base.

WATER BREAK; no equipment

- Game: Relay Race
- Player Meeting
 - Congratulate them on great practice.
 - Review their names and favorite TV show, see if the girls can remember any teammates!

EQUIPMENT NEEDED

- Bases (shed)
- Cones (shed)
- Warm-up ladders (shed)
- Foam/Tennis balls
- Batting Tee (shed)
- Hitting Net (shed)
- Hit Stick (shed)

Practice 9 – Repeat any of your favorite practices or schedule a scrimmage

Practice 10 – Last Practice Fun! Recommend doing parents vs players kickball or softball game.