

Name of Drill: Glove Work	
Description of Drill To help players get a good feel for basic fundamentals and make more defensive plays	Focus Points <ul style="list-style-type: none">• Partner up facing each other 6 feet apart with both players kneeling• Have one player feed 10 straight short hops to their partner• Make sure the receiving player stays low and their eyes stay over top the glove• Work the palm of the glove towards the ball• Can also do this drill with a tennis ball and no glove• Add in on the forehand and backhand as the players become more confident in the glove• Great drill that come be done every practice and part of your pre-game warm up• Cue: “See it in...Ball to Chin”

Name of Drill: Bucket Drill	
Description of Drill To help player with proper footwork when moving in on a ground ball.	Focus Points <ul style="list-style-type: none">• Player to start 8 feet behind the bucket with coach 8 feet on other side of the bucket facing the player• Coach rolls ball towards center on the bucket once player starts moving forward• The bucket is there to help the player with their right-left (right-handed thrower) or left-right (left-handed thrower) footwork into a good fielding position• Hands extended out in front and palms out• Eyes over top of glove seeing the ball into the glove• Cue: “See it in...Ball to Chin”

Name of Drill: Quarterback Drill	
Description of Drill To help player with proper footwork on fly balls	Focus Points <ul style="list-style-type: none">• Player stands facing the coach about 5 feet away• Coach points one direction or the other and whichever side the coach points to that players first step back is with that foot• After the initial drop step back insure the player runs in a straight line back and does not move laterally• Coach throws a pop fly once the player has done there drop step and taken a couple strides• The goal with this drill is to have the player tracking the ball as they run beside the baseball so they can see the ball into their glove

Name of Drill: Sprint Position	
Description of Drill To help player with setting their feet on fly balls	Focus Points <ul style="list-style-type: none">• Player starts 40 feet out and facing the coach• Coach throws a pop up so its close enough to the player so they can get their feet set in a sprinter position• Glove foot forward and 2 hands up in a diamond position on the catch• Knees bent• After the catch move into their throwing footwork and a strong throw into the coach or to a target

Name of Drill: Random Short Hops	
Description of Drill To help players be ready at all times and have gloves in a good position	Focus Points <ul style="list-style-type: none">• Make a circle of 4-6 players• One player starts with a ball and can feed a short hop to anyone of his or her teammates in the circle• This drill is meant to get the ball moving continuously between teammates• Watch for gloves out in front with eyes over top the glove and players on the balls of their feet• Have players move their feet to square up to the player with the ball• Make it a competition where players are trying to beat their teammates between their legs

Name of Drill: Ground Ball Hat in Mouth	
Description of Drill To help players with proper hand placement when fielding a ground ball	Focus Points <ul style="list-style-type: none">• Quite often we see players with their hands too far back between their feet• Remove hat from head, turn it upside down and put the brim of the hat in your mouth• This will help players get their hands extended out in front so they can see the ball into the glove• The hat will give coaches a clear indication which players need to extend their hands as they will not be able to see the ground ball if they don't• The position of the hat will also force players to look the ball all the way into the glove

Name of Drill: Shuffle Pick up	
Description of Drill Side to side movement helping with player agility	Focus Points <ul style="list-style-type: none">• Two cones set up 6 feet apart• Coach kneels down with a baseball in each hand• Player moves side-to-side as coach feeds short hops towards each cone• Watch for hands out in front and keeping their head on the same level going side to side staying low; head should not move up and down• Keep eye level the same through the whole drill

Name of Drill: Backhand Short Hops**Description of Drill**

To help players continue to get use to feeling the ball in the gloves and moving their feet

Focus Points

- Players line up with a max of 5-6 players in the line
- Coach has a bucket of balls and lobs them underhand
- Players work their feet online to field the ball on a backhand short hop
- When fielding the ball stay low, get the palm of the glove down and eyes over top the glove
- This drill will take time for younger players to get but we feel it's important to introduce early on to help development
- Key here more than the ball staying in the glove would be to make sure the feet are online and the glove is open to the bouncing ball

Name of Drill: Glove Flips	
Description of Drill To get players used to making plays on the run and trusting their glove work	Focus Points <ul style="list-style-type: none">• Line up 5-6 players max• Coach with baseballs kneels down and rolls balls to players• Players move forward and field the ball outside their front foot or glove side foot• Flip ball with the glove to the coach• We quite often use this drill as part of our warm up to get their feet moving and handling the ball early on in the practice

Name of Drill: Wrist Flick at 90 Degrees	
Description of Drill: This drill is used at the start of throwing warm up	Focus Points <ul style="list-style-type: none">• Make sure the thrower is kneeling and facing their partner about 10 feet away• Drill starts from the release point with the elbow up at shoulder height for a good arm position• Emphasize rotation of the ball and a good long finish to the throwing action

