

# TIME TO GRIND

## LOUISVILLE BASERUNNING

A drill done right after our stretch routine, emphasizing baserunning at all four bases. Coach stands in center of the field with two bats. When coach starts to separate the bats runners start their secondary leads. When coach bangs the bats together, players will run on the sound. Multiple players at each base to start. Go through 2-3 times.

- Home Plate – Left Handed Box
  - Start swing when coach pulls bats apart
  - Groundball to the infield
  - Beat it out
  - Hit the front or top of the bag
  - Break down and pivot turn after the bag
- Home Plate – Right Handed Box
  - Start swing when coach pulls bats apart
  - Ball in the air
  - Double out of the box
  - Create straight line to second base with good turn at first base
  - Hit inside corner of the bag
  - Stop on bag – slow down a bit before or slide
  - Stay at second base
- First Base
  - Secondary lead on coach pulling bats apart
  - Take off on bat clang
  - Going first to third base
  - Find baseball while creating route between first and second to get straight between second and third
  - Hit inside corner of bag
  - Stop on bag – slow down a bit before or slide
  - Stay at third base
- Second Base
  - Secondary lead on coach pulling bats apart
  - Take off on bat clang
  - Going second to home
  - Find coach while creating route between second and third to get straight between third and home
  - Hit inside corner of bag
  - Run hard through home plate
  - Go to left-handed batter's box
- Third Base
  - Secondary lead on coach pulling bats apart
  - Return to bag on bat clang
  - Find the baseball – left center field
  - Tag up and take off to home when runner at second base gets 2/3 (use cone) of the way to 3<sup>rd</sup> base
  - Run hard through home plate
  - Go to right-handed batter's box

## GROUNDBALL 18'S - INFELDERS

Groundball 18's is an infielder mass groundball program designed to have them focus on a certain aspect of their game throughout the course of the week. It can be done as an early work program, or it can be part of an infielder's individual period.

- Six Groundballs to Three Different Spots
  - First Spot – Straight Up
    - 2 Groundballs to glove side
    - 2 Groundballs between the feet
    - 2 Groundballs to backhand side
  - Second Spot – Pull Side
    - 2 Groundballs to glove side
    - 2 Groundballs between the feet
    - 2 Groundballs to backhand side

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- Third Spot – Oppo Side
  - 2 Groundballs to glove side
  - 2 Groundballs between the feet
  - 2 Groundballs to backhand side
- Days of Week Focus
  - Day One – All throws to first base
  - Day Two – All throws double plays
  - Day Three – Slow Rollers – decide if play at second or play at first base based on pace of ball
  - Day Four – All throws to home plate

## SQUARE DRILL - INFIELDBERS

Square Drill is another infielder mass groundball program designed to have them focus on a certain aspect of their game throughout the course of the week. It can be done as an early work program, or it can be part of an infielder's individual period.

- Six Groundballs to Three Different Spots
  - Round 1 – Infield In
    - All throws to the plate unless bobbled, then throw to first base or at least full arm fake throw
  - Round 2 – Straight Up
    - Third Baseman throws to Second
    - Shortstop returns to Fungo
    - Second Baseman throws to First
    - First Baseman throws to First
  - Round 3 – Straight Up
    - Third Baseman throws to First
    - Shortstop returns to Second
    - Second Baseman throws to Fungo
    - First Baseman throws to Second
  - Round 4 – Straight Up
    - Third Baseman throws to Fungo
    - Shortstop returns to First
    - Second Baseman throws to Second
    - First Baseman throws to Fungo
  - Round 5 – Double Plays
    - 5-4-3 Double Plays
    - 6-4-3 Double Plays
  - Round 6 – Double Plays
    - 4-6-3 Double Plays
    - 3-6-3 Double Plays
  - Round 7 – Bunts
    - First Baseman and Third Baseman bunts to First
    - First Baseman and Third Baseman bunts to Second
    - First Baseman and Third Baseman bunts to Third
  - Round 8 – Slow Rollers
  - Round 9 – Bobble Ground Balls

## QUARTERBACK DRILLS - OUTFIELDERS

Daily drills during individual periods. Drills are meant to work on basic outfielder footwork, and build confidence in the ability to position the body when catching the baseball. 5-10min.

- Deep (90 Degrees)
  - player lines up 5-10 yards in front of coach
  - player starts drill by opening up with a deep drop and working back on the ball
  - open up to both glove side and throw side during drill (do each side 2-5 times depending on time)
  - drop route will stay within a lateral width of 5 yards
  - work on catching the ball at same time of glove foot strike to get into quick throwing position
  - go through throwing motion, including shadow throw with solid fixed glove and follow-through

