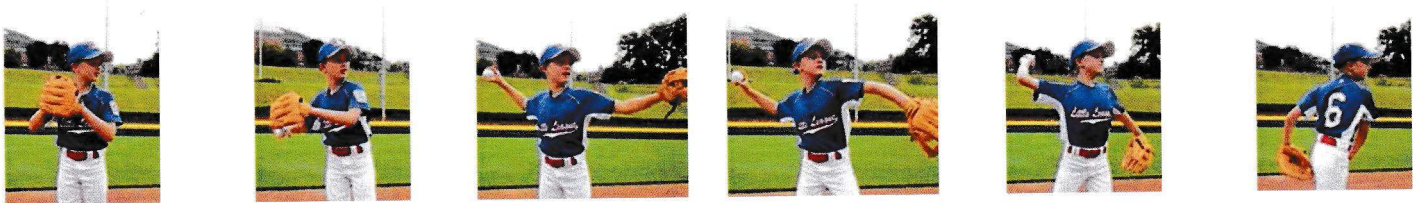




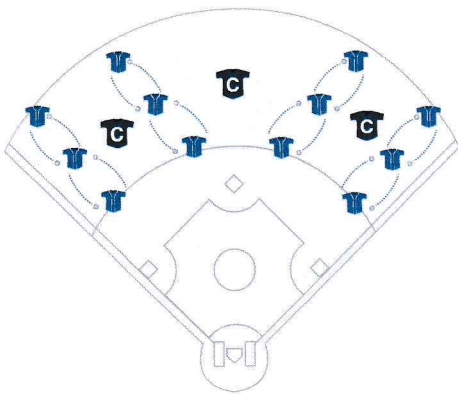
PRACTICE SEQUENCE

THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for ten throws
- Add the step and shoulder point to the throwing sequence. Five throws total with the player focusing on putting all five steps together
- Hand separation drill ten throws



THREE-MAN RELAY



DRILL

Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence.

Players should be in a straight line approximately 25–55 feet apart. Coaches will adjust the distance for the players. The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat.

Complete drill 15 times.

BREAK (3 MINUTES)



PRACTICE SEQUENCE

FIELDING (18 MINUTES)



FIELDING REVIEW

- Fielding Five Steps of fielding
- Dry Ground Balls (five each)



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



5. Throw to Target

DRILL

Knee Ground Ball

Players are on their knees on the edge of the infield grass. Coach will roll ground balls to the fielder from 25 feet away. Fielders will use proper two-hand fielding technique and make a return throw to the coach. Three lines of four players and each will receive four balls do this drill five times.



