

Practice Schedule & Drill Overview

***Each Practice needs to start on the exact time it was scheduled.**

TEAM ANNOUNCEMENTS **Begin each practice with team talk.**

Let the players know what they will be doing and what is expected of them.

WARM UPS

Total Practice time 10 minutes

Warm Up

Laps or Jog to get the large muscles ready

Dynamic Stretch – Upper & Lower Body

**High Knees, Skipping, Long strides, Shuffle, Carioca, Butt kicks,
Backwards, Forward and backward lunges etc.**

Form Run – Sprints from baserunning leads

(Do Not Static Stretch)

DEFENSIVE WARMUP

Total practice time 20 minutes.

Starts with warming up to throw and catch a baseball

Warm up with short/light throwing and gradually throw farther/harder.

***This is the most neglected area of baseball, yet almost all errors are from these areas and most games are won or lost from these skills.**

Throwing Warmups – (Individual Skills)

**Grip, Dart Toss (Wrist Flips), Ten Toes, One Knee, Separation/Straddle
(Ready, Break, Power Position, Throw), “SHAK” (Shoulder, Hip, Ankle, Knee),
Catch Step Throw (Step in front,/Step behind), Step Catch Throw, Quick
Throws...**

(Group Work) - Relay Drill. 4 corners, Square toss (underhand, backhand)

***Thumbs to Thighs, Knuckles to Sky. Elbows High, Turn your Hips and let it Fly!**

Fielding Warmups

(Individual Skills) Controlled fielding of groundballs and flyballs.

**Drills: On knees grounders no glove/glove, short hops, scoop, backhand,
Grounders, R,L,R THROW, Flyball angles**

DEFENSE Content Summary

Throwing / Fielding / Catcher / Pitching Drills

Grip: The 4-seam fastball grip should be used. Index, middle, and ring finger across the seam thumb directly underneath (Across the big C)

Ten Toes: Have each person face each other with glove in front of their face and make sure all 10 toes are facing the other person

Ready: Starting position-gunfighter - hands together at chest.

Break: Also known as arm action. Hands come apart with thumbs under (like dumping a water cup) while taking arm thumb to the thigh, knuckles (fingers) to the sky, elbow up high.

Power Position: Also known as arm slot or LOAD. Feet spread apart, knees flexed, glove or elbow at target, proper closed body alignment (SHAK), throwing elbow at shoulder height, back of throwing hand facing target.

Throw: Also known as arm path. Stride or step, hips rotate, chest to glove while allowing throwing arm to go with body. Stick chest out towards glove, head should never move off target. Bend back and bow to finish. Follow through with throwing arm and show back of throwing shoulder to target. Head and glove to target until ball is caught.

SHAK: An acronym for proper glove side alignment: shoulder, hip, ankle, knee. The "SHAK" side of your body should be facing target

Wrist Flips: (Dart Toss) Players stand 7-10 apart. Four-seam grip with elbow at shoulder height extended in front of body. Glove under elbow for support. Ball is flipped to partner with emphasis on rotation and follow through. Done daily, each player should aim for perfect flip rotation.

Catch, Step, Throw: Throwing line and receiving side in gunfighter position. Throwing side steps to target lining up directional side and does thumb to thigh, knuckles to sky (arm action) at same time. On command of Throw, player throws ball. Receiving line positions body to receive ball, once received, player immediately steps in line to target and performs proper arm action. Once player has fundamentals correct, put it all together.

Step, Catch, Throw: Both throwing line and receiving side in gunfighter position. Throwing line steps and throws. Receiving side attempts to catch the ball as their inside ankle of throwing arm side lands, and immediately throws.

One Knee Catch: Partners should face each other with throwing knee on ground with glove side foot pointed at target. Emphasis on grip and arm action while rotating up to the power position. Emphasize turning upper body and pointing glove side at target. Throw and exaggerate follow through with bending of back. This drill should be done daily with each player performing 10 perfect throws.

Pitching Knee Lift: Lift the throwing leg (Knee) to a minimum height of thigh parallel to the ground. Get balanced with weight over rubber and posting leg.

Wind-Up: Small step back and to the side with glove foot. RELAX. Keep your head still w/ nose over toes. Pivot throwing foot parallel to rubber with side of foot placed against rubber.

