

FGYB JBO Practice Routine

STRETCH

50% Jog	Walk it out-form lines
75% Jog	Hollywood Stretch
100% Sprint	Strait down the middle touch toes for 10
Frankenstein-2 steps, touch toes	Left foot over right foot for 10 sec
High Knees	Right foot over left foot 10 sec
Karaoke	Lean to the right 10 seconds (groin)
Butt Kickers (back of heel kicking butt)	Lean to the left 10 seconds (groin)
High knee	Reach down the middle 10 seconds
Lunges	

BASERUNNING

Left foot step off after getting sign	2-1/2 steps off base for lead
Watch pitchers' heels on right handed pitcher	Watch front knee on left handed pitcher
2 Shuffles (secondary lead) go back	First Movement Steal-Lefty
Straight Steal	Delayed Steal (3 shuffles then go)
Sprint off-(take off once pitcher has come set)	

HITTING TECHNIQUE

Middle knuckles lined up	Feet-slightly wider than shoulders
Bat in fingers -not palm	Feet-slightly pigeon-toed (hips closed)
Bat placement off shoulders @ shoulder height	Bat-loaded position
Bat placement-not too far away-	Load-from 50/50 to 80-20 distribution
From chest/shoulder	Stride-keep front side closed until swing

Have all players do 50 load and stride before they take any swings

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Hitting Stations

Live Hitting in cage (on deck batter practices loading and tracking)

Bunting station with lite flight machine T Station (inside) (cover travel)

Soft Toss Station (front knee/back knee/high) T Station (outside) (cover travel)

Throwing/Pitching Station

Warm Up Arm

Lawn Mowers-10

Race Track-10

Subways-5 Left/5 Middle/5 Right

Butterflies

Left arm over

Left arm over/Right arm over-10 seconds

Little circles-fast

Medium circles-regular

Large circles-slow

Throwing Drills

Note: do these drills listed below then add a bucket to them for additional drills

Bounce-bounce-throw

Triple pump

Step hop throw (step with glove side foot first) Step-back-throw

Step, rotate, throw (player needs to come to balance point before throwing)

Use buckets to throw next to so that the player has to follow through

Cover being opposite and equal for throwing, reaching, following through

Pitching

Windup

Basics: Side-step, pivot, rotate, balance-point, hover, slide-step, rotate, reach, post, follow-through

Stretch: Side of foot touches rubber, glove faces chest, slide step when pitching, keep feet wider than normal to make sure you do not give an advantage to base-runner.

Pick off moves: step-off-throw, step-off-look, pick-off move A/B