Name of Drill: Pick-Up Throws	
<p>Description of Drill: Throwing drill to make sure the ball comes out of the glove “thumb to thigh”.</p>	<p>Focus Points</p> <ul style="list-style-type: none"> • Have the player kneel down on the knee which is opposite to the glove side • Coach places a ball next to the knee on the ground • The player reaches down and grabs the baseball off the ground • Because they are picking the ball up off the ground, the palm will always be facing the player and in a good position before the hand elevates • Without stopping, the player's arm should move up into a good arm slot with your elbow up at 90 degrees • Cue: “Thumb to thigh, ball to sky, let it fly”

<p>Name of Drill: “Toes-Nose-Throws” Throwing Drill</p>	
<p>Description of Drill: To help players get the ball facing away from them at the back of their arm action</p>	<p>Focus Points</p> <ul style="list-style-type: none"> • A player will be standing in front of the coach with their toes in line to a target • The coach will be holding a baseball in front of their nose; the player will start without a baseball • The coach calls out “TOES!” and the player takes their hand out of their glove and points to their toes; the players palm should be facing their leg • The coach then calls out “NOSE!” and the player elevates their throwing hand directly in front of the coaches nose where they can now take the ball out of the coaches hand • In that strong <u>power position</u> (hand and elbow high with throwing hand facing away from them) make sure the players glove hand is up as if the player is checking their watch • The coach calls out “THROWS!” and the player makes a throw to the target

Name of Drill: Pop and Pull	
<p>Description of Drill: To get players to hold in a proper throwing position before they release the ball</p>	<p>Focus Points</p> <ul style="list-style-type: none"> • Player starts with a ball in their glove • Coach yells “POP!” • On that cue, the player gets into a good throwing position focusing on making sure their toes line up towards their target and arm slot is nice and high with the elbow up • Hold all your players in this position until you have had time to go correct each player • Once all are players are in a proper throwing position the coach yells “PULL!” and players each throw their ball to a partner or target

Name of Drill: Ultimate Baseball	
Description of Drill: Have some fun whether it is at practice or before a game!	Focus Points <ul style="list-style-type: none">• Get the players moving around and communicating with each other• Make two equal teams and use 1 or 2 soft baseballs or tennis balls• Just like ultimate Frisbee, players throw the ball all over the field trying to score in the end zone• Players can only take 2 steps after catching the ball• The ball has to be thrown into the end zone to score• If the ball touches the ground, the defensive team gains possession• This drill is awesome for getting their feet moving and building up some team unity

Name of Drill: Foul Line Throwing	
Description of Drill: To help players feet stay online to help with throwing accuracy and build arm strength	Focus Points <ul style="list-style-type: none">• Every baseball field usually has foul lines that we can use to help with throwing mechanics• Long toss along the line will help you as a coach make sure your player is moving directly towards their target• Make sure that the footwork AND the arm action is technically sound

Name of Drill: High Five/ Low five	
Description of Drill: To help players become more comfortable with the different catching positions	Focus Points <ul style="list-style-type: none">• This drill is done with tennis balls and no glove• The coach will underhand feed a tennis ball from close range to the player• Try to feed the ball to different spots inside the players bodyline and outside the frame of the players body• Feeds should be high, low, left, and right to encourage the receiver to high five the ball when it is above their waist (fingers up) and low five the ball when the ball is below their waist (fingers down)• Once they have done the tennis ball and no glove you can progress to a baseball and glove and repeat the drill

Name of Drill: Juggling	
Description of Drill: To work on a player's hand-eye coordination and tracking and to continue to build their confidence in handling the baseball	Focus Points <ul style="list-style-type: none">• Partner up your players about 6 feet apart• Starting with one ball get them to start passing the ball back and forth with no glove• Feed the ball with your throwing hand and receive it with the bare hand on the glove side• Once they can handle one ball, add a second ball into the mix and have the players pass the ball to their partner simultaneously• Trying to get the 2 balls moving as quick as they can again, feeding with their throwing hand and receiving with their bare glove hand• Three balls would be the next progression where one player starts with 2 baseballs

<p>Name of Drill: Relay Race</p>	
<p>Description of Drill: To help players be more comfortable receiving the baseball</p>	<p>Focus Points</p> <ul style="list-style-type: none"> • Have 4-6 players line up 2 arms lengths away from each other • 8-10 baseballs will start on one end of the line and an empty bucket will be at the other end of the line • Two teams will race to see who can get all of the baseballs to the other end of the line the fastest • Rule: If a ball hits the ground it has to stay there • This drill should emphasize handling the ball with two hands and making sure the receiver is looking before throwing the ball • There are 3 progressions to this drill: Progression 1: Players are about 6 feet apart and move the ball down the line using just flips Progression 2: Players are about 10 feet apart and use a strong underhand feed to move the ball down the line

	<p>Progression 3: Players are 15-60 feet apart and use full throws to move the ball down the line</p> <ul style="list-style-type: none">• Make it fun and see who can get the ball to the end of the line first
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