

## Somerset Berkley Softball League Pony Division Program

The Pony Division follows an instructional program designed to teach the basics of softball and builds upon the skills learned as each player progresses.

Each week, teams will meet for one practice scheduled by their coaches. There will also be one game each week. Game Day will begin with 30 minutes of drill stations (see below). Prior to Game Day, coaches will decide how to tailor the drills based on the progress the teams are making on each skill. Following the drills, the two teams will compete in approximately 60 minutes of game play.

<b>Week</b>	<b>Station #1</b>	<b>Station #2</b>
1	Hitting	Throwing & catching
2	Running bases	Fielding
3	Hitting	Throwing & catching
4	Running bases	Fielding
5	Hitting	Throwing & catching
6	Running bases	Fielding
7	Hitting	Throwing & catching
8	Running bases	Fielding
9	Hitting	Throwing & catching
10	Running bases	Fielding