CONCLUSION

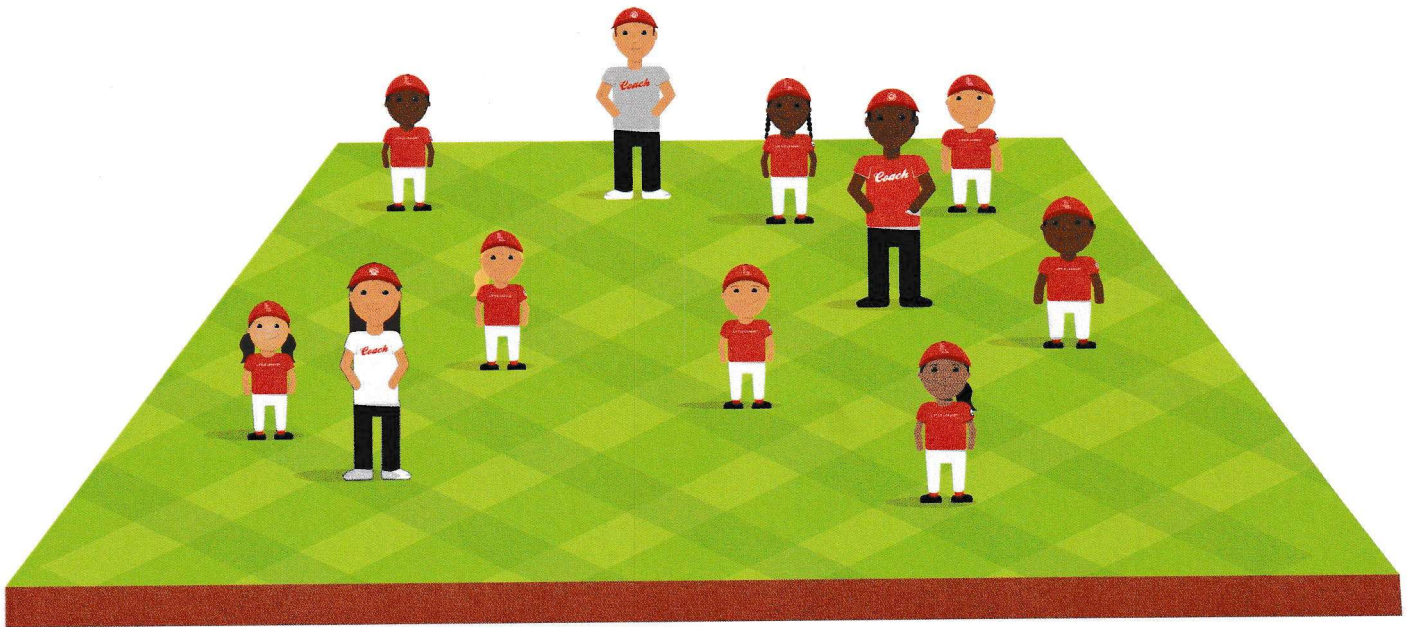
- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss

SEQUENCE 3

CATCHING PRACTICE

WHAT YOU'LL NEED:

Gloves | Tennis Balls



DRILL SEQUENCE:

- The players find a personal space anywhere in the playing area. The players should all have his/her glove and tennis ball.
- Players toss the ball in the air to themselves and catch it, or “squeeze it,” in their gloves.



