

Baseball Drills

The drills in this reference document are progressive, from the most basic – Pony level drills to more advanced Majors level drills. They are offered as a guideline and resource to the coach/manager. Coaches/Managers are encouraged to present additional drills that have worked for them to the Board for inclusion in this document.

Throwing:

It is imperative that young players throw to targets, adults or other players fully capable of catching and protecting themselves from the ball during drills. Players must throw with confidence that no one will be injured to develop velocity and accuracy when first learning. They will instinctively hold back when throwing to another player who the feel is not capable of protecting themselves. Advanced Sr. Pony and the majority of Minors level players should be able to catch the majority of balls thrown or hit to them without concern for their safety.

- Wrist Toss
 - From knees, hold ball with a 4 seam grip, non-throwing hand grips forearm of throwing hand in front of body, throwing elbow at should height, flick ball to partner, look for proper rotation
- Forearm Toss
 - From knees, hold ball with a 4 seam grip, non-throwing hand supports elbow of throwing hand in front of body, throwing elbow at should height, toss ball to partner, look for proper rotation
- Two Knees Toss
 - Kneel on both knees, hold ball w/4-seam grip, hands together in center of chest, elbows @ chest height, rotate to throw, separate when front shoulder faces partner, throw, look for proper rotation
- One Knee Toss
 - Kneel on back leg, front foot @ back leg knee, hold ball w/4-seam grip, hands together in center of chest, elbows @ chest height, rotate to throw, separate when front shoulder faces partner, throw, follow through until elbow touches outside of raised knee, look for proper rotation
 - Add a tee under the throwing side if player drops elbow while throwing (pushes ball).
- Throw from the power position – Excellent Drill
 - The player's eyes should be focused on the target. The front (glove-side) elbow should be approximately shoulder-high and pointed directly at the target. The throwing elbow should also be approximately shoulder-high creating a backwards "L", and it should be pointed away from the target.
 - The player should grip the ball correctly (4 seam grip), with the wrist relaxed pointed outward, and away from the target. The bottom half of the body should be in a good athletic position with the player's feet wider than his or her shoulders, knees slightly bent, and hips slightly flexed.
 - Instruct the player to accelerate the baseball from behind his or her head to a point out in front of the body where it is released towards the target (a coach or target, not a teammate who is not capable of catching yet). The throwing elbow should remain shoulder-high through release. This will help the player stay on top of and behind the ball when throwing arm is completely extended towards the target. The player should snap the wrist to let go of the ball with backspin.
 - Once the ball is released towards the target, the player should allow his or her throwing arm to decelerate naturally and finish just outside the stride knee. The back shoulder should finish forward, pointed at the target. The back foot will raise heel to the sky, allowing the hips to rotate, and eventually lift off the ground and finish forward near the stride foot.

Throwing (cont.)