Fielding Drills (Belly Button and Eyes to Ball)

Ground Balls on Knees: Roll ball back and forth to control with two hands with glove.

Ground Balls Standing: Standing with partner close together roll ball back and forth for control.

Forehand Play: We must get the front shoulder on the target on this play to keep the ball from sailing away from the target.

Backhand Play: You must make sure that you are bending at the knees, instead of straight down at the waist. You want to keep your eyes as close to the glove as you can.

Angle Drill: Players start in single file line, each with a ball. The first player in line will give their ball to the coach. Coach then points in a direction. Player uses proper footwork (drop step, crossover) to initiate pursuit. The player should not look for the ball until coach yells "ball". The player locates the ball and continues to sprint to the spot of landing for the catch. This drill can be used for practicing ground balls, line drives and fly balls.

Outfield Weave Start the drill w/ three groups, one in left field, one in center field, and one group in right. Have the coach near 2nd base w/ fungo. First player in each line prepares to receive fly ball. Coach hits fly ball between left and center field. Left fielder moves to catch ball and center fielder backs up play. Left fielder catches ball and throws ball into 2nd base. Left fielder and center fielder switch groups. Then coach will hit it to Right and do the same thing.

Relay Drill: Line-up a minimum of three players about 20 feet apart. Ball is thrown down the line to each player.

Catcher Drills

Stances: There are 3 stances that catchers utilize

Signs Stance: Crouch down with weight on balls of feet, heels close together, back straight, glove under knee, throwing arm against body, forearm on thigh, hand between legs and close to body

Receiving Stance: Feet flat with weight on insteps, gluteus down. Target should be given with a loose wrist, fingers at pitcher with elbow above knee relaxed with a slight bend acting like a shock absorber.

Target should be set at knee level low and adjusted up for higher pitches. Glove roll (thumb to the sky) as pitch is being delivered.

Blocking: Catcher needs to anticipate balls in the dirt. First step is to breakdown from stance by falling straight to your knees. Shoulders should form an umbrella with the chin pressed against chest protector. Elbows need to be tucked in, on top of hips with glove covering the hole between legs. Bare hand should be placed behind glove. On pitches to the side, a hard shove towards ball with the opposite side foot is necessary to get to the breakdown position. Angle body towards home plate so ball is blocked towards plate and is easily recovered.

Blocking Tips: Get down early and let the ball hit you and do not try to catch the ball-BLOCK IT!

Breakdown Block: Dry, with no ball. Coach points to either side or in front, player breaks down into blocking position.

Block And Recover: Balls thrown to right, left, and front-block and recover with possible throws to bases.



Baseball at it's Best

By Coaches Phil & Greg Fox

6 S's of Hitting



Start

“Head” Start

In the Dugout... Talk to any hitter that already has hit. Watch the pitcher for arm slot and pitching Style/Rhythm. Watch his pickoff moves. Know the game situation. Know what type of a hitter you are. Know what is expected of you in the hitting situation.

On Deck... How does the pitcher throw? Speed, Breaking balls, Location, Out pitch, What he throws on certain counts, What he throws in certain situations, What he threw to you the previous at bats, What's his best pitch.

How you approach and enter the batter's box. Box location set up

Have a Game Plan... What, when and how to swing? Know the Game situation?

Stance

“Be Comfortable and Ready”

Feet straight ahead

Knees and waist slightly bent

Hands near shoulder

Head at 50 %

Rhythm

Knees always inside your ankles

Athletic position

Hands relaxed

Stride

“The Load”

Step Straight ahead Front foot closed Hands to load position Always Balanced

Hands never past back elbow Athletic position Back heel lift to knee pinch

Knob to far catcher's foot Front foot closed and down before start of swing

Shoulders only slightly turned...Hands must be able to see the pitcher

See the Ball

“See the Ball, Track the Ball, Hit the Ball”

As you stride you determine speed, spin, and location of the ball.

If you are deciding to swing or not your thought process is... Yes, Yes, Yes, No.

Swing

“The Whip!”

Knob starts towards ball

Back elbow stays tight

Swing through the ball

Short path to ball

Hands always inside the ball Barrel inside the ball

Extension through swing

Whip Action

Finish Balanced

Success

“What you've been working for”

If you follow the S's the final result is Success!

