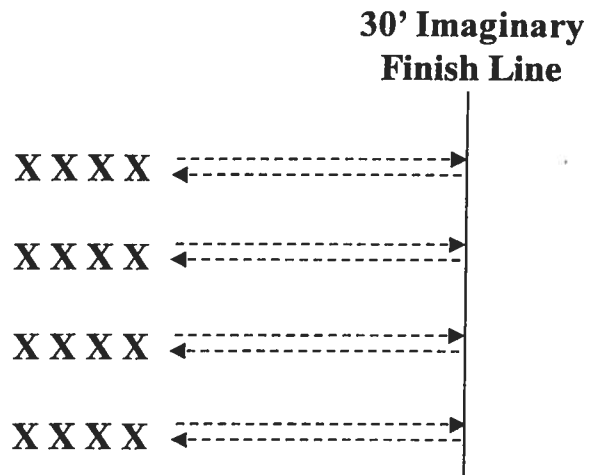


## Warm Up Drills

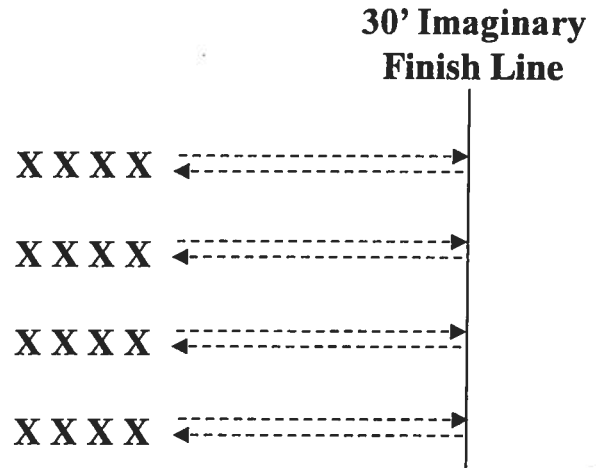
### Glove On Head

1. Group players into teams
2. Players place their glove on their heads
3. Coach yells "go" and 1<sup>st</sup> player of each team walks very quickly to the finish line and back
4. Next player does the same and so on until all the players have walked
5. First team that finishes wins



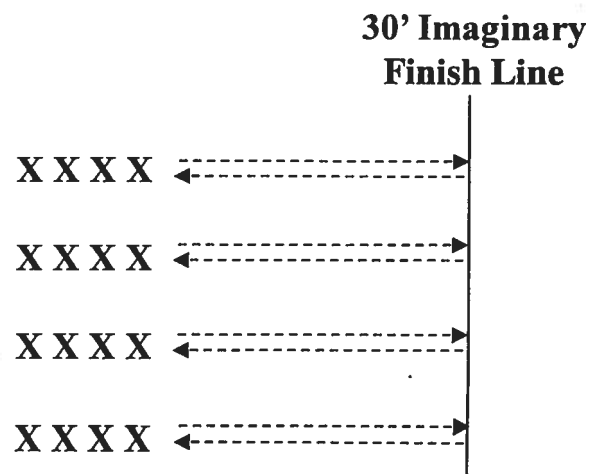
### Bat Relay

1. Group players into teams
2. Each team is given a bat
3. Coach yells "go" and 1<sup>st</sup> player of each team walks very quickly to the finish line and touches the line with the bat and returns and hands bat over to the next player in line
4. Next player does the same and so on until all the players have touched the line with the bat
5. First team that finishes wins



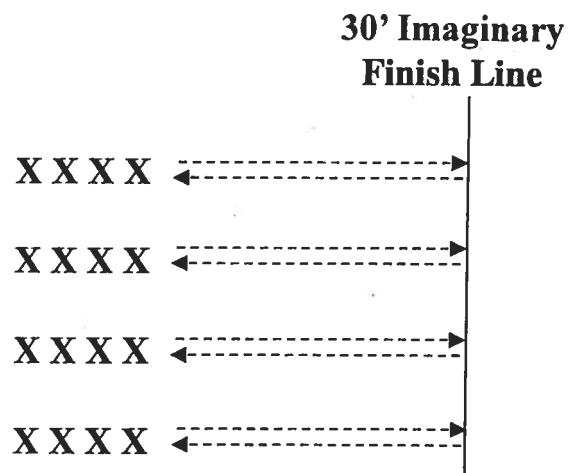
### Bat Balancing

1. Group players into teams
2. Each team is given a bat
3. Coach yells "go" and 1<sup>st</sup> player of each team walks very quickly to the finish line while balancing the bat in their palm and returns and hands bat over to the next player in line
4. Next player does the same and so on until all the players have balanced the bat
5. First team that finishes wins



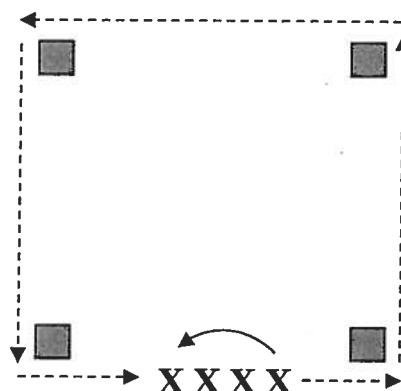
## Bat Tag

1. Group players into teams
2. Each team is given a bat
3. Coach yells "go" and 1<sup>st</sup> player of each team walks very quickly to the finish line and returns to pick up the next player in line
4. Both players hold onto the bat and walk very quickly to the finish line and return to pick up the next player and so on
5. After all the players have walked to and back from the finish line, they continue walking and start dropping off players one at a time
6. First team that finishes with one player returning with the bat wins