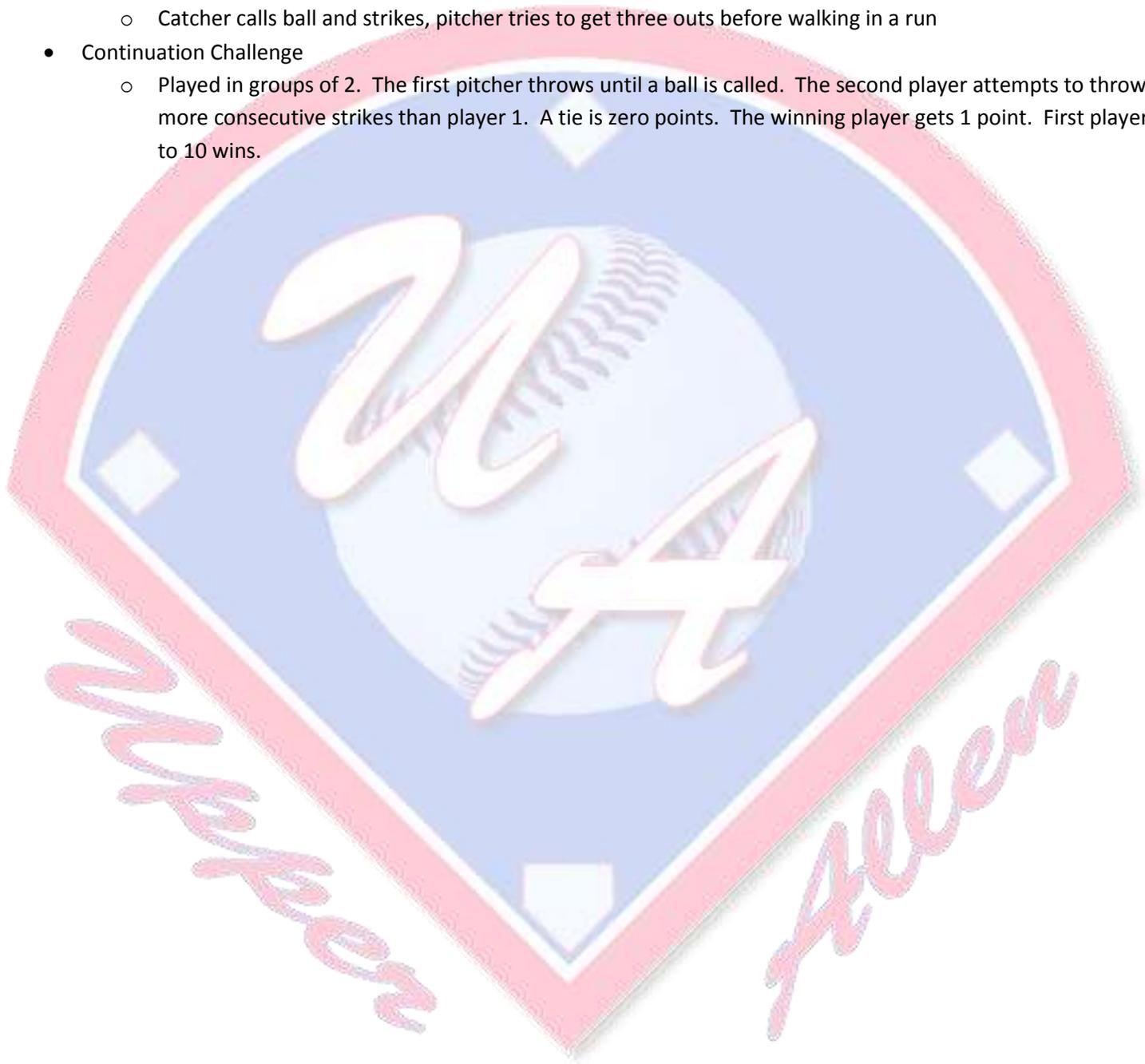
- Kneeling Power Position – Reinforces a good power position before the throw to improve accuracy.
 - Kneel on the back knee facing the target w/the front foot turned towards the target – complete as above w/out the stride – throwing arm should follow through across the raised knee.
- Figure 8
 - Stand facing the target, make 2 or 3 figure eights in front of body w/hands together then separate, rotate and throw in one fluid motion without stepping– develops throwing rhythm and upper/lower body separation.
- Ten Toe Toss
 - Face partner, feet shoulder width apart, knees slightly bent, hands together, elbows @ chest height, rotate to throw, separate when front shoulder faces partner, throw w/out stepping.
- Boxers – Helps create rhythm and teaches how to transfer energy from the back side to the front side
 - Player takes a wide stance perpendicular to the target w/hands together in the center of his or her chest. The player bounces from back to front maintaining a wide stance. After 4 or 5 bounces back and forth player throws from back leg creating energy toward target transferring momentum towards the target.
- Jump Backs – teaches players how to incorporate their whole body when throwing the ball.
 - Similar to boxers, player takes a wide stance perpendicular to the target, hands in the power position. He or she starts leaning forward aggressively, transfers weight to the back leg (jumps back) and explodes purposefully throwing the ball to the target with intent.
- Crow Hop
 - With the ball in hand and weight on the front foot, the player drives the back leg in front of the front leg, turning it sideways to the target, points the lead shoulder and hip at the target and makes the throw, keep his or her momentum going toward the target by bringing the throwing arm over the lead leg as the back foot rises off the ground.
 - Have players hop over a bat or similar object placed perpendicular and close to the front toes to emphasize the “hop”.
- Long Toss
 - Crow hop & throw, from long, longer & longest then back (hard line throws coming back)
 - The target distance should be twice the base path length (120’ for Little League).
- Golf Baseball (game)
 - Lowest number of throws to hit targets wins
- 3-man Relay (game)
 - Coach tosses ball behind first fielder, fielder retrieves ball, throws to middle fielder who turns to his or her glove side and then throws to the opposite end, chain reversed back to starter
 - Add bases/cones and require players to touch bases/cones with foot while in possession of ball before throwing to next player (good to teach young players to hustle to the base for an out)
- 4-man Relay (game)
 - Same as 3-man relay but players can be switched from middle to end positions in less turns
- Target/Bucket Relay
 - 2 or 3 teams, outfield to cutoff, cutoff to buckets placed at home plate. The winning team hits the target/bucket the most number of times

