



A. Dynamic Stretch

- Print out provided w/ QR Code
- **Great time to interact w/ players, ask them about their day, best/worst part of school, what did they have for breakfast, lunch, get to know your kids!**
- **Give each player their "own" stretch, makes them accountable for a part of stretch and helps them remember routine**

B. Throwing

- 4-seam Grip (promotes straighter, more accurate throws)
- Ball starts in center of chest, thumbs break downward, chest side ways to target, rotate past square, hand thru target
- **Intro:** Wrist Snaps **Advanced:** One-Knee
- **Intro:** Trunk Rotations **Advanced:** Figure 8's
- **Intro:** Weight Transfer **Advanced:** w/ Power Position
- **Intro:** Shuffle Throw **Advanced:** Shuffle, Throw, Follow
- Shuffle-Shuffle-Throw
- Short vs. Long arm action
- **Game #1: Set up targets with players shuffling at different distances (20ft-200ft)**
- **Game #2 21 – 2 Pts. for head area, 1 Pt. for Chest area**
- **Game #3 Quick Catch Competitions (4 Throws)**

C. Outfield

- Check Step (good ready position, ready to draw)
- Drop Step (Straight back...Correct angle...1st step back)
- Run on your toes (different sensory when running on heels)
- Ball, Ball, Ball at The Apex
- Take, Take, take when your teammate calls for the ball
- Utilize Tennis Balls and Tennis raquet
- Go back on balls above the bill of your cap!
- Groundballs (Field like an infielder, keep ball in front first)
- Running down balls in gaps (keep arms moving...run on balls of feet)
- **Game #1: Have the players throw tennis balls in the air to themselves and see how many in a row they can catch**
- **Game #2: Measure the distance a player can throw a ball to themselves and run underneath it.**

D. Infield

- Check/Prep Step (R – L Prep, good ready position. Ready to draw)
- Perfect Fielding Position
- Balanced Triangle for young ages, slight left of center for older, reach out-in-front
- Momentum to 1st base (R – L Prep, R- L Field, R – L Throw, Follow)
- Funnel all groundballs to “common place,” center of your chest
- Follow throw and hold direction toward target
- Field ball on Index Finger, Glove variations (All In, Index out, 2 in the pinkie)
- **Game #1: Hit or Roll players groundballs and have them field and throw into a target. (2) points for fielding cleanly, (1) point for throwing into target. Encourages fielding ball first, throwing accurately to bases**
- **Game #2: See how quickly players can catch and throw (5) baseballs into a net. Develops “quick catch” skills.**

E. Catching

- Receiving Drills (Bare hand receiving)
- Eyes behind the glove
- Low target and catch the bottom of the ball
- Protect signs from the other team
- Blocking & Recovering Drills
- Footwork Drills (Throws to each base)
- Tag Plays
- **Game #1: Catchers wear protective shin guards and are timed on how fast they can get into blocking position 5 times. Encourages quick blocking instincts and quick recovery to their feet.**

F. Hitting

- Measure, Feet, Hands, Stance, Step, Swing!
- Teach to the Player (Chop Wood vs. Swoosh)
- 2 Most Common Mistakes (Lunge – Touch Down Drill, Roll Over – Split Grip)
- Utilize wiffle balls and small whiffs (balls of different sizes)
- Front Toss Drill
- Practice hitting pitches in all areas of the strike zone
- **Game #1: “Sting Round” (count most consecutive line drives or hard groundballs, balls to the opposite field), encourages bat control and contact over power hitting/homeruns**
- **Game #2: Bat Speed Competition Off the Tee**

G. How To Run an Efficient Practice

- **Practice Plan Provided w/ QR**
- Practice Plans get with your coaches and write down what you want your players to walk away with (Emphasize playing good catch)

- Start off slow when teaching new fundamentals and drills. Constant Movement with Build Up to Live Reps
- Have competitions throughout the practice. This creates a fun and game-like atmospheres
- Start with Defense 1st. Players will stay focused longer with motivation of hitting (Give additional swings, Baseball Cards, Bunting for burgers)
- Keep it moving, Keep it fun
- \$150-200 (Targets, Tennis Balls/Raquet, Cones, Rebounders)

THE SIGN OF A SUCCESSFUL COACH IS DETERMINED BY THE AMOUNT OF THEIR PLAYERS THAT MOVE ON TO PLAY THE FOLLOWING YEAR!!!

