

Practice

Warm up

- Warm up run
- Stretch arms
- Agility base running
- Base Running
- Accelerators

Fundamental Throwing/catching

- Warm up throwing
- Wrist flips/snaps
- One knee throws
- Upright throws
- Ground balls (to each other)
- Short hops (to each other)
- Hop step throw

Batting

1. Athletic stance (knocking knuckles)
 2. Load up and toe touch
 3. Movie nudge and knee drive
 4. Contact (palm up palm down)
 5. Extension
 6. Follow through
- Stations
 - Tee - softballs (slow work on form)
 - Tee/soft toss - big ball (Work on powering through)
 - Tee/soft Toss - whiffle balls
 - Soft toss – softballs
 - Soft toss – whiffle golf balls
 - Bunting

Fielding

Field the ball on the inside of the glove foot

Call "BALL"

Look the ball into the glove.

Ground ball footwork:

Athletic stance, staying low when fielding ball.

Attack the ball

Right slight ahead of left foot

Field the ball on the inside of the glove foot

Transfer sideways – shuffle feet right then left.

Bring hands up to a high throwing position

"Don't completely standup"

Technique

- Over bat fielding
- Over bat fielding - left foot forward, stay low, get ball high into throwing position
- Knee ground balls fore and back hand
- 2 ball shuffle (6 balls apiece)
- Ground balls
 - Pass ball
 - Angle drill fore & backhand
 - Two-line –attack ball
 - High hop
 - Infield drill
- Pop ups
 - Z drill
 - Lead drill
 - Multiple pop ups
 - Over the shoulder - Catch and show it
- Fore hand flips
- Drop step
- Short/long hops
- Infield crossfire 3rd to 1st, ss to 2nd

Games

- Steal the bacon
- Hitting for contact
- Hit the bucket
- Base relay
- Throwing competition "stick it"
- Ground ball game (make harder until one is left)
- Bat around the horn
- Run down

Drills

- Infield drill work
- Team fielding to first
- Turning 2 (double plays)
- 4 corners
- Short hops (to each other)
- Backhand drill (catching off hand)
- Star drill
- Z drill
- Tag up drill
- Agility base running (fake hit, run to first, shuffle to second, run $\frac{3}{4}$ backwards to 3rd, run and slide into home)
- Lead drill
- Infield cycle through the bases
- 4,3,2,1 base running w/bunting
- Diving

Catcher drills

- Drop 3rd strike
- Find the pass ball
- Quick corners
- Framing
- Bounce at plate
- Throw downs
- Throwing footwork

Strategies to teach

- Ready Position
- Ball/base/Back up
- Calling for the ball
- Base running
- Rounding bases
- Calling Time/out of box/signs
- Sliding
- Stealing – running start
- Dropped 3rd strikes
- Tagging runner
- Covering bases
- Tag ups
- Bunt coverage
- Cutoffs
- Steal coverage
- Walks (hustle to first to steal second)
- Delayed steal
- Double play
- 1st and 3rd plays

Tag

Catch ball, bend knees, sweep tag