

Keys to drills

keep simple

make competitive

groups of 3-5 no more standing around is bad

5-10 minutes per drill

1-2 coaching points at a time no more

demonstrate fundamental you want the kids to focus on

show do not talk too much, more motion less words

kids absorb more by seeing or even being put in the position using your hand and feet to guide theirs

always be positive,

discipline quietly, congratulate loudly

after kids learn the right way, if they make a mistake ask them what they did wrong,

teach self correcting.

review after drill

what they learned

Throwing

1. Two team throwing

teams of 3 or 4

1 throw to 2-3

each completed round back and forth counts as a point

first to 21 wins

2. Short and long

3 players in a line

20 ft apart

a - b - c, a to c, c to b, b to a

rotate

3. Triangle throwing

practicing

catch pivot throw

4. Star throwing

5 players (accuracy, # of calls w/out drops)

5. 3 man relay

3 players 30 ft apart

relay turning glove side

(teams race) 10

Coaching Point:

Progression, from knees to one knee to standing sideways, to both hands on chest step and throw, crouch and throw, do not verbally instruct, hold the ball in player's hand and move the ball in the proper motion from chest to thigh to pointing ball directly behind to over the top with proper back spin

Fielding

6. Bare hand

balls in a line on the ground between 3rd and ss

two lines
one line at 1st

7. Round the horn

work on throwing, crow hop
touching the base

8. Fielding

Hat game
kneel and throw short hops 10 feet apart

9. Slide Step or Goalie

Set up cones about 10 feet apart and role balls
ground ball to right and left
slide step over staying low
set up cones like a goalie stoping the ball before it goes through
cone

Coaching Point: glove down, back straight, head up, stay balanced

10. Sliding

slide on grass three lines
slide into hat
practice slide, then progress to slide and pop up
not too early not too late

Coaching Point: hands up cleats up

11. Charging

line up players at 1st and third
throw slow grounders to them have them charge and throw to 1st
Coaching Point: sweep the ball with both hands square and throw
never throw off balance

12. fly ball practice

3 line in the out field
3 coaches hitting fly balls with tennis balls and tennis rackets
first team with 20 catches

Coaching Point:

catch the ball on throwing side of head
hands up and balanced not fully extended
glove foot fwd ready to hop and throw
later in season practice drop step
(first kid to 500) 100 fly ball 75 one bounce 50 ground ball lose 100 for error

13. call it

place players in each positiona and throw pop ups between players
they have to call it wave their hands and catch the ball
go over who over rules whom.
two coaches throwing balls
Coaching Point: wave off other players, call loud and clear
player behind has right of way

14. football pass or diving drill

two line
throw short fly balls having the kids dive for the ball
15 ft away

Coaching Point: locate ball use two hands
first kid to catch 10 by small group

15. Long toss

four outfielders 70 feet square
throw from corner to corner

Coaching Point: must have built up from other throwing
crow hop aim high not too high
first team to catch and throw 10 times without ball touching ground

16. Blocking drills

coaches in middle of infield
players line up behind 1st 2nd and home
throw balls at player one have him block the ball, and make tag, roll ball back
next player quickly rotates in. move very quickly, have the kids pick up the balls quickly and start again
(this drill can start with tennis balls until the kids are confident)
Coaching Point: move to the ball with feet, body and glove, don't just reach. (move advanced, teach moving the glove foot and glove at the same time)
First team to not let 10 balls past.

17. ground ball progression

-line up 4 players at SS and 2nd
roll balls to ss field and under hand to 2nd
ss goes to 2nd line 2nd goes to ss line

Coaching point: glove down, throwing hand up, pivot and underhand moving toward target. 2nd base get to base, make target, secure ball

-roll balls to 2nd base and ss covers
-roll balls to 3rd base side of ss, field ball, hands to chest throw to 2nd
-roll balls to 1st base side of 2nd, pivot throw to ss covering 2nd
-put coach at first turn double play

Coaches Points: ALWAYS get the first out, cover the base make good throw to chest, (practice throwing under hand if the kids are having problems). Footwork for ss and 2nd base critical. 2nd base glove foot on bag, ss throwing foot on bag) get out of base line when throwing

18. Tagging drill and stealing

-line kids up at each base, have them catch ball put glove in front of base. throw to next base repeat
-2 3rd baseman 2 runners on second running to 3rd
2 catchers catching pitches from coach

19. Ground ball drill

coaches hit balls to players at ss and 2nd
2 lines of 4-6
players field and throw to player or coach
first team to 10 in a row.
very fast rapid drill.

20. what's the play

put 9 players in positions
3 runners
play as if it were a game,
rotate players to all positions every 9 outs

relays cut offs

left ss 2nd
left ss 3rd
left ss p c (1b back home)
cc ss p c (1b back home)
right 2nd p c (3b back home, ss 3rd)
center ss 2nd
center ss 3rd
right 2nd ss
right 2nd 3rd
right 2nd ss 3rd

Hitting

Tennis balls

20 tennis balls can be used to soft toss either into net or into fence
soft toss from 45 angle, 5 per player then rotate, make sure the kids are not standing around, all kids not hitting are shagging balls.

Wiffle balls

throw head on
concentrate on having the player watch to ball come out of the hand
again 5 balls and the next player, all others fielding, make games make it fun, while concentrating on balance, hand position, bat angle 45 off shoulder load up every pitch, pointing fingers

Bunting

show early, balanced, catch the ball with the bat, not lunging or swinging

pressure hitting

split teams in two
everyone who bats has 2 strikes
can play with hard ball or tennis balls

Coaching Point: must run in and out fast between innings

Contact drill

batter stays up until he misses ball 3x
foul or fair he stays up

Coaching Point: have small groups doing several drills when hitting, the key is to get the kids as many reps using the proper form as possible.
base running