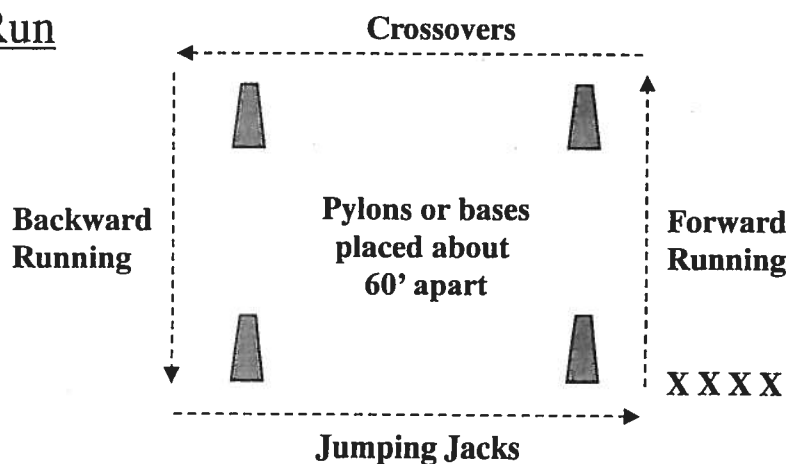
## Backward Ball Toss

1. Players form a single line
2. 1<sup>st</sup> player in line has a ball
3. Coach yells "go" and players start a light jog around the perimeter of the gym or bases
4. While jogging, the 1<sup>st</sup> player with the ball tosses it over his/her head to player directly behind him/her
5. This process continues down the line to the last player
6. While the ball is being tossed, the coach yells "ball" and adds another ball to the 1<sup>st</sup> player in line
7. Coach continues adding extra balls
8. Last person in line with the ball, sprints to the front of the line and tosses it behind him/her



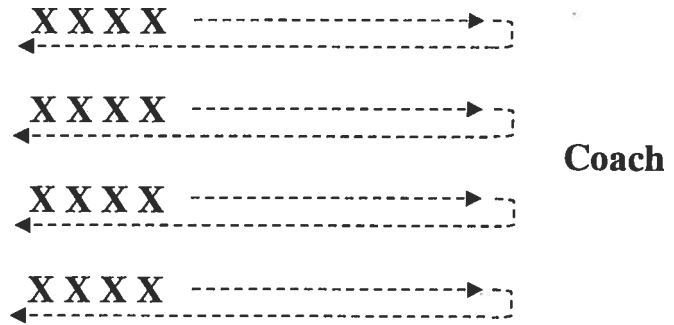
## Dynamic Stretching - Karoke Run

1. Players form a single line
2. Coach yells "go" and 1<sup>st</sup> player in line starts running forward
3. Player then pivots to do cross over steps
4. Coach yells "go" and next player starts to run forward
5. 1<sup>st</sup> player pivots again to run backwards
6. Pivots again for Jumping Jacks
7. Repeat process



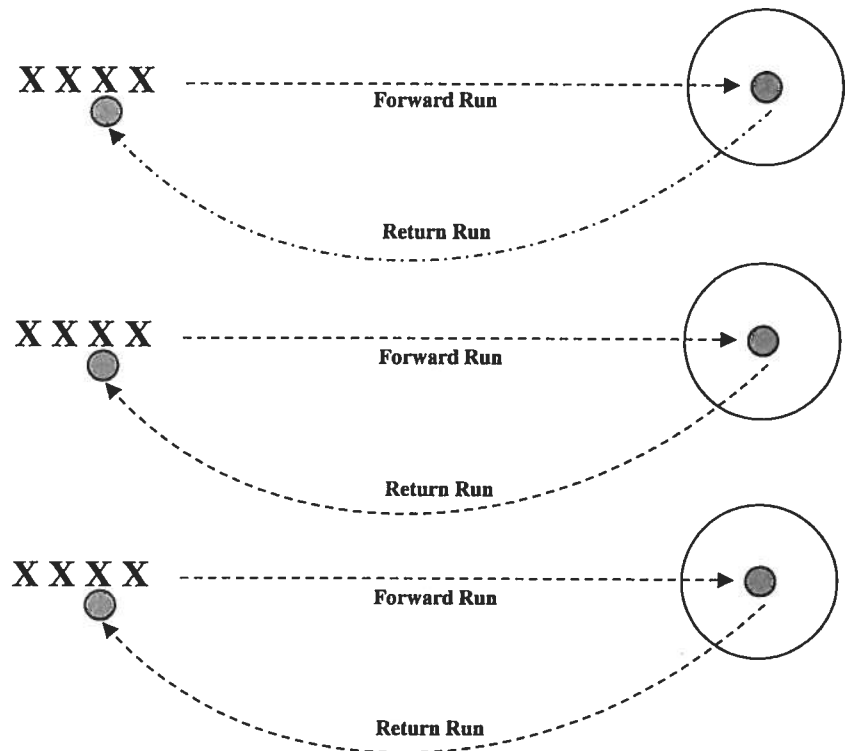
## Sprints

1. Group players into teams
2. 1<sup>st</sup> player from each team assumes a base running stance as if on 1<sup>st</sup> base
3. Coach simulates windmill pitch and players sprint towards coach for about 30'
4. Players return to the end of the line after their sprint
5. Coach repeats for each player



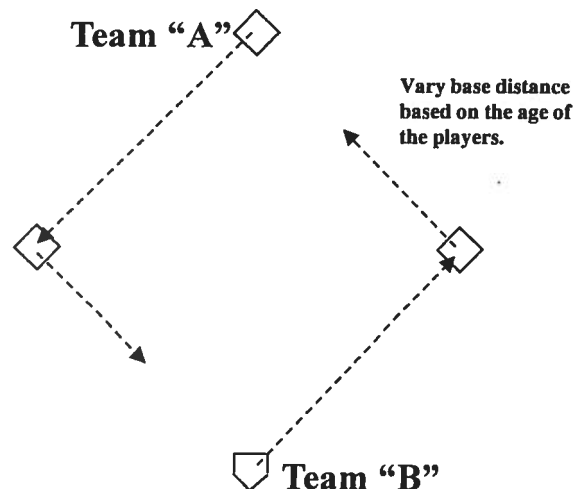
## Relay Race - Take It Back

1. Group players into 3 teams
2. Ball placed in circle about 50' away
3. On "go", first player from group gets ball and returns ball to next player in line
4. Next player returns ball to circle
5. Continue until last player
6. Team that finishes 1<sup>st</sup> wins



## Relay Race - Home & 2nd

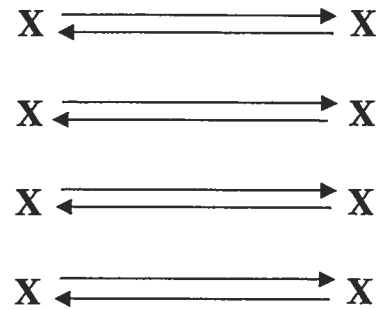
1. Group players into 2 teams
2. Place Team "A" at 2<sup>nd</sup> base
3. Place Team "B" at Home
4. Each team has a ball
5. On "go", first player on each team runs around the bases with the ball and hands the ball over to next player in line
6. Continue until all players have run
7. Team that finishes 1<sup>st</sup> wins