Pitching:

- Quick Hands Drill #1 (increased velocity through muscle memory)
 - Start with the hands together, ball in the glove, back foot on rubber, wide stance - front foot toes towards home. The back foot will pivot onto its toes when the ball is released. The distance of the two feet remains the same. The key is not to step. As fast, and controlled, as possible, the pitcher will break the hands, turn the hips and throw the baseball and follow-through by bringing the elbow of the throwing arm to the opposite knee naturally.
- Quick Hands Drill #2 (necessity for accurate, injury free pitching)
 - Start in stretch position, hands together and ball in glove. Stride forward, pitching arm/ball must be in high cocked position when front foot plants, repeat. Glove side elbow should mirror pitching side elbow (don't let it drop to the side).
- Backpedal & throw (required mechanics for pitching)
 - Backpedal 3-5 steps, turn and throw to target on command of coach (upper/lower body separation)
- Run & throw (upper/lower body separation)
 - Run towards target, throw after 3-5 steps on command of coach w/out stopping
- 5 links in the pitching chain – These links are important but it is important that the pitcher remains “athletic” during the entire pitching motion – athleticism is vital for velocity and control.
 - Footwork
 - Heels on rubber, 45 degree or straight back step, turn pivot foot parallel to rubber
 - Balance position
 - Lift knee and ball in glove at the same time (like knee on string), body should be slightly closed to target, eyes on target, generating energy
 - Power position
 - Hands separated, hand above ball at break, front elbow high pointing towards target front foot pointed to home, hips and shoulders still closed, throwing arm reverse “L”
 - Rotation
 - Throwing arm in "L", hips rotate before shoulders, glove as sight (not dropped to side)
 - Follow-through
 - Plant leg comes forward of rubber (look for high leg kick off mound), throwing arm crosses body centerline, okay to fall off for power
- Power Position (rotation and separation)
 - Start from wide base, back foot against rubber and front foot towards home, hands together at chest w/four seam grip. Shift weight back, break hands down-out-up, throw and follow through
- Balance Drill (balance)
 - Start from stretch, lift leg and hands together, hold knee for 1,001, 1,002, deliver ball on 1,003 count w/down-out-up arm action
- Toe-Tap (balance, promotes knee up, down then out, not up, out then down motion)
 - Same as Balance Drill except don't hold and tap glove side toe on the ground twice before delivering pitch after the third leg lift
- Towel Drill (follow through)
 - Place target waist high 4-5 feet in front of pitcher, take normal motion with a hand towel held between the fingers of the throwing hand. Try to hit (whip) the target the tip of the towel

Pitching (cont.)

- 30 pitches
 - Catcher @ home, cones @ 1/2 distance, 3/4 distance and full pitching distance. Must throw at least 6 strikes out of 10 balls. Move the next distance if successful. If not stay and shorter distance.
- Simulated ½ Inning
 - Catcher calls ball and strikes, pitcher tries to get three outs before walking in a run
- Continuation Challenge
 - Played in groups of 2. The first pitcher throws until a ball is called. The second player attempts to throw more consecutive strikes than player 1. A tie is zero points. The winning player gets 1 point. First player to 10 wins.



Hitting:

Important Note: Balls are hit from the front of the plate for outside pitches to several inches in front of the plate for inside pitches. Do not place tees in the center of the plate during practice or games. The stem of the tee should be roughly aligned with the front knee or instep of the batters front for middle and outside pitches. The stem should be 6-8" in front of the instep for inside pitches. A second tee placed at the back knee and set slightly lower than the front tee promotes a level swing in the plane of a pitched ball.