SEQUENCE 3

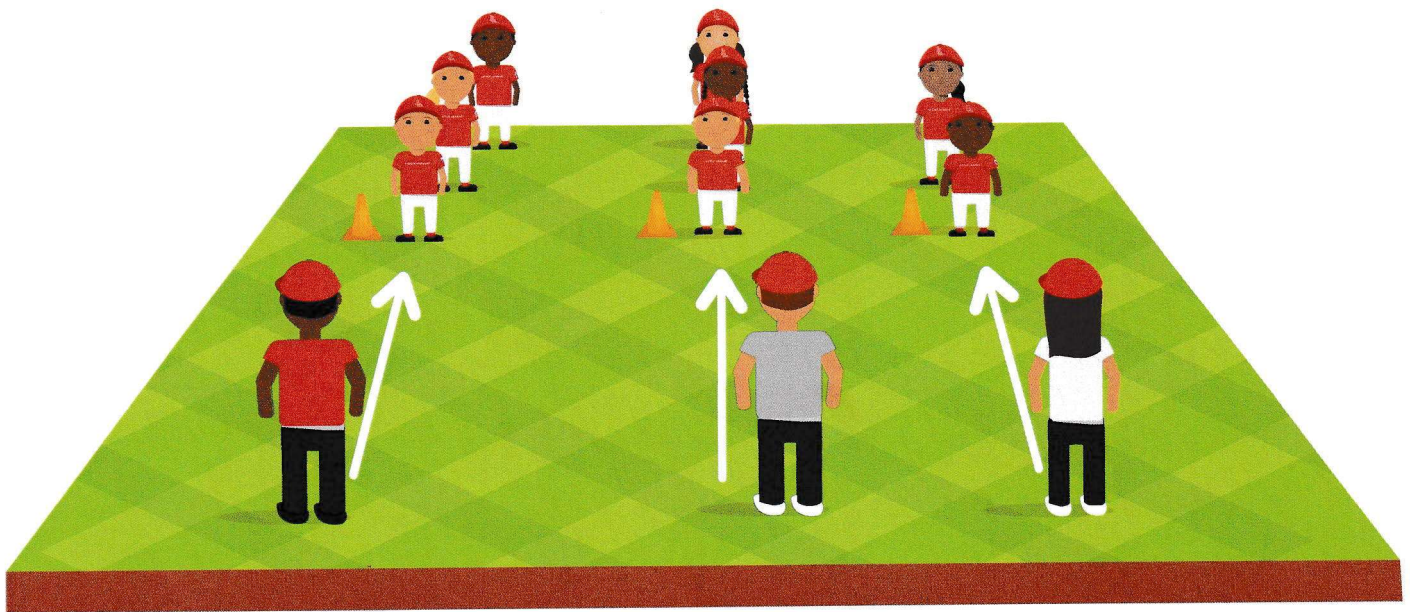
FIELDING

ONLINE VIDEO



WHAT YOU'LL NEED:

Tee Balls | Cones



DRILL SEQUENCE:

- In separate lines the players line up and receive a ground ball from a coach.
- The player fields the ground ball rolled to him/her and throws it back to the coach before returning to the end of their line.

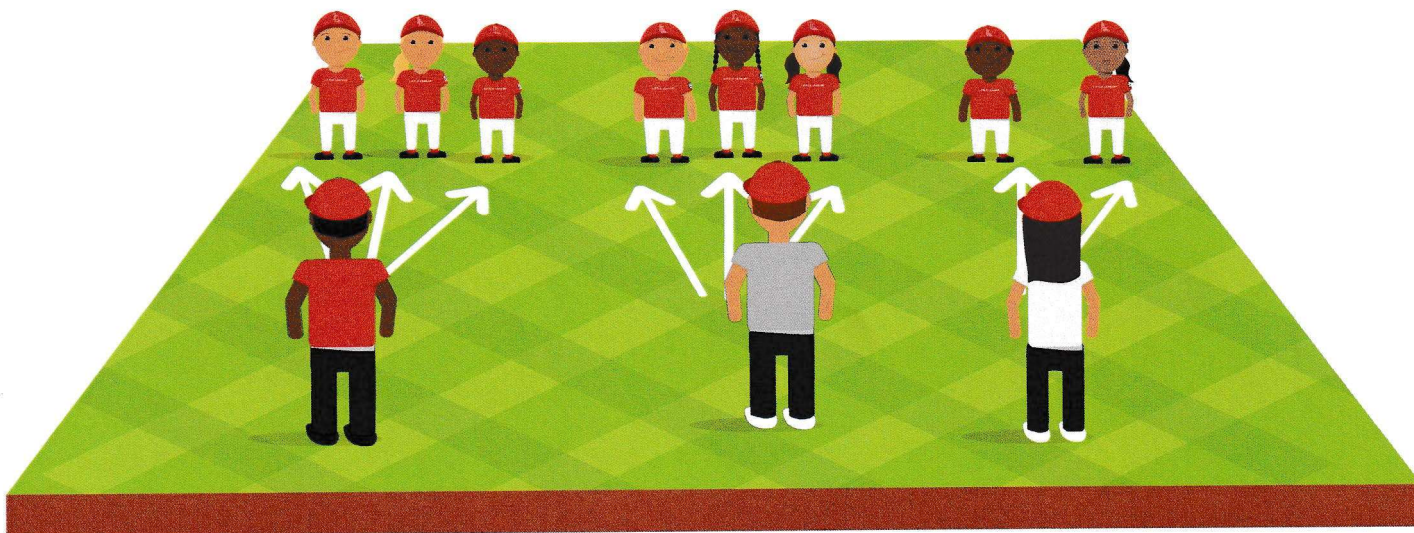


SEQUENCE 4

POP-UPS

WHAT YOU'LL NEED:

Gloves | Tee Balls



DRILL SEQUENCE:

- The players are split up into groups and paired with a coach.
- Each group circles around or spreads out around the coach. The coach takes turn with each player and tosses him/her a very shallow pop-up, progressing higher and higher with each turn.
- After a few practice rounds, each group has a contest within itself to see which player can catch the most pop ups in a row. However many each player catches within each group, the other group members do that many jumping jacks before the next player's turn.