# Throwing Drills

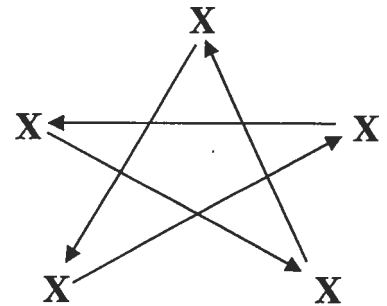
## 30 Second Quick Catch & Release Drill

1. Pair off players about 40' to 60' apart
2. Object is to have the most catches in 30 seconds.
3. Repeat drill 3 times



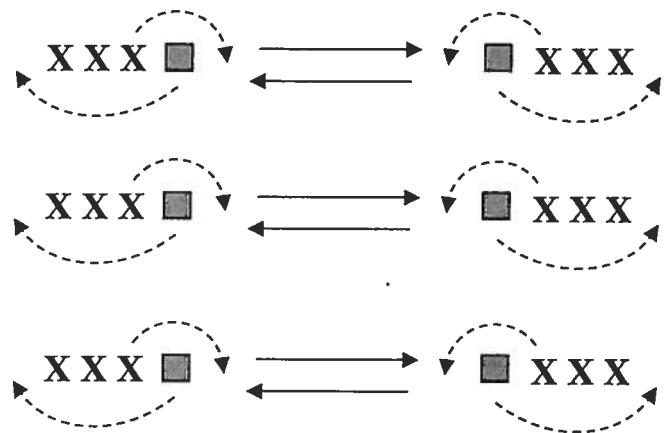
## Star Throw Drill

1. Position players in a STAR configuration about 40' apart
2. Ball is throw ball in STAR configuration
3. Another option is to throw and follow the ball



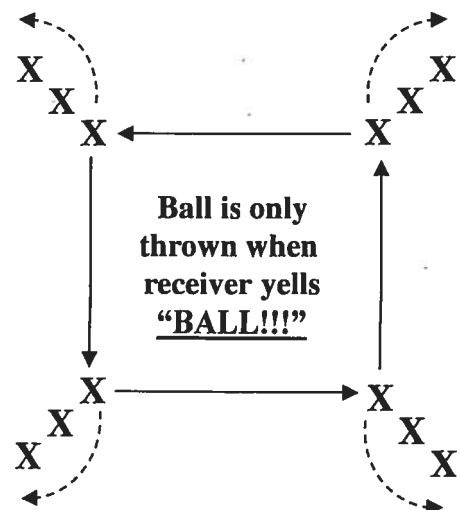
## Ball of Fire Drill

1. 6 teams of 3 players each
2. Place bases around 50' apart
3. Players line up behind each base
4. Player receiving the ball steps in front of the base to catch the ball and then tags the base with one foot and then throws the ball to the opposing player on the opposite base.
5. After the throw, the players return to to the end of the line
6. Repeat drill 3 times



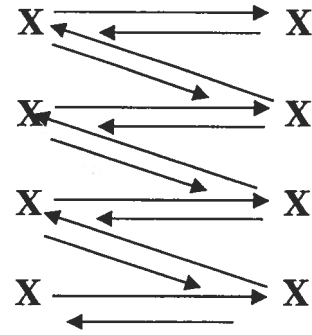
## 4 Corners Drill

1. Position players in a square about 40' to 60' apart
2. Ball is thrown counter-clockwise
3. Player returns to end of line after throw
4. Reverse throws
5. Add second ball
6. Follow the ball



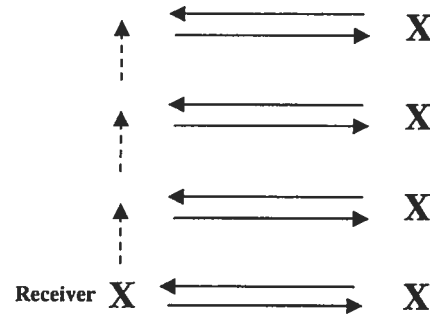
## Shoelace Throw Drill

1. Position players in 2 lines facing each other about 30' apart
1. Ball thrown in a zig-zag pattern down the line and then back up the line
2. Repeat drill 3 times



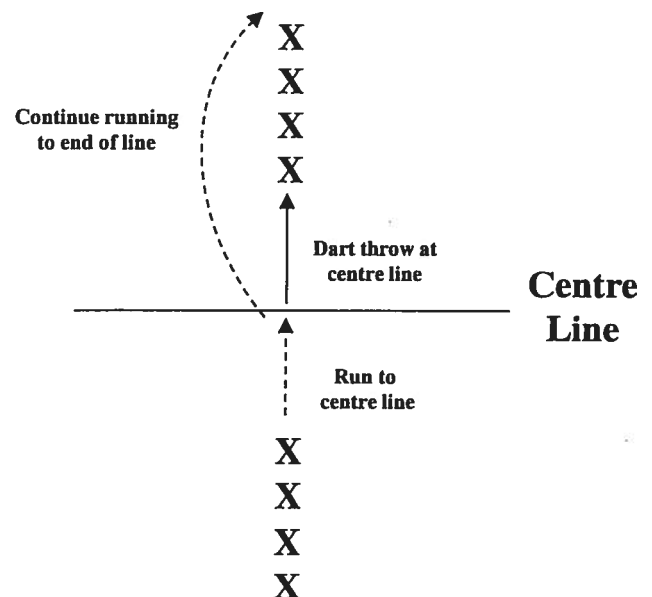
## Modified Shoelace Throw Drill

1. Position players in a line
2. Set up receiver opposite the 1<sup>st</sup> player in line about 30' apart
3. 1<sup>st</sup> player throws to receiver and ball returned
4. Receiver then moves down the line and repeats with next thrower
5. Receiver continues down the line and then back up the line
6. Receiver replaced with first thrower and drill continues