DRILLS for Hitters

The most important concept of hitting is that all skills are completed and form a good habit so that when in a game your only thought is... "See the Ball, Hit the Ball". The main purpose of the drills is to be able to see the ball and maintain balance during your entire swing...and let muscle memory take over.

T WORK Drills, Soft Toss Drills, and Batting Practice Drills...

- 1. Dry Swings (Fundamentals) Walk through of... Stance, Stride, Half Swing (Power Position), and Follow through.**
- 2. Location Drills on T (Pitch Locations)**
Middle- even with front stride foot, Inside- 2-3 inches in front,
Outside- 2-3 inches behind
- 3. Walk Up to T (Forward Motion) Walking up to a hitting position**
- 4. Happy Gilmore Drill on T (Forward Motion) Running up to hitting position**
- 5. Forced Hands Drill on T (Backward Motion of Hands)**
Feet do not move, Arms only
- 6. One hand Drill on T (Arm Separation Position)**
Use a small bat and swing on a T with one arm only... no feet to start/Add feet later
- 7. Double T (Swing Length)**
Using 2 T's Hitting a ball on both T's with the same swing
- 8. High /Low Drill (Keeping the Hands High)**
Using the T, start high and work your way down
- 9. Angle Drill (Bat Path)**
A T set up higher behind the T... Check for long swing
In the beginning of their swing
- 10. Soft Toss Underhand (Swing Work & Corrections)**
 - a. Straight on
 - b. Outside pitches
 - c. Inside Pitches
 - d. Speed Changes (Mix up Speeds)
- 11. Curve Ball Side Toss Underhand (Ball thrown on an angle)**
Set screen slightly to one side can change sides for
Lefty/Righty curveball work. Spin the ball.
- 12. Short Toss Overhand (Swing Work & Corrections)**
Short Toss overhand behind screen
 - a. Straight on
 - b. Outside pitches
 - c. Inside Pitches
 - d. Speed Changes (Mix up Speeds)

13. Regular Batting Practice Toss Drill

- a. Straight on
- b. Outside pitches
- c. Inside Pitches
- d. Speed Changes (Mix up Speeds)
- e. Curveballs

14. Count Work (Hitters work on counts)

Throwing live with counts...

15. Bunting

Work on technique and then practice locations

- a. Firstbase side
- b. Thirdbase side
- c. Push bunt
- d. Drag bunt
- e. Squeeze

16. Buster 400/Sweet spot Bat Drills

The training bat promotes these skills.... Sweet spot hitting, Hands inside the ball, Focus, confidence, instant feedback on Swing plane, weight training in swing.

Can be used with any type of hitting... live included if needed

- a. T work
- b. Soft Toss
- c. Regular Toss
- d. Curveball work

17. Hit and Run Drill (Swinging at any pitch)

Late swing technique

18. 2 Strike Drill (Contact Drills)

Pitches aimed at location towards a hitter with 2 strikes

19. Moving runners along (No Body Out, Runner on First)

Ground ball to right side

20. Late Swing Drill (Waiting on the Pitch)

Letting the ball get as deep in the hitting zone as possible

21. Toss from up High (Hand Eye Work)

On a chair behind the hitter, drop a ball

22. Toss from behind (Bat Speed Work)

Short Toss from behind

23. Toss from the side (Hand Eye Work)

Angle toss from the side

24. Front Bounce (Keeping the Hands Back)

Tossing the ball from the front bounce it into the strike zone and have the hitter hit it if it's a strike.

25. 2 Ball Toss (Bat Speed / Hand Eye)

Toss 2 balls up from the side... Call top or bottom.

The hitter reacts and hits the ball you called.

26. Quick Toss

Toss in front 3 balls as fast as you can...The hitter must get back to the load position and swing each time.

27. Hip turns

Turn the back hip towards the pitcher once, twice, on the third you toss the ball to the hitter and he takes a full swing.

OFFENSE Hitting and Baserunning

**(Individual Skills) Set-Up, Stride Position, Hit off Tees, Drills.
Practice for 25-30 minutes**

Team Drills – Practice plays and what each position does on each different play

OFFENSE

Hitting Drills

Set-Up: Stance: Feet parallel, toes pointed straight, weight on inner balls of feet, knees inside feet, grip: knocking knuckles lined up, back elbow half way up, front shoulder on pitcher, head upright eyes level, hands held on top of strike zone.

