

PRACTICE DRILLS

Before Every practice have players do a light jog

- Stretch** Jacks, seal jacks, push ups, squats, squats w/ forward lunge, high knee skips, shuffle w/ swing arms, wide outs. (vary stretches)
- Throwing** knees (no glove) at 5' increments, stationary throws @ 20', regular throws move at 10' to about 120', walk in throwing hard and fast to about 20' then 10 throws at 20'.
- Closed Glove** Hand/eye coordination – receive and catch ball with back of glove start slow then increase speed. Split players in 2 rows facing each other and throw in a zig zag pattern.
- Skill Builders** Half team at 1st base other half at 3rd base. Hit ground balls to 3rd base player throw to 1st and follow throw to 1st base, 1st base receiver goes to back of line at 3rd (once or twice thru then move to SS, 2nd, 1st). 1st base throws go to 3rd.
- 3 Station** Break into 3 groups – fly balls, ground balls, catchers. Work on mechanics and technique. Rotate groups.
- Dbl Plays** 3 groups – 3rd, 2nd, 1st - Hit to 3rd, move 3rd base group to SS, then hit to 2nd, then 1st. Work on technique and approach. Have players rotate lines SS to 2nd, 2nd to 1st and 1st to 3rd.
- Infield Drill** Need empty bucket. Place at SS have line of players behind bucket. Hit/throw ball to each side of bucket rapidly. Player to field and put ball into bucket. Work on footwork and fielding technique.
- Outfield Drill** 2 groups – half at 2nd half in LF, Hit ground/fly balls, outfielder make throw into 2nd base follow throw, receiver at 2nd move to back of outfield line.
- Turnout Drill** Home and 1st base – 2 groups – Player on each side of home. On signal players race to first base and turnout both directions to avoid collision. Work on acceleration to 1st base and thru the bag.
- Bunt Drill** Can be done in groups – Players are to bunt down 3rd base and 1st base, Can Rotate bunts. Work on proper stance, knee bent and bat position.

Repetitions 3 Coach Drill – one coach 1st base side, another 3rd base side, one at home. Move all players to positions – 3rd, SS, 2nd, 1st
Each coach w/ 15+ balls, Coaches rotate hitting to respective area.
home coach hits to SS, 2nd. 3rd base coach hits to 1st base and 1st base coach hits to 3rd. This drill is to get multiple reps at each position.
No throws just field and toss ball in a bucket or off to the side out of the way. Players at each position rotate after fielding. When complete pick up balls and repeat.

Pitcher Cover Half at pitchers mound half at 1st base. Pitcher mimics throwing to home coach hits to 1st base and pitcher runs and covers 1st base. Idea is to hit away from 1st base bag so pitcher covers and steps on inside of first base bag and turns in to avoid contact. Rotate players.

Knee Drill Multiple groups – Player on knees draws a half circle as far as they can reach in front of them. Coach throws ball at edge of circle and player is to field ball inside circle. Player toss ball to side and ready for next throw (5 per player). Objective is to keep glove down and soft hands. Work on proper glove position and technique.