- Double Tees (Prevent uppercut and chicken wing)
 - Ball on front tee, rear tee at batters back foot and slightly lower than front tee, hit LD or G up the middle without hitting rear tee
- Basketballs (great for teaching power to young players)
 - Hit slightly deflated basketballs off tee (use double tee if batter is upper cutting)
- Knee to Pitcher (gets batters to turn hips on their own)
 - Have batters finish their swing with their back knee facing the pitcher
- Soft Toss (good for swing repetition)
 - Hit LD or G up the middle – focus on mechanics
 - A tee can be added at the players back foot to discourage upper cutting or casting
- Knock out the Coach (promotes driving the ball up the middle)
 - A coach kneeling or sitting on a bucket and wearing a helmet w/facemask, tosses foam or rag balls from 10-15' directly in front of batter who tries to "Knock out the Coach".
 - Use a screen for older players for added protection – vary pitch location
- Hit the pitcher
 - Setup involves a tee and a screen at the pitcher's mound
 - Batters get 3 or 5 swings to hit the target on a line drive or short hop – hit to stay in, miss and you're out
 - Play w/teams – each player gets three swings, one point for each hit target – first team to 15 wins
- High Tee (Promotes proper swing plane)
 - Hit line drives (LD) or grounders (G) up the middle
- One knee Soft Toss (Forces focus on upper body, corrects bat drag (long swing, chicken wing)
 - Front leg extended toward pitcher (position), while kneeling on back knee hit LD or G up the middle
- Balance Beam (promote proper "stack" and balance)
 - Hit balls during soft toss - focus on balance, can hit off tee as well
- Rapid Toss (balance)
 - 5 soft tossed balls in quick succession with a light bat (no stride)
- Soft Toss from behind (promotes quick bat)
 - Soft toss balls from directly behind batters
- Soft Toss over a Tee
 - Batter stands loaded on the front foot (no stride) and hits balls tossed 2-3" directly above the tee. Balls are tossed directly above the tee from 2-3'. Low arching tosses simulate fastballs. High arching tosses simulate off speed pitches (still hit 2-3" above tee).
- Ball Drop
 - A ball is dropped from directly above a tee. The player stands loaded and swings when the ball is dropped (vary the time before dropping in increase difficulty). Start w/large balls and progress to baseballs. This is a no stride drill.

Hitting: (cont.)

- Plate Discipline (Reinforces strike locations and what pitches batters need to work on)
 - Have players put tee in a place they like, move the tee in and out from there, then up and down to show them where they like the ball to be (zero strikes), expand hitting zone for 1 and 2 strikes
- Plate Coverage
 - Ball is placed on a tee 0-2" outside of the plate. Batter stands in normal position to plate, loaded with weight on the front foot (no stride) and hits line drives to the opposite field.
 - Variation – keep tee setup outside of the plate but throw strikes from behind a screen. On fake throws batter must hit outside pitch (ball on tee).
- Stride and Stop
 - The player sets up to a tee, strides and loads and stops before hitting. This is repeated 3 or 4 times before completing the sequence and hitting the ball. The player should focus on striding softly and staying back, loaded on the back leg through the stride.
- Two Tees - Inside/Outside (plate coverage)
 - **This is a no stride drill to prevent the player from stepping to the pitch.**
 - Place one tee on the outside edge of the plate and another at the same height on the inside edge of the plate, 6"-10" in front of the outside tee. Place a ball on both tees.
 - Player takes his stance as if a ball is directly between the two balls.
 - Coach tells the player to hit either the inside or outside ball with the sweet spot of the bat. The goal is to hit the desired ball only. The other ball should remain in place.
- Hip Rotation
 - Hold bat behind back at elbow with both arms. Have player simulate swing. Look for level hip rotation, back foot pivot and stiff front leg
 - Have players hit balls of tee using a shovel or broom handle to further reinforce.
- Delayed Swing (Teach hitter the sensation of the lower half 'pulling' hands to the ball)
 - Stand behind the batter in a 'loaded position', hold on to the bat, and ask hitter to start the swing. As you see (and feel) lower half start pulling on the bat, let go, repeat.
- Call the pitch (promotes concentration on the ball – picking up the ball immediately from the pitcher hand)
 - Batting practice pitcher throws two and four seam fastballs.
 - Batter takes the first 5 pitches, calling out whether it was a two seam or a four seam fastball.
 - Variation – pitcher does not throw a ball but holds up a number of fingers while simulating a pitching motion, batters call out the number of fingers held up
- Bunting
 - Bunt balls from coach or pitching machine to fair territory between pitcher's mound and home plate.
 - Players pivot feet to face pitcher, start with the barrel of bat at the top of the strike zone. The barrel should always be higher than the butt. Bend knees to bunt pitches in the strike zone and leave pitches alone that are higher than the starting point. Players should "catch the pitch" with the bat.