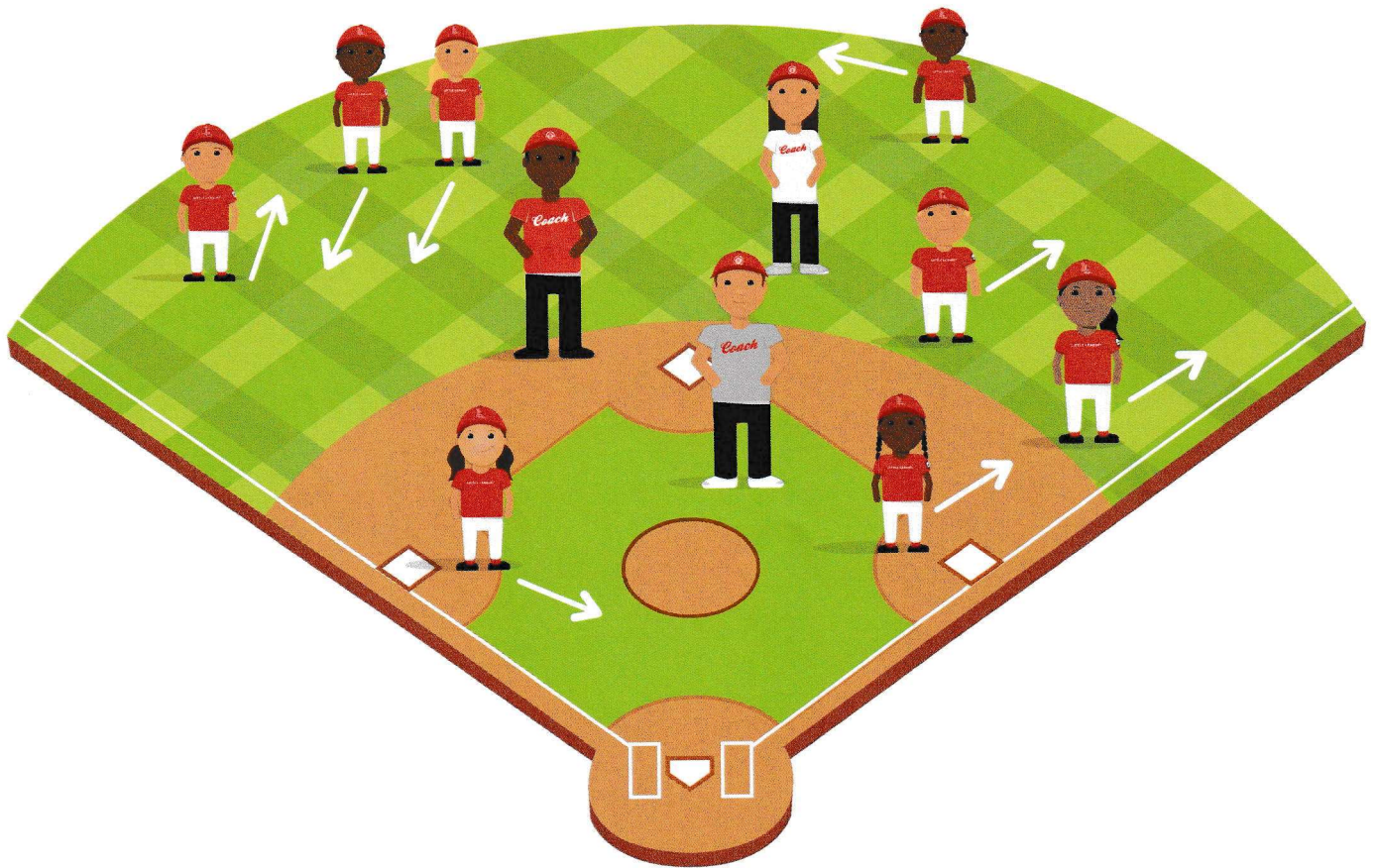


SEQUENCE 2

PLASTIC BALL TAG

WHAT YOU'LL NEED:

Plastic Ball



DRILL SEQUENCE:

- The first round of this freeze-tag style game is playing in an open field.
- The second round is played only using fair territory of the field.
- In the third round, when the players are tagged they not only freeze, but they freeze in the position of a batter.