Stride Position: Stride: Step to pitcher, front toe still pointing to home plate, weight is at a 50/50.

Slow Motion Swings: Any new mechanical idea or adjustment should be executed correctly in a slow motion dry swing so that the hitter can feel the proper movement.

Standard Tee Work: Emphasis on stride alignment and not over stepping the ball and tee.

Early Stride-Separation: Front or side flips, short pitch or batting practice where the hitter goes through their weight transfer back and stride separation then pauses in a strong launch position before the ball is flipped. The purpose of this drill is to show the hitter this is their strongest hitting position and this is where they should be when they take a pitch.

Whiffle Ball Front Toss: Multiple lines at one time for more repetitions. Coaches toss the balls so players can practice consistent swing.

Step In Drill: The hitter will be in their normal set-up but just with an open stance. They will have the bat on the shoulder and when the stride foot advances forward the hands take the bat to the proper launch position.

Forced Hand Movement: Hitter begins from their normal stance except the hands are placed in front of the face with the bat vertical. The idea is to show the hitter the back movement as the stride foot advances forward. The hand set up position makes the hitter have to move their hands to get to the proper position. The desired bat angle when the foot hits will be approximately 45-degree angle with the end of the bat over the head. This drill can be done using the tee, soft toss, short pitch and regular distance.

Walk Thru Drill: This drill will allow the hitter to work on all the absolute from the start of the swing until the finish. Hitter gets in their set-up with feet approximately 6" to 8" apart, bat on the shoulder and the arms relaxed with the knob of the bat pointed at the instructor. The 1st step is a small crossover with the back foot across parallel to the front foot. As crossover occurs with slight shoulder turn, the knob of the bat is pointed at the instructor. As the foot comes forward with the stride, the hands take the bat off the shoulder to get the bat to the launch position as the hitter rides the back leg before they swing. The hitter must focus on riding his back leg properly to get pitch recognition and control the weight instead of rushing to the front side.

Team Drills

Double Play Drill: Second baseman and shortstop. Balls may be rolled or hit. Fielders work half of the time on fielding and feeding, while the other half of the time working on pivots.

Fly Ball Communication: Two players line up at least 40 feet apart. A ball is hit or thrown in between the players forcing them to communicate and call the ball on its downward flight. A player should call the ball until it is in their glove.

Game Play Situations: Simulate situations with coach hitting fungoes and players running bases and playing defense. Other coaches should roam field-giving instruction from play to play. With advanced players, they may hit with coaches pitching.

Arena Baseball Game: This offensive game is played with two teams. An offensive team and defensive team. It is pitchers hands out. You only use home plate and second base. Use a coach as a pitcher and catcher. Offensive team sets batting order, defensive team sets themselves on defense exactly like Sox Derby (anywhere). Player comes to the plate and hits the ball. The object is to score as many runs as possible by running straight across the diamond to second base and then home again. The hitter may stop at second base if he/she feels they cannot advance home. However, if you are not touching second base as the pitcher receives the ball you are out. Runners cannot over run second base. When defensive team attempts putout at home it is a force out. Each hitter from the offensive team hits once and then switch.

2 pitch Game: Coach pitches and gives 2 pitches to each batter. If he doesn't swing at first, he must swing at second. A full defense is on the field. Many offensive and defensive reps

Quad Game: 3 or more groups of 4 players. 2 groups on defense, 1 group hitting, and an additional group (if you have one). Can work hitting drills in cage or off of a screen

Base-running

Home To First:

- 1. Drop Bat, step w/back foot out of box.**
- 2. Three step peek.**
- 3. Hit Front part of bag.**
- 4. Forward lean**
- 5. Breakdown/ look to right for overthrow.**

DRILL #1: Coach acts as 1st baseman w/ball in hand. As runner crosses base and looks to right coach either holds onto ball and runner returns to base, or coach tosses ball behind him and runner sees overthrow and breaks for second base.

Rounding First:

- 1. Drop bat, back foot out of box.**
- 2. Three step peek, read play.**
- 3. Banana route, (3 steps out -3 steps in).**
- 4. Inside corner, read play, chest to infield, back to bag**

DRILL #2: Coach sets up as shortstop. As runner sneaks peek coach simulates fielding a ground ball, runner runs through bag. Coach can also simulate going out for cut-off by turning around with his back to infield. Runner takes banana route and rounds bag.