Hitting Games

- Tee Hitting for Distance
 - Players hit three balls from a tee setup at home plate. Players stand by their farthest hit. Farthest hit wins.
 - Note: It is recommended to use one tee w/a ball at the front knee and another tee set at the back knee slightly lower than the front tee to discourage an uppercut during this drill. Remind players that high fly balls are outs and that hard line drives are ideal for distance.
- Horse/Out
 - Balls hit from tee, soft toss, pitching machine or coach
 - Each player gets one swing/pitch, just like basketball, coach calls:
 - Singles (fair balls, no pop-ups)
 - Doubles (land on the infield dirt)
 - Triples (lands on outfield grass)
 - Home runs (lands on outfield grass and rolls to the fence)
 - Outs (anything else)
 - *Hits can be modified according to the skill level of players*
 - Player must get at least the same as previous player or gets a letter, as each player spells horse/out they are eliminated from the game, last player standing wins
- Hitting Contest (similar to horse/out)
 - Balls hit from tee, soft toss, pitching machine or coach
 - Each player gets three outs. Scoring is as follows:
 - 1pt - Hard grounder
 - 2pts - Line drive
 - 5pts - Line drive that reaches the infield dirt or outfield depending on the level
 - Outs - Swing & miss, foul ball, weak ground ball, high fly balls
 - High score wins – can be played as a team as well
- Progression
 - Two teams, 10-12 step game board (ladder), each player must hit 2 of 3 pitches fair - move game piece forward (2 of 3) or backward (0 or 1 of 3) on the scale until one team wins
- 10 strikes
 - Use whiffle golf balls and small whiffle ball bat, players get 10 strikes or one fly out per at bat
- 7-5-3 Live BP
 - 4 batters in the dugout, batters get 7, then 5 then 3 pitches per at bat. Last pitch is live for batters and defense, batters can take soft toss or hit off tee while waiting for turn
- Continuation
 - Hit five consecutive fair balls, line drives or grounders – anything else and it's the next player's turn.

Fielding:

Note: Tracking a ball is difficult for younger players. It requires a high level of hand-eye coordination and self-confidence. It should be considered a great accomplishment for players younger than 7 years of age to be able to consistently catch a ball thrown to them. Start with soft balls (rag balls, tennis balls, etc.) and remain patient. The majority of catches made by the youngest players should be made by balls thrown from adults. As they progress players should be taught to attack the ball when fielding rather than waiting on the ball to come to them. The ball should never cause the fielder's glove to snap backwards regardless of the catch.

Thrown Balls:

- Above the belt catches
 - Fingers up – players should catch the ball between their shoulders if possible.
 - Start with easy throws to the glove side and work to the center of the body.
- Below the belt catches
 - Fingers down - players should catch the ball between their shoulders if possible.
 - Start with easy throws to the glove side and work toward the center of the body.
- Backhand catches (advanced for Pony level players)
 - Players should be comfortable catching above and below the belt to the glove side and in front of the body before practicing backhand catches.
 - The player should move the glove across the front of their body, directing the thumb towards the ground (windshield wiper catches)
- Windshield Wiper Catches
 - Players imitate a windshield wiper with their glove hand (use rag or training balls)
 - Making catches above their waist with fingers up
 - Turn the fingers down for catches below the waist
 - Game – 3pts for a catch, 1pt for hand in proper position but no catch, -2pts for hand in wrong position (catch or no catch). First person to a set number of points wins
 - *The most difficult catches are generally across the body below the waist (back hand)*
- Backhands
 - Player kneels on left knee (quicker turn) with body aligned 90 degrees to home in the outfield grass, right along the infield border - backhands balls to their left in front of body (on the dirt)
 - Player kneels on right knee (longer reach) with body aligned 90 degrees to home in the outfield grass, right along the infield border - backhands balls to their left in front of body (on the dirt)
 - Players should have a firm wrist and move the glove to the ball to cut down the hop
- Count the Catches
 - Count how many times a player can make consecutive catches of throw balls
 - Increase the distance and difficulty as appropriate

Ground Balls:

- Ready Position
 - Glove on ground aligned w/hat brim, butt low, throwing hand on top, funnel ball to chest upon fielding
 - Players should be taught to “creep” towards the batter as the pitcher delivers the pitch to put them in an aggressive stance to attack the ball.
- No glove grounders (promotes use of two hands)
 - Catch grounders using two hands, funnel to chest, roll balls back and forth

Fielding: (cont.)