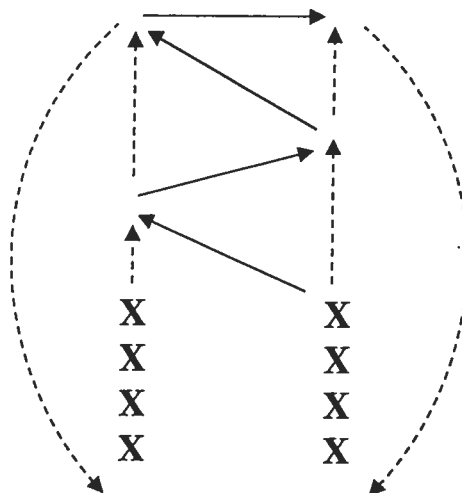
## Dart Throw Drill

1. Group players into 2 teams opposite each other around 50' apart
2. Player on one side with the ball runs towards opposite player and darts throws ball at the centre line and continues running to the end of the line
3. Receiver does the same and drill continues



## Shuffle Dart Throw Drill

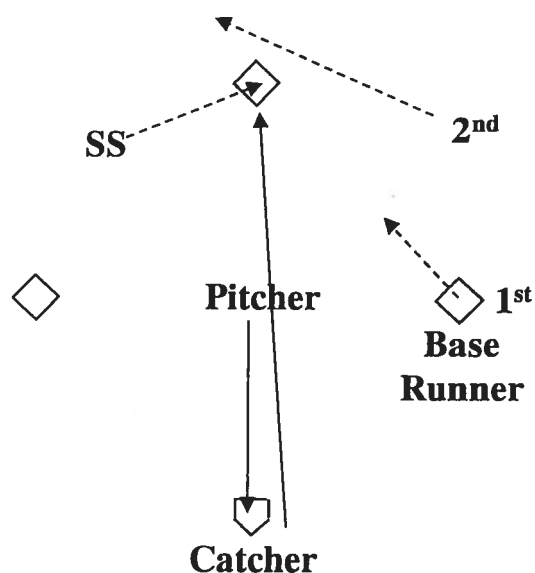
1. Group players into 2 teams facing each other about 20' apart
2. First pair of players dart the ball back and forth to each other while shuffling down (note – ball is darted in front of receiver)
3. At the end of the line, both players turn and run back to the end of the starting line



## Run Down Drill

1. Need 6 players – pitcher, catcher, 1<sup>st</sup>, 2<sup>nd</sup>, SS and a base runner
2. Ball is pitched and base runner attempts to steal (in slow motion!!!)
3. Catcher throws to SS and 2<sup>nd</sup> covers the throw
4. Base runner is now caught in a run down
5. SS runs at the base runner and darts the ball to 1<sup>st</sup> and keeps running ending up behind 1<sup>st</sup>
6. Base runner turns and runs towards 2<sup>nd</sup>
7. 1<sup>st</sup> runs towards base runner and darts ball to 2<sup>nd</sup> and keeps running ending up behind 2<sup>nd</sup>
8. Drill continues until base runner is tagged

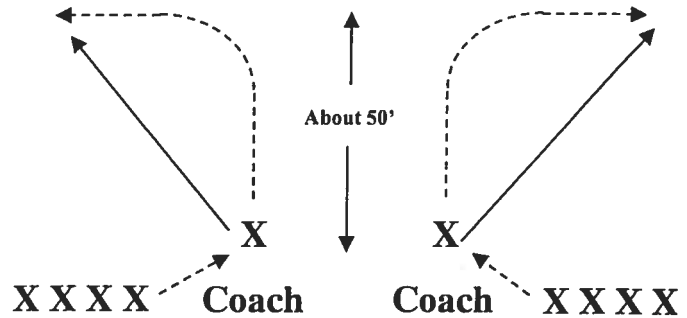
Note – when darting the ball, players must be outside the base line to prevent hitting the base runner with the ball. Also, the last dart throw must be thrown low in anticipation of tagging out the runner.



## Fielding Fly Ball Drills

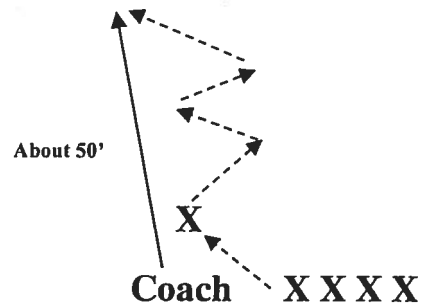
### Football Drill

1. Cut to the left
2. Cut to the right



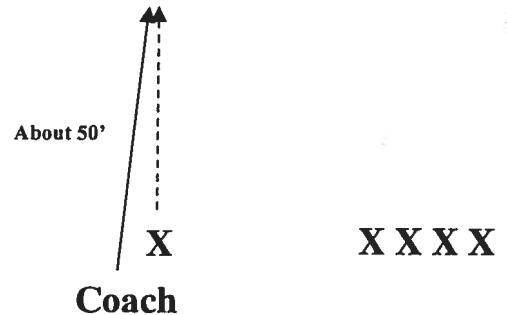
### Zig-Zag (Ins & Outs) Drill

1. Player faces coach
2. Coach holds up ball and points to the right and then to the left and so on.
3. Player pivots and runs in the direction the coach points the ball
4. Coach yells "ball" and then throws ball to the pointed side.



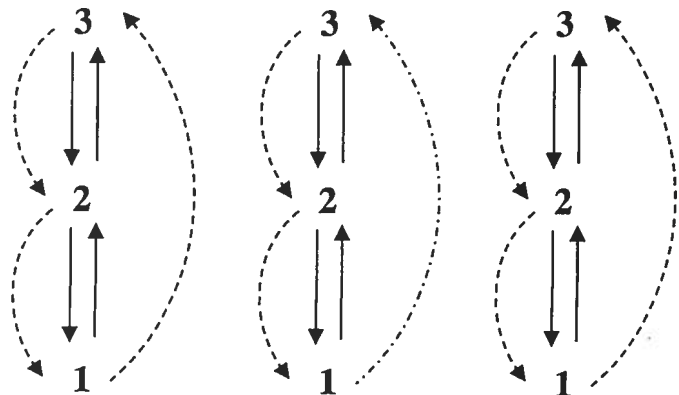
### Drop Step and Chase Drill

1. Player faces coach
2. Coach yells "go" and player drop steps pivots and runs straight back in a line
3. Coach yells "ball" and player pivots and turns to catch the ball