SEQUENCE 5

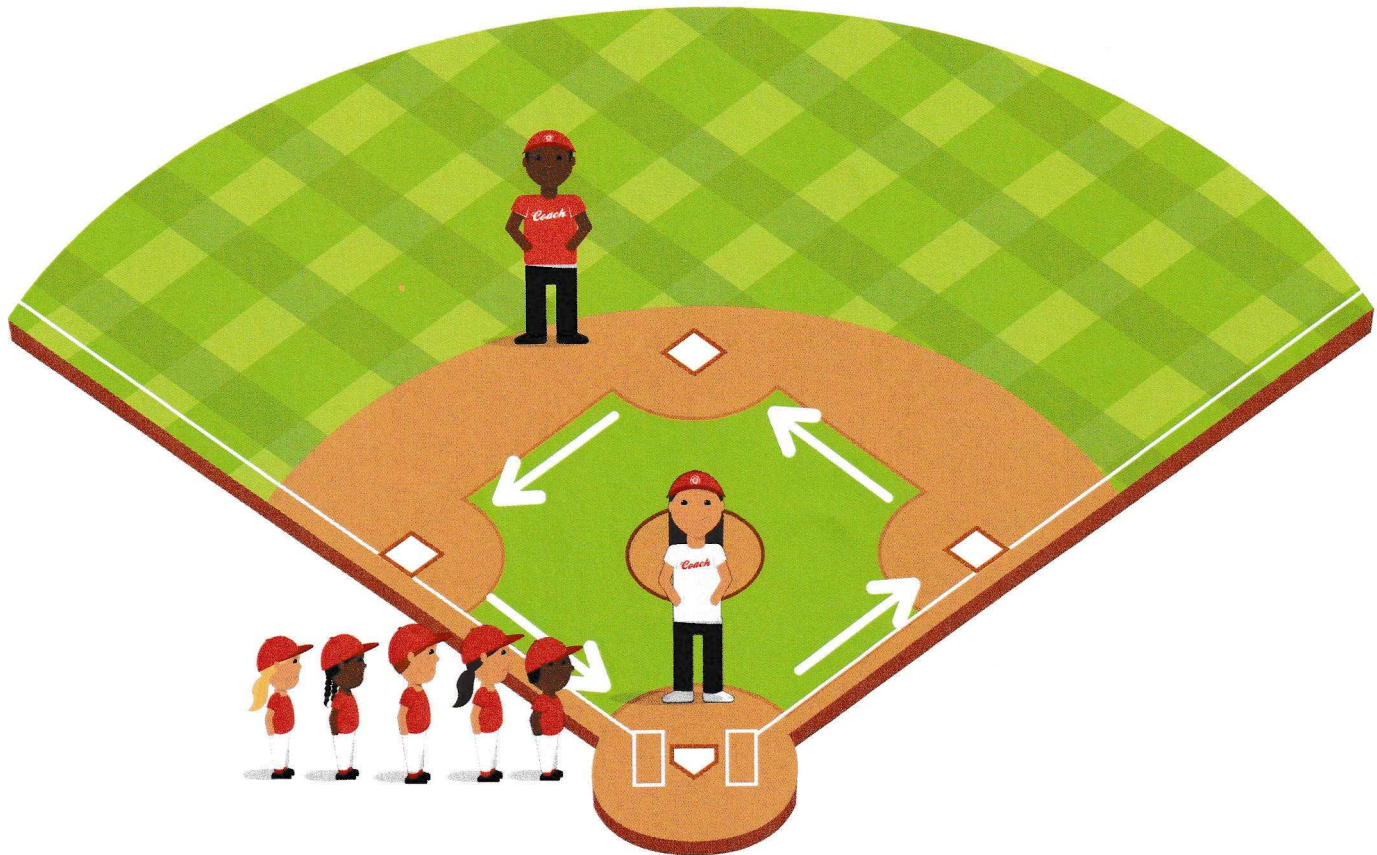
RUN THE BASES

ONLINE VIDEO



WHAT YOU'LL NEED:

Bases (4)



DRILL SEQUENCE:

- Following the coach, the players run/jog around the bases while calling out each base that they touch.
- For round two, the players will advance to each base one at a time and will stop on each base. They will move to the next base when they are cued.
- An option is to have a coach with a ball in his or her hand ready to tag players who come off of the base.

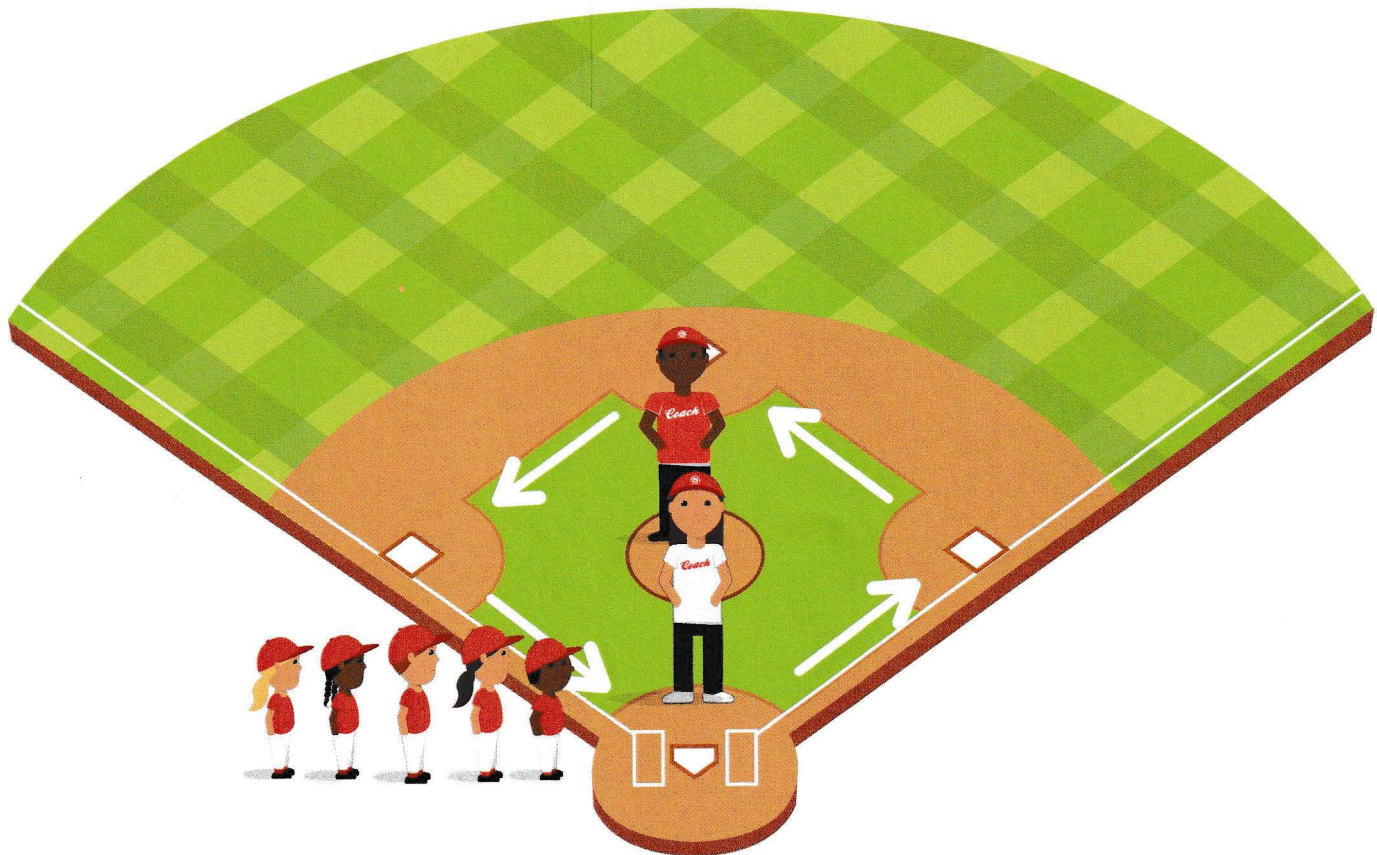


SEQUENCE 6

SWING AND RUN

WHAT YOU'LL NEED:

Bat | Bases | Helmets | *Optional Equipment: Tee and Tee Balls*



DRILL SEQUENCE:

- The game is played just like the activity “Base Running,” but now a practice swing is added before the players run.

OPTION: Have a tee set with a ball and have the players hit the ball before running instead of just taking a practice swing.

- Players advance one base at a time, and are moved to the next base by the next player.

OPTION: A coach has a ball in his/her hand and tags runners who come off of the bases at the wrong times.