First to Third:

- 1. Check outfielders**
- 2. Pick up coach twice**
- 3. Inside corner**
- 4. Slide, stop on bag, round 3rd base pick up ball.**

DRILL#3: Position a coach in 3rd base coaching box. Runner runs, picks up coach half way to second. Coach signals player to hold up at second or continue to third. As player reaches second, pick up coach again. After reading play coach may signal player to advance or hold up. Runner picks up coach into third.

Second Base to Home:

- 1. Check outfielders.**
- 2. Primary & Secondary leads.**
- 3. Read infield grounders off bat (left or right of body).**
- 4. Pick up coach, round bag, inside corner.**

DRILL#4: Position a coach shortstop side of pitching mound. Runner begins secondary lead. Coach rolls ball. If rolled left side of runner, runner advances toward third, pick up coach at third base. If ball rolled to right of runner, runner stays at second.

Position a coach in third base coaching box. Runner advances towards third and coach signals to hold up on bag, round bag and pick up ball, or round bag and advance to home.

3rd Base to Home:

- 1. Lead in foul territory, return in fair.**
- 2. Walking lead (read play).**
- 3. Tag**

DRILL #5: Position a coach in 3rd base box. Work with players on walking leads. Also, position coach in outfield with ball, (or another coach can throw him a fly ball). Players take walking lead, when ball is in air player returns to base and tags up. Coach makes throw into home.

Pitching /Throwing Drills

5 Ball Drill

**Pick a location and a type of pitch you want to throw
Throw to that spot 5 times in a row before you switch**

Japanese Control Drill

**Start out at a short distance
Advance back after you hit the strike zone 5 times
3 steps back each time completed**

Pitch variation Drill

**FB – CURVE – CHANGE UP
Rotate each trying to throw a strike each time**

Live Drill

Throwing to pretend hitter with coach calling balls and strikes

Curveball Drill

Short distance start with the body in breakdown position

- 1. Straddle arm front**
- 2. Straddle arm half way**
- 3. Straddle arm back**
- 4. Put it all together**

Dry Throws

Go through the pitching motion without a ball

Towel Drill

**Go through the pitching motion with using the towel instead of a ball
Snapping the towel against an object at full extension/release point**

One Leg Hop Drill

Hopping on your back foot/leg twice and then throwing a pitch

QB Drill

Stepping back like a quarterback would to pass a football, throw a pitch

Horse Drill 2 pitchers

**One throws first and if a strike the other must throw one...if not he gets a letter. This is just like the game of horse played in Basketball.
If advanced pitchers they need to call location too.**

21 Drill

**Playing catch you throw for points on the player you are playing catch with.
3 points for head shot, 1 point for chest shot. Keep score to 21.**

Game on the Line Can be 2 pitcher challenge

One pitch one location called. If you miss you lose.

Football Pass

Throwing a football

Backside Drill

Throwing from backside of the mound

Step Behind Drill

45 feet / 60 feet pitching from these steps

Flat Ground

Regular pitching on flat ground

Crossed leg drill

Start with front leg behind the back leg and on the ground

Lift knee and throw Momentum to plate

Long Toss

Jaeger long toss

Start out long and easy throws. Work closer and throw harder.

Blind Throws

With eyes closed. Pitch

Rewind Drill

Without a ball. Go through the full motion and rewind it back to start

Wall Drill

With back shoulder against the wall. Pitch

No walk drill

Pitching with a 2 or 3 ball count. Must throw strikes

Strikeout Drill

Start with a 0-2 strike count

Must hit the spot and must say where they are throwing it before they throw.

Do not need to throw a strike on the first pitch...can throw up to 2

120' Drill

Live pitching from that distance

75' Drill

Live pitching from that distance

Weighted Ball Drill

Using weighted balls light/heavy make sure you rotate with a normal weighted ball

Mental Part

Aim little Miss little

Short Memory

Next Pitch Only

P.A.C.E. Pitch after a critical error

After error – Pick Player Up

Emotions Under Control

Never Give Up On a pitch

CCCCC 5 C's Concentration, Confidence, Control, Coachable, Composure

I'm better than the hitter at all times or I don't pitch

Perfect Game 27 pitches

Always Get Ahead of the Hitter

Pitchers favorite Play DP