### Long Throw Relay Drill

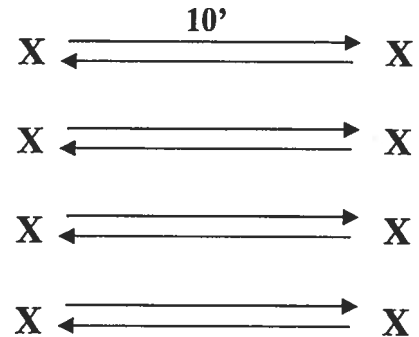
1. Position 3 players in a single line about 60' apart
2. Ball is relayed from 3 to 2 to 1 and back
3. Repeat drill 3 times and rotates players



## Fielding Ground Ball Drills

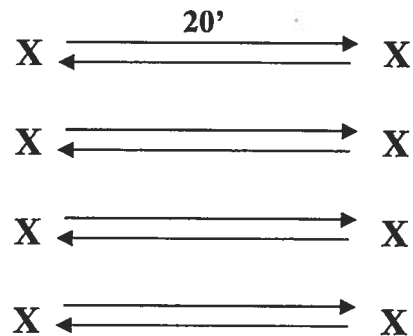
### Knees Drill

1. Form 2 lines with players facing each other on their knees
2. Player rolls ball to partner
3. Receiver fields ball "alligator" and cushions ball into chest
4. Receiver then rolls ball back to partner who repeats process



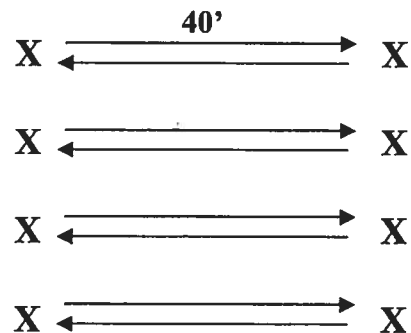
### Hello Ball Drill

1. Form 2 lines with players facing each other standing up
2. Receiver gets into "Ready" position
3. Player rolls ball to receiver
3. Receiver fields ball "alligator" and watches ball into the glove – partner who rolled the ball should be able to see the button (Smarties) on top of the ball cap (if wearing a ball cap)
4. Receiver then rolls ball back to partner who repeats process



### Skateboard/Sweep/Right Angle Drill

1. Form 2 lines with players facing each other standing up
2. Receiver gets into "Ready" position
3. Player rolls ball to receiver
3. Receiver fields ball "alligator" and watches ball into the glove and cushions into chest and "skateboard" to throw ball back to partner
4. Repeat for 5 rolls and then switch rolls
5. Repeat above using "sweep" to throw – backfoot sweeps behind body for the throw
6. Repeat using "right angle" to throw – back foot steps forward in front of body but perpendicular to target line to throw

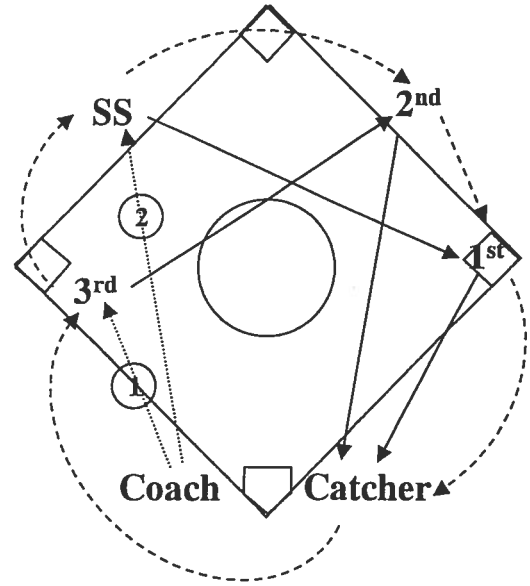




## Fielding Ground Ball Drills (Cont'd)

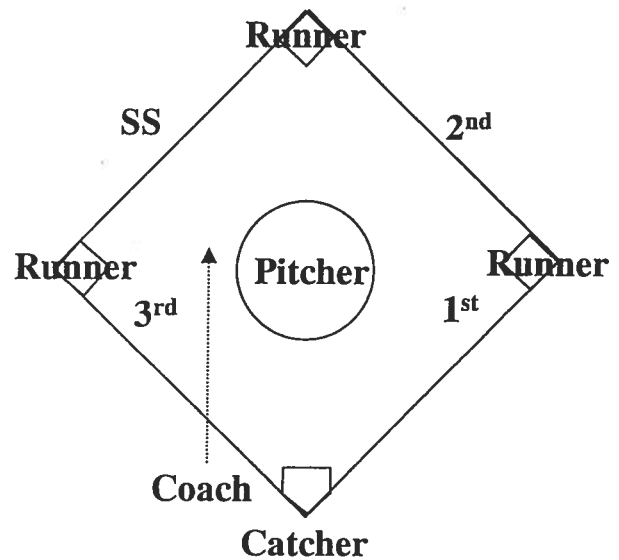
### Infield Drill

1. Coach hits ground ball to 3<sup>rd</sup>
2. 3<sup>rd</sup> fields ball and throws to 2<sup>nd</sup>
3. 2<sup>nd</sup> throws ball back to catcher
4. Catcher tosses ball to coach
5. Coach then hits ground ball to SS
6. SS fields the ball and throws to 1<sup>st</sup>
7. 1<sup>st</sup> throws ball back to catcher
8. Repeat a few times and then rotate players



