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Task: How to prep a High School softball practice (for coaches)

AI generated task:

1. Plan the Practice: Create a practice plan that outlines warm-ups, skill drills, team drills, and conditioning. Allocate time for each section (e.g., 15 minutes warm-up, 20 minutes fielding, 20 minutes hitting, etc.).
2. Check Equipment: Make sure all balls, bats, gloves, helmets, cones, and other gear are available and in good condition.
3. Set Up the Field: Arrive early to set up bases, batting cages, and cones for drills. If indoors, prepare nets and space.
4. Start with Warm-Up: Begin with dynamic stretches (e.g., jogging, high knees, lunges) followed by throwing drills to get players loose.
5. Skill Drills: Run small-group drills focusing on specific skills like infield grounders, outfield catches, or hitting stations.
6. Team Drills: Transition to full-team activities such as scrimmages, situational plays, or relay throws.
7. Conditioning: Include sprints, agility ladders, or endurance exercises at the end of practice.
8. Wrap-Up: Gather the team, review key takeaways, and discuss goals for the next practice or game.
9. Clean Up: Ensure all equipment is collected and stored properly before leaving.

#### Effectiveness:

The AI draft is pretty clear and easy to follow but maybe too easy and generic. A brand new coach could run this practice at a very surface level but without prior knowledge, they maybe not know what specific drills to use or how to adjust them for player skill levels. It's a good start but it doesn't really detail the full rundown of what a real coach needs to think about.

#### Audience:

The audience I picked is a high school softball coach. Specifically targeted by someone who already knows the game, its rules, and has some coaching experience. The AI draft reads like it was written up for a parent who would step up to run practice, not a coach. For example, doing "skill drills" without actually describing what those drills are assumes the coach already knows what would work best. The instructions are both too detailed in places like listing gloves when every softball coach should know to bring one or they don't describe enough. It seems like the AI is trying to cover all the bases but didn't think about what the coach really needs.

#### Gaps or Risks:

There are a couple gaps that stand out to me. Firstly, there's nothing about player safety. Sure, stretching was mentioned but there was no reminder about checking field conditions, weather or even to make sure the players are hydrated. Secondly, the draft doesn't cover adjusting practice if unexpected things happen. For example, rain, late players, or even an equipment issue. Third, conditioning isn't mentioned at all but many coaches adjust when to condition based on the workload earlier in practice. Without this minor detail, a coach following this exactly could run into problems.

#### Style & Tone:

The draft's tone is simple and professional, which is fine but it feels more like a "how to" guide for someone totally new. For my chosen audience, the tone should be a little more specific and geared towards efficiency. For instance, instead of saying "skill drills", it should say "set up three hitting stations: tee work, front toss and live pitching." With that level of detail, it matches what a varsity coach actually uses.

#### Reflection:

Using AI to generate the draft was helpful for creating a structured list of steps. It made sure I didn't forget obvious points like warm-ups, drills, and the whole wrap-up. But its biggest problem is that it doesn't have experience. It can't tell you what specific drills players respond to, or how to organize practice so it runs smoothly with 15-20 players. AI gave a good start, but as a coach, there needs to be more. Overall, AI was useful for giving me a starting outline but it lacked detail, accuracy, and audience focus. Without some type of revision, these instructions wouldn't be that helpful for a high school coach.

# Step-by-step on how to prepare and run a high school softball practice:



## Step 1- Plan Ahead (*1-2 days before practice*)

1. Write out a practice **plan** with specific times (10 min warmup, 20 min hitting, 10 min conditioning)
2. Consider the teams needs. Focus on areas that were weak in the last game/practice.
3. Check the weather and have an indoor back up plan if necessary.

## Step 2- Arrive semi-early and set up:

1. Get to the field at least *10-15* mins early.
2. Set up bases, hitting stations and cones for drills.
3. Make sure balls and lineup are organized.

## Step 3- Warm up (*10 mins*)

1. Start with some dynamic stretches: lunges, side to sides and high knees
2. Move into throwing progressions: wrist flicks, no step throws, regular throws, then long throws.
3. End the warmup with short grounders or flyballs.

## Step 4- Skill Stations (*20-25 mins*)

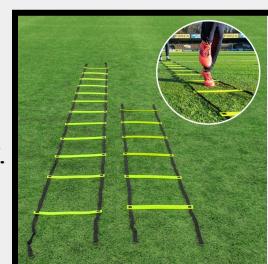
1. Divide players into three groups (if possible). Rotate every 8-10 minutes:
  - Station 1: Tee work/ Front toss (hitting fundamentals)
  - Station 2: Infield grounders, work on quick throws
  - Station 3: Outfield fly balls and relay throws.
2. Keep the players **moving** to make sure no time is wasted.

## Step 5- Team drills (*20 mins*)

1. Run situational plays as a team (bunt coverage, rundowns/pickles, and cutoffs)
2. Do a short scrimmage or some live hitting **if the time allows**.

## Step 6- Conditioning (*10 mins*)

1. Sprint relays or ladder drills. (ladder pictured to the right)
2. Make sure to adjust conditioning based on practice intensity.



## Step 7- Wrap-up (*5 mins*)

1. Gather the team into a circle.
2. Go over key takeaways from practice, what the team may need to work on.
3. Talk about **goals** for the upcoming game.
4. End on a positive note. Recognize everyone's **effort** and improvement.

#### Step 8- Clean up

1. Players collect any missed balls, bats and gear.
2. **Double check** the field and dugout before leaving.

*Side Tip: Always keep water breaks built into these steps and adjust plans if energy is low. A good coach reads the team.*