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- Lateral (45 Degrees)
  - player lines up 5-10 yards in front of coach
  - player starts drill by opening up with a lateral drop and working back on ball
  - open up to both glove side and throw side during drill (do each side 2-5 times depending on time)
  - work hard to position body during catch so momentum is moving towards infield
  - on catch where momentum carries you laterally, work on pivot throw or power stop throw to infield
  - finish with shadow throwing motion and proper throwing mechanics
- Head Turn
  - player lines up 5-10 yards in front of coach
  - player starts drill by opening with a deep drop and working back on the ball
  - player will open up to both glove side and throw side (do each side 2-5 times depending on time)
  - coach will throw the ball in the opposite direction as player with high loft on the throw
  - upon throw, player will change direction with a head turn towards ball
  - work hard to position body during catch so momentum is moving towards infield
  - on catch where momentum carries you back and lateral, use pivot throw or power stop throw
  - finish with shadow throw motion
- Pivot Turn
  - mechanics of drill are same as the Head Turn drill
  - difference is player will change direction using an inside pivot turn to get to the ball
  - coach will throw more of a line-drive type ball just before or during player's change of direction
- Overhead Catch
  - player may line-up 5-10 yards from coach and work on deep drop step to start the drill, or
  - player may line-up next to the coach in a true QB-WR set and go on coaches call
  - coach will throw ball so player is making a running overhead catch with back to the coach
  - player's glove position should be basket style when making the catch to allow for max travel to ball
  - finish drill by working on power stop and proper throwing mechanics

## DAILY VITAMINS - PITCHERS

Our PFP's are called Daily Vitamins simply as a reminder we need to take them every day. Typically, these are done as an early work station, but can be done during actual practice time. Take 2-3 Vitamins a day. 5-10min

- 5 Ways to Cover First Base
- Comebacker – Running Technique
- Comebacker – Backhand Technique
- Comebacker – Double Play Feed
- Fielding the Drag/Push
- Pitch Signs with Catchers
- Fundamental Signs with Catchers
- Defensive Signs with Catchers
- Running Game Signs with Middle Infielders
- Pick Series – First Base
- Pick Series – Second Base
- Pick Series – First & Third
- Pick Series – Pitchouts, Pitch Ups & Intentional Walks
- Shadow Mechanics – Routine Development

## INFIELD OUTFIELD ROUTINE

We will take infield outfield before every game. Inclement weather or special events are the only justification for not taking infield outfield. The coaching staff must emphasize to the players that infield outfield is a beneficial work period. Every time we step onto a baseball field we want to improve!

- Outfield
  - Ball hit to left field corner, gaps and right field corner for relay purposes.
    - Left fielder - two throws to second base and two throws home.
    - Center fielder - two throws to third base and two throws home.

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- Right fielder - one throw to second, two throws to third and two throws home.
  - All outfielders to center field for pregame ground balls and fly balls - emphasis should be put on fielding the ground ball.
  - The number of throws to each base can be adjusted as needed.
  - Hit all balls to the outfield in a realistic manner.
  - Emphasis must be placed on quality, accurate throws through the relay man.
  - Throw the ball in the air or long hop your target.
- Infield
  - Round 1 - infield in.
    - Third baseman - home to first double play.
    - Shortstop - check runner go to first.
    - Second baseman - arm fake to first, snap throw to third.
    - First baseman - tag play at the plate.
  - Round 2 - routine play to first.
    - Third baseman - at him ground ball with throw to first base and throw from catcher.
    - Shortstop - at him ground ball with throw to first base and throw from catcher.
    - Second baseman - at him ground ball with throw to first base and throw from catcher.
    - First baseman - at him ground ball with throw to second base with full arm fake and snap throw to third base by shortstop.
  - Round 3 - routine play to first.
    - Third baseman - to his left ground ball with throw to first base.
    - Shortstop - to his left ground ball with throw to first base.
    - Second baseman - to his left ground ball with throw to first base.
    - First baseman - to his right ground ball with throw to second base with full arm fake and snap throw to third base by shortstop.
  - Round 4 - double plays.
    - Third baseman - at him ground ball with throw to second base and double play turn.
    - Shortstop - at him ground ball with throw to second base and double play turn.
    - Second baseman - at him ground ball with throw to second base and double play turn.
    - First baseman - at him ground ball with throw to second base and double play turn with first baseman returning to the bag.
  - Round 5 - double plays.
    - Third baseman - to his left ground ball with throw to second base and double play turn.
    - Shortstop - to his right ground ball with throw to second base and double play turn.
    - Second baseman - to his left ground ball with throw to second base and double play turn.
    - First baseman - to his left ground ball with throw to second base and double play turn with first baseman returning to the bag.
  - Round 6 - long round.
    - Third baseman - to his right ground ball with throw to first base.
    - Shortstop - to his right ground ball with throw to first base.
    - Second baseman - to his right ground ball with throw to first base.
    - First baseman - to his left ground ball with run to first base to cover base.
  - Round 7 - slow roller round.
    - Third baseman - slow roller with throw to first base.
    - Shortstop - slow roller with throw to first base.
    - Second baseman - slow roller with throw to first base.
    - First baseman - slow roller with throw to third base
  - Notes
    - Catchers are to wear full gear during infield outfield.
    - Incorporate pitchers to cover first base if needed on days first baseman doesn't need to make as many throws.
- Modified Infield
  - Examples include Inside Game, Daily 18, Mass Groundballs, etc.