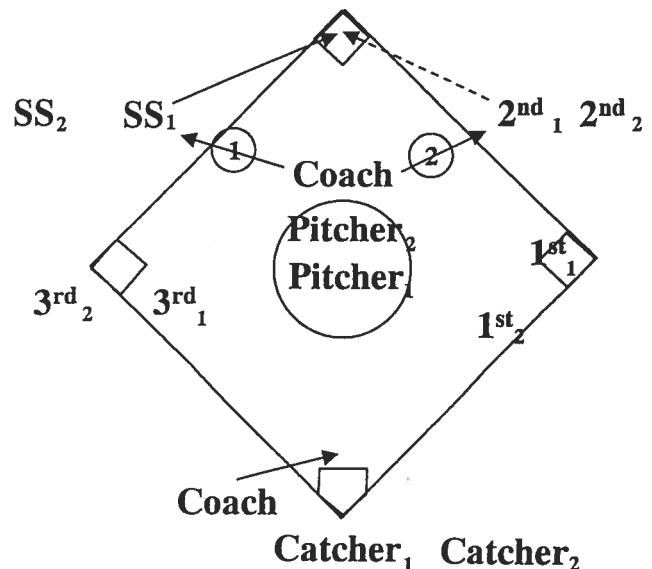
### Bases Loaded Drill

1. Coach hits ground ball anywhere into the infield
2. The play is home to prevent the run



### 2 Coach Infield Drill

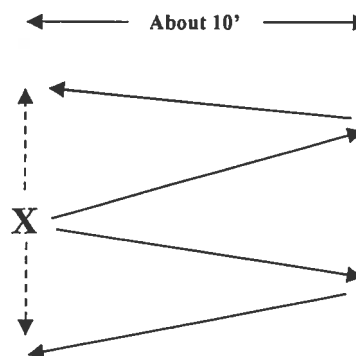
1. Set up two players at each position
2. Players are rotated in and out to take turns
3. Coach behind catcher rolls ball anywhere into the infield
4. 3<sup>rd</sup>, pitcher, 1<sup>st</sup> or catcher fields the bunt and makes the throw to 1<sup>st</sup>
5. Coach behind the pitcher rolls the ball to SS for the double play at 2<sup>nd</sup>
6. Same coach then rolls the ball to 2<sup>nd</sup> for the double play with SS at 2<sup>nd</sup>



## Wall Drills

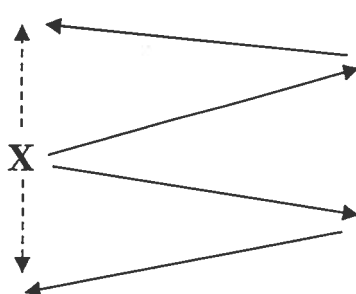
### Shuffle Drill

1. Player throws ball against the wall on an angle and shuffles to field the ball
2. Player repeats the throw but throws in the opposite direction to shuffle to the other side



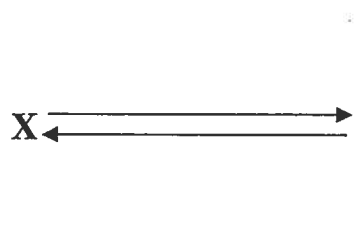
### Cross Over Drill

1. Player throws ball against the wall on an angle and does cross over to field the ball using backhand
2. Player repeats the throw but throws in the opposite direction to cross over to the other side using forehand



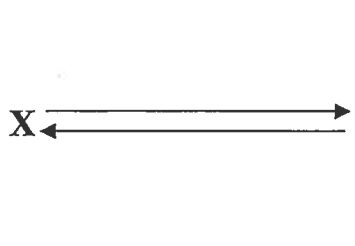
### Pivot Home Drill

1. Player throws ball against the wall straight on and fields the ball
2. Player "skateboards" but freezes the throw and checks mechanics (ie glove or elbow facing target, throwing elbow shoulder height, etc)
3. Player repeats using "sweep" and "right angle"



### Shuffle 45 Drill

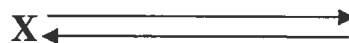
1. Player throws ball against the wall straight on and fields the ball
2. Player "skateboards" on a 45 degree angle (ie to 1<sup>st</sup>) but freezes the throw and checks mechanics
3. Player repeats throw, but "skateboards to 3<sup>rd</sup>
4. Player repeats using "sweep" and "right angle"



## Wall Drills (cont'd)

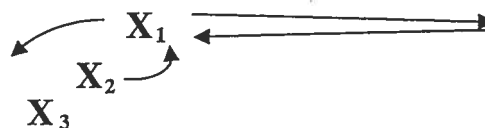
### Step Through 45 Drill

1. Same as Shuffle 45 Drill, but incorporates "crow hop"



### Fielding Ground Balls Drill

1. 1<sup>st</sup> player in line throws the ball against the wall and immediately gets out of the way
2. 2<sup>nd</sup> player in line moves into position to field the ball off the wall and throws it against the wall and immediately gets out of the way for the 1<sup>st</sup> player to field it
3. Process continues



### Fielding Fly Balls Drill

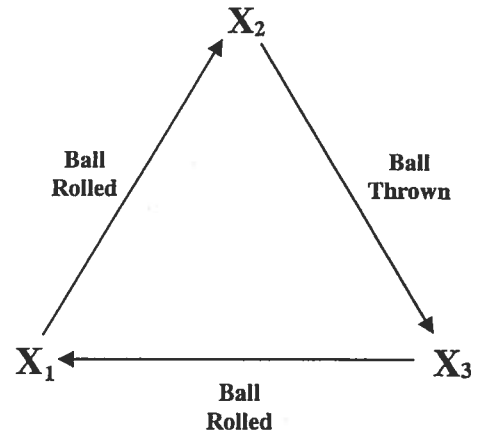
1. 1<sup>st</sup> player in line throws the ball against the wall above a minimum height and immediately gets out of the way
2. 2<sup>nd</sup> player in line moves into position to field the fly ball off the wall and throws it against the wall and immediately gets out of the way for the 1<sup>st</sup> player to field it
3. Process continues
4. First time a player drops the ball, they get the letter "B". Next time, they get the letter "U". When they become a "BUM" start game over.