- Alligator grounders
 - Field grounders with glove on ground and bare hand on top
- Field out front (forces player to field balls in front of body)
 - Catch grounders in front of bat laid at toes
 - Alternately use outfield grass line as boarder
 - Player stands in grass but fields ball in dirt
- Goalie Drill
 - Player must stop balls between cones out front w/two hands, shuffle feet - no reaching - fast pace - flip to 3rd player on the side
- Rapid Rolled Grounders
 - Coach rapidly rolls balls to fielder in stationary ready position (butt low, back flat & hands in front), as soon as player fields ball and rolls back to coach, coach rolls next ball to player – repeat 5-10 times depending on players ability w/out player getting up (thighs may burn from being in athletic position)
- Charge – Improves confidence of players to charge the ball and create a good fielding position.
 - Draw a fielding triangle created by the top of the feet and the glove, and place a stationary ball at the top. Backup the infielder 10 feet from the ball. On command the player should charge the ball under control and get into a good fielding position with his or her feet at the base of the triangle and the glove at the apex. Once a player can repeat a good approach into a fielding position, balls can be rolled to the top of the triangle for added difficulty.
- Field to Power – Improves a player’s transition of the ball from the fielding to throwing position.
 - Players start in a good fielding position, with the ball in their glove at the top of the fielding triangle. On the command “power”, players quickly move their feet perpendicular to their target while taking the ball out of their glove, up into a good power position. Finish by throwing to the target on the “throw” command.
- Perfect Field, Power, Throw, Follow – isolates fielding the way the tee isolates phases of the swing
 - Start with a stationary ball and move to rolled balls and then batted balls
 - Phase 1 – players approach and freeze at the ball in the perfect fielding positions
 - Phase 2 – players approach, field and freeze in the perfect power position
 - Phase 3 – players approach, field, move to power position and simulate throw
 - Phase 4 – players approach, field, move to power position, simulate throw and follow through towards the target
- Short Hops
 - Players should have a firm wrist and move the glove to the ball to cut down the hop
 - Play catch from knees, one hop throws to partner varying length of the hop
 - Alternate – coach feeds short hops to fielder already in proper fielding position
- Quick Feet/Quick Release – improves footwork and transition from glove to the throwing hand
 - Players stand about 30’ apart in pairs. Each pair is to complete as many successful throws and catches in a given time period. The game starts on the coach’s command. The key is to get the feet moving into a throwing position just before the ball is caught, and to position the throwing hand near the glove to quickly get a correct grip on the ball to make the follow-up throw back to the partner.

Fielding: (cont.)

- Box Drill
 - Setup 4 cones in a square 20-25' apart, one ball, 2 players at each cone
 - no gloves
 - one player covers the cone
 - one player is the backup (in line w/the direction of the receiving flip)
 - Players flip the ball to a teammate at the next cone, following their flip to the backup position at the receiving cone
 - Flips should be made w/little or no bend in elbow or wrist
 - Hand should finish at eye level
 - Ball should be caught at eye level
 - Backup player moves in to receive the next flip
 - Continue around the box first clockwise then counter clockwise

Fly Balls:

- Rag Ball / Tennis ball flies
 - Catch flies from progressively longer distances and heights – tennis balls can be hit from tennis racket
- Over the shoulder flies
 - Throw balls over each shoulder as player runs away from coach
- Horizontal Movement Catches
 - Players jog to the left or right. Coach leads the player with a toss. Player catches the ball on the run.
- Forward, Backward and Diagonal Catches
 - The coach starts the player in a set direction. After a few strides the coach leads the player with a toss. The player catches the ball on the run – backwards is typically the most difficult catch. Players should open to the glove side on balls thrown directly overhead.

Position Specific Drills:

- 4-6 & 6-4 Flip (underhand)
 - Balls rolled to second or short for play @ second base.
 - Player covering the bag should arrive at the bag at the same time the ball arrives. This gives the player covering bag the flexibility to field an errant throw
 - Second covers the bag w/left foot working back towards right field for throw to 1st.
 - Short covers the bag w/swipe of right foot working towards right field for throw to 1st.
- 6-3 & 4-6 Grounders
 - Coaches hit balls from 1st and 3rd base lines to infielders
- 5-4 & 4-3 Grounders
 - Coaches hit balls from 1st and 3rd base lines to infielders
- 1st Base Drill
 - 1st baseman stands at bag, square to thrower, with heels on the bag
 - Coach throws balls to 1st baseman whose glove foot hits the ground at the same time the ball is caught
 - Players should stretch to the ball to shorten the distance of throws whenever possible

Fielding: (cont.)

- Focus on 1st Base Drill
 - Instruct the first baseman to start at his or her pre-pitch position. On your command the player runs to first base without looking at the coach or anyone else. The player should quickly setup on the base while the coach yells out a specific position in the infield. The player then squares his or her shoulders to face the stated position as if to receive a throw from there.
 - 20-30' throws from coaches or players located in the general direction of the infield positions can be added for additional confidence
- Pitcher Covering First
 - Involves pitcher, catcher, 1st baseman and 2nd baseman.
 - Pitcher delivers ball to catcher, as ball crosses home coach rolls ball quickly up 1st base line to 1st baseman who charges and fields ball, pitcher covers 1st – must communicate w/2nd baseman on who covers bag.
 - Pitcher delivers ball to catcher, as ball crosses home coach rolls a simulated slow bunt to the pitcher who charges and fields ball, making the throw to 1st base.
 - Alternately, ball is hit hard to first baseman who fields the ball deep behind 1st base. Pitcher covers 1st and 1st baseman flips ball to pitcher covering bag.
 - Add batters to practice bunting and fielding live action
- Catcher's Stance
 - Knees bent, feet wider than knees, toes pointed slightly out and weight on the inside of the feet. The back should be rolled forward to give the umpire a good view of the strike zone. The glove-side elbow should be outside the knees. The thumb should point to approximately 2 o'clock providing a good target for the pitcher. Throwing hand should be protected by placing it behind their foot, knee or back.
- Blocking a Pitch
 - From the ready position, catchers should drop to their knees, tuck their chin into their chest protector, roll their shoulders forward and fill the 5-hole (between thighs) with an open glove while placing the bare hand behind the glove for protection. This can be simulated w/tennis balls, stationary balls or from a coach from short distances.
- Catcher's "L"
 - Catcher brings the right foot to the left foot, the left foot steps towards the base and the catcher throws into a net towards where the base would be (1st, 2nd or 3rd). The throw should be completed in one hop to reduce the time needed to release the ball. Catchers should throw the ball hard on every pick-off attempt hence footwork is critical.

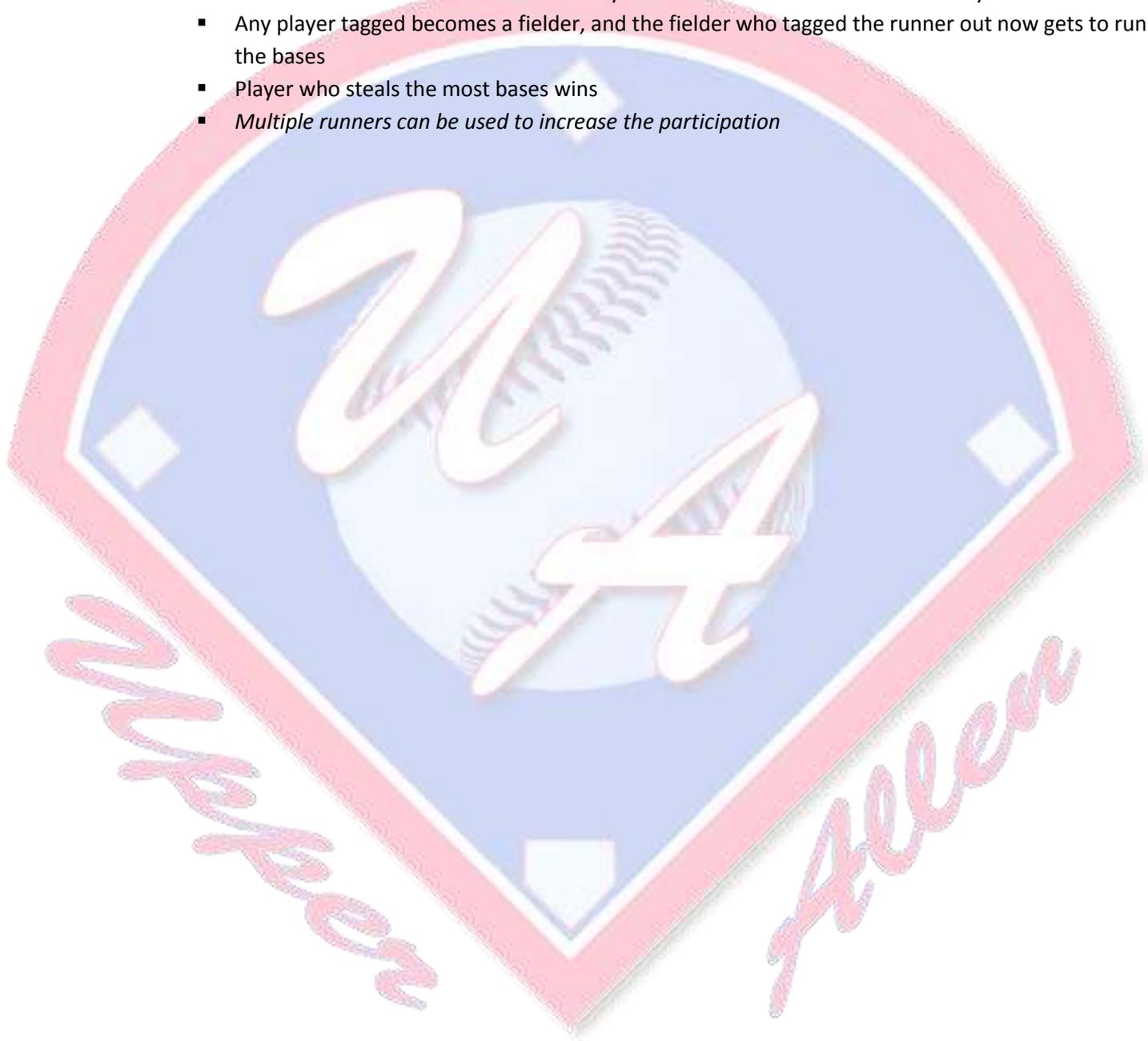
Base Running:

Important Note: Ensure all runners wear helmets anytime live balls are being used in base running drills.

- Jog the bases warm-up
 - Touch inside corners when rounding bases
- Station to Station (Home to 1st, 1st to 2nd, etc.)
- Time Runners
 - Kids love to be timed – let them know how long it takes them to get to first from home what it feels like to run hard – remind them when they are lazy
- Two team baseball relay
 - One team @ home, one at 2nd. Touch all bases, hand ball to next runner. First team to finish wins.
- Base Running Circuit (fielders can be added for additional development)
 - Home to 1st
 - First step w/back foot, run through bag, look over right shoulder on throws for possible overthrow
 - 1st to 3rd
 - First step w/foot on bag, look to 3rd base coach, base, and 3rd base coach again after touching base (look, touch, look)
 - 3rd to Home
 - Go to home in foul territory, back to 3rd in fair territory, tag on long fly or foul flies
 - Home to 2nd
 - Coach throws balls in gaps to outfielders, runners look to 1st base coach, round 1st and advance to 2nd if told to do so
 - 2nd to Home
 - Coach throws balls in gaps to outfielders, runners look to 3rd base coach, round 3rd and advance home if told to do so
- Sliding
 - Start w/players in grass then move to infield – feet first only
- Bounce & Run
 - Fielders @ 3rd, short & 1st, runners in line @ 2nd, coach hits/throws balls to SS or 3rd, runners bounce off base and advance on throw to 1st, continue for 3rd to home as well
- No Defense
 - Runners assume ground balls are through and fly balls are singles. Players run, round bases, look to coaches as appropriate for the type and location of hit
- Base Advance Drill
 - 3 outfielders and coach @ 2nd. Players hit soft tossed balls to outfield. Hitter judges outfielders to determine when they can take an additional base or not
- Tagging Up
 - 3 outfielders, runners @ 1st, coach throws balls to outfielders, runners lead-off, tag and advance to next base (1 base each throw/hit)

Base Running: (cont.)

- **Rundown**
 - Set up two base tops in the grass about 30 feet apart. Two of the players are fielders, each covering one base, and the other is a runner. The runner must move from base to base without being tagged as the fielders toss the ball back and forth in an attempt to lure the runners off base.
 - Runners must leave a base at least every second time that the ball is thrown by a fielder
 - Any player tagged becomes a fielder, and the fielder who tagged the runner out now gets to run the bases
 - Player who steals the most bases wins
 - *Multiple runners can be used to increase the participation*



Team Defense:

- Positions
 - Set cones at fielding positions
 