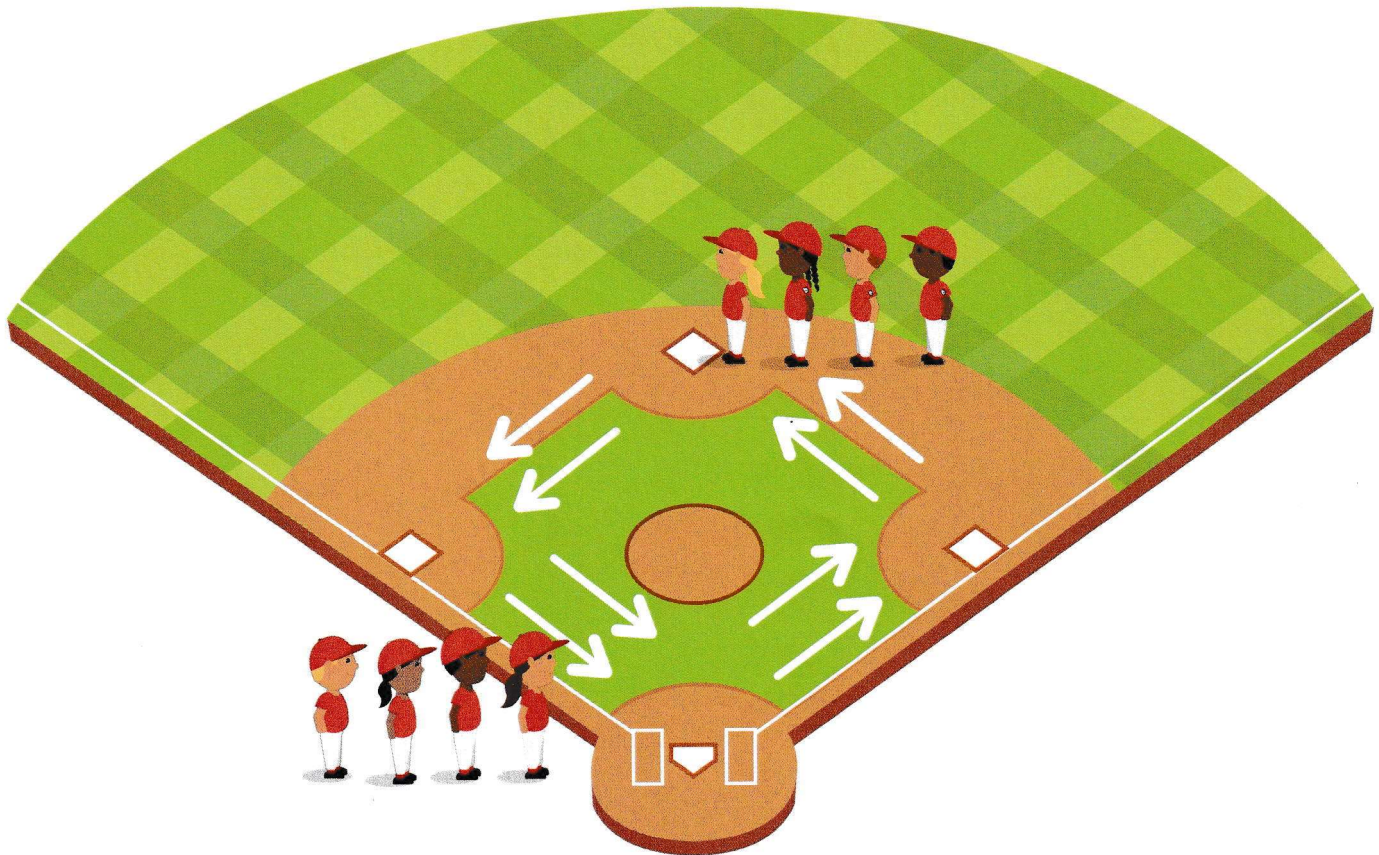


SEQUENCE 5

RUN THE BASES RELAY

WHAT YOU'LL NEED:

Bases



DRILL SEQUENCE:

- The players are divided into two teams. One team lines up at second base and the other team lines up at home plate. Each line should be out of the way of the base paths.
- On “go”, the first player in line at second base runs around the bases and back to second base while, at the same time, the player at home runs around the bases back to home plate. Once the players arrive back to their team’s line they tag the next player to continue the race.
- The first team to finish is the winning team.





PRACTICE SEQUENCE

BREAK (3 MINUTES)

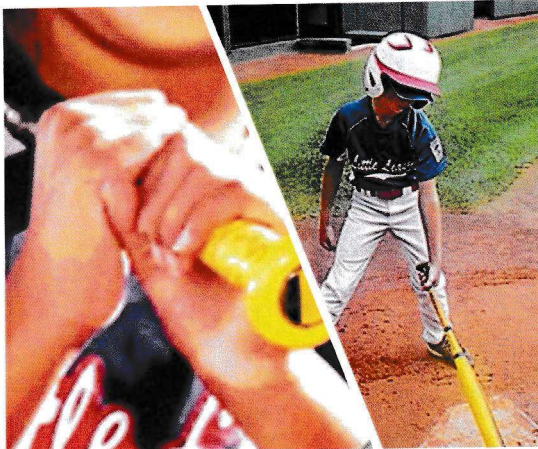
HITTING



3.1

HITTING REVIEW

- **One: Grip**
Each player will take a bat. Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the players knocking knuckles. The knuckles are to be in a straight line or slightly shifted either way.
- **Two: Stance**
Have the players get into an athletic position, with knees bent slightly and feet shoulder-width apart. There should be more weight on the back foot, the distribution should be about 40 percent on the front foot and 60 on the back foot.
- **Three: Coverage**
The barrel of the bat must be able to reach across the entire width of the plate once the player's arms are extended. Have the player get in their stance; place the bat at the opposite corner of the plate closest to the catcher. You want to make sure that your stance allows you to have complete plate coverage, so you can hit the outside pitch.



3.2

3.3

DRILL

Dry Swings

Each coach will have four players in their group. The players will be about 10 to 12 feet away from each other. They will place their fielding glove on the ground and use it as home plate. The coach will have each player take a swing on command and work with them to correct their swing. (10 Swings)

On one knee, a coach will throw from about 30 feet away from the plate. (The use of a protective "L" screen is highly recommended.) Each player will properly grip the bat, get into an athletic stance, and make sure to cover the plate. The coach will throw five pitches to each player. Split the team into three teams of four players. The other three players will be outside the fence waiting to hit. Once all players on Group A have hit, then Group B, who was in the infield, will hit, and group C, who was in the outfield, will move into the infield. Group A will move out to the outfield. Rotate through until all groups have had a chance to hit, play the infield, and play the outfield.