## Team and Group Drills

### Triangle Formation

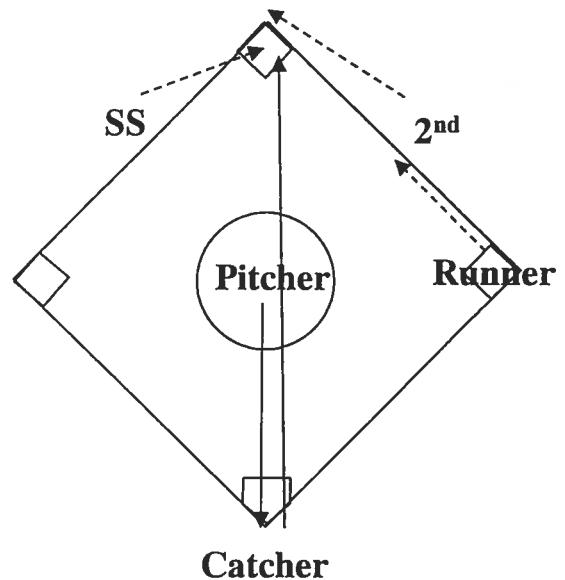
1. 3 players form a triangle about 40' apart
2. 1<sup>st</sup> player rolls ball to 2<sup>nd</sup> player
3. 2<sup>nd</sup> player fields ball and then throws to 3<sup>rd</sup> player
4. 3<sup>rd</sup> player fields ball and rolls back to the 1<sup>st</sup> player
5. 1<sup>st</sup> player now throws ball to 2<sup>nd</sup> player
6. 2<sup>nd</sup> player now rolls ball to 3<sup>rd</sup> player
7. 3<sup>rd</sup> player now throws ball to 1<sup>st</sup> player
8. Repeat process but bounce ball



### Catcher's Drill

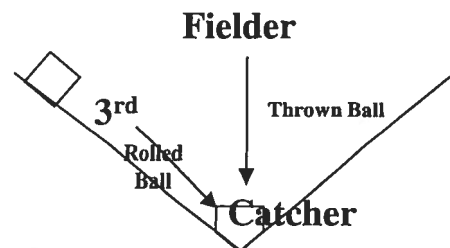
#### Target Race

1. Pitcher pitches the ball
2. Runner breaks for 2<sup>nd</sup>
3. Catcher tries and throws the runner out
4. SS takes the throw
5. 2<sup>nd</sup> covers
6. Rotates players



#### Tagging the Ball

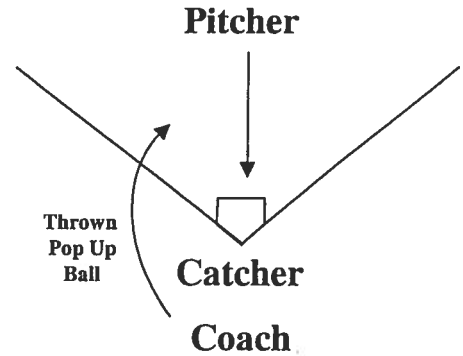
1. Fielder throws the ball from the outfield
2. 3<sup>rd</sup> rolls a ball towards home plate
3. Catcher must receive the ball from the out field and tag the rolled ball before it goes past



## Catcher's Drill (Cont'd)

### Fielding Pop Ups – Blind Toss Drill

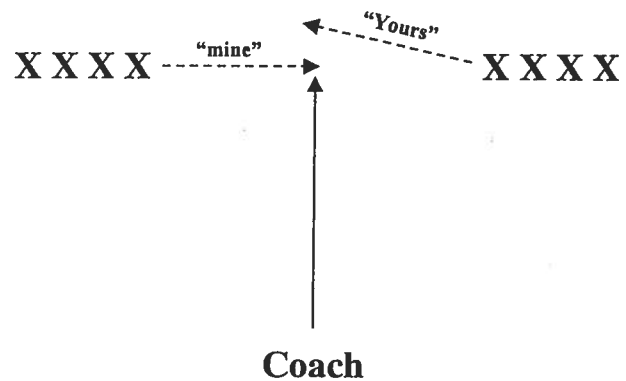
1. Catcher in catching position
2. Coach standing behind catcher throws pop up ball into the air and yells "ball"
3. Catcher springs up and turns towards the coach to field the popped up ball
4. Another option is to use a pitcher
5. Pitcher points to where the ball is popped up to help the catcher find the ball



## Jurisdiction Drill

### Fly Ball Drill – Mine/Yours

1. Players form 2 lines about 50' apart
2. Coach yell's "ball" and throws or bats the ball in between the 2 lines
3. Player from left line yells "mine" and attempts to make the catch
4. Player from the right line moves behind to cover and yells "yours"
5. Players continue running to opposite lines after the play
6. Drill repeats for the next player in line



## Bunting Drills

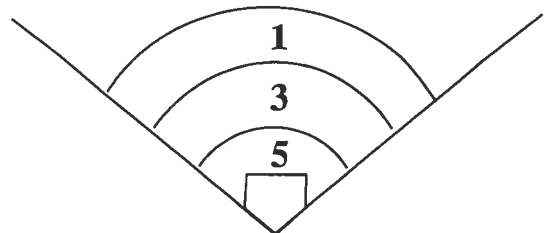
### Live BP

1. Batter assumes bunting position and coach just pitches balls



### 1 – 3 – 5 Game

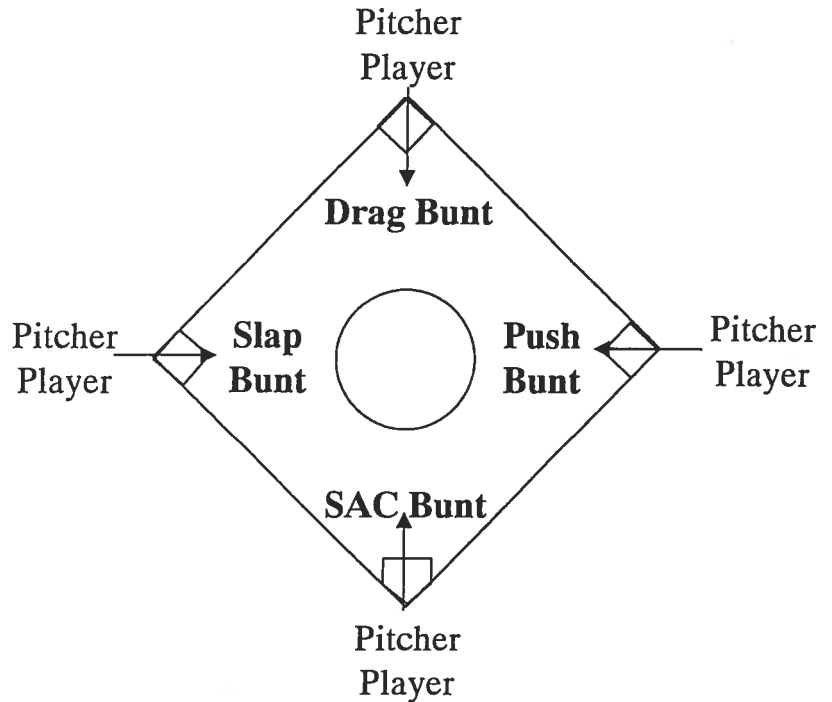
1. Ball is pitched (ideally by pitching machine) and batter tries to lay down a bunt in the area for the most points.
2. Each player gets 3 tries and total score for the winner!!!



## Bunting Drills (Cont'd)

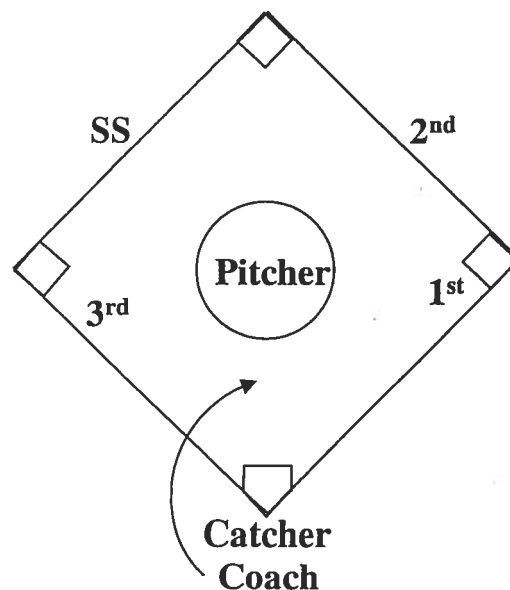
### 4 Base Bunts

1. Each base has a player who pitches and a player who bunts.
2. Players rotate positions after 5 pitches
3. Both players rotate to a different base after 10 pitches



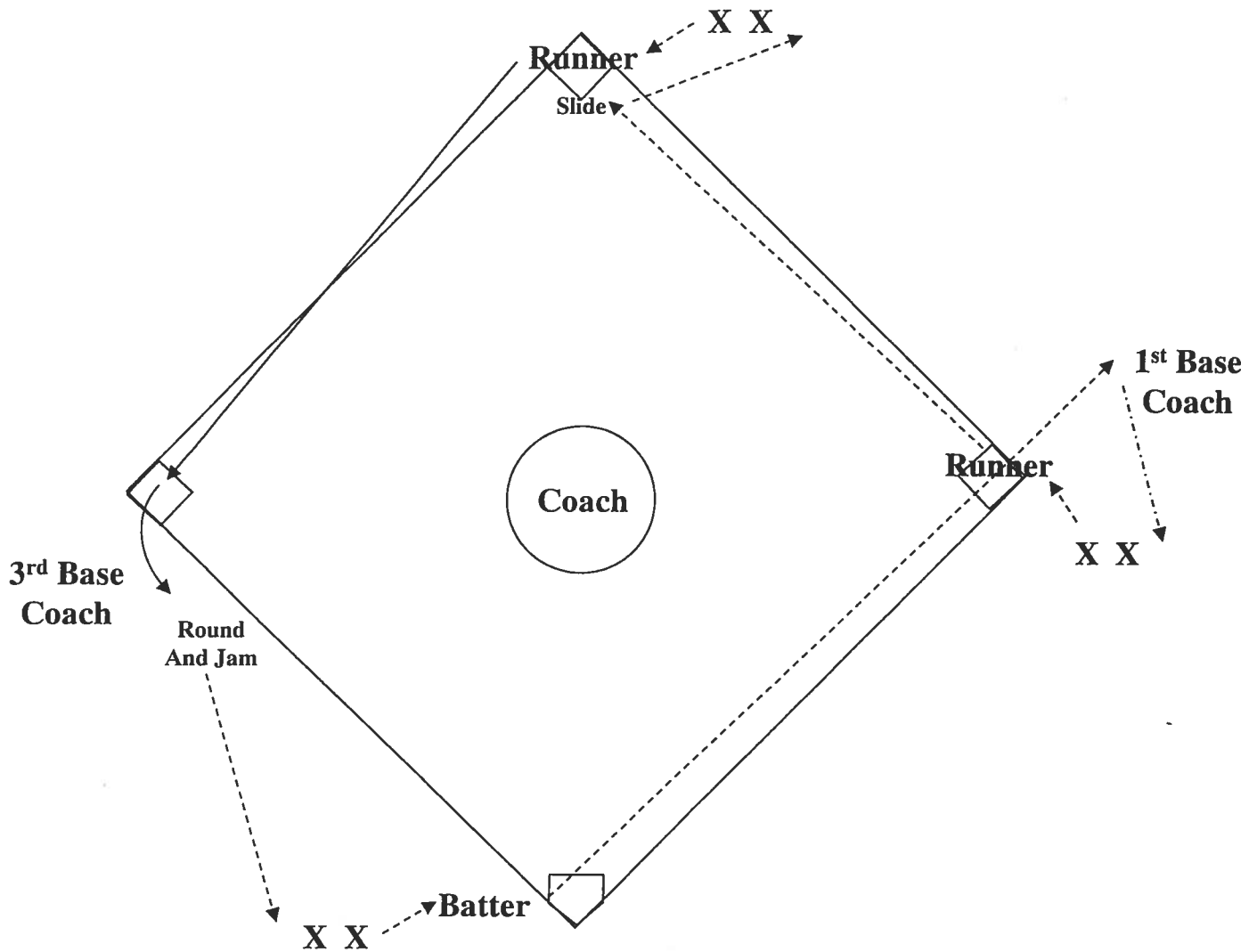
### Infield Bunt Drill

1. Coach identifies the situation (i.e runner on 1<sup>st</sup>, no one on, etc)
2. Coach rolls ball into the infield and catcher calls the play (ie throw to 1<sup>st</sup> or 2<sup>nd</sup>, etc)



# Base Running Drill

## Slide, Round and Jam



1. Coach motions a windmill pitch
2. Batter takes a dry swing and takes off to 1st
3. Runner at 1<sup>st</sup> slides into 2<sup>nd</sup>
4. Runner at 2<sup>nd</sup> rounds and jams at 3rd
5. Runners then line up behind the next line
6. Coach can vary this drill by using a ball – dropped ball represents a grounder, tossed ball in the air represents a fly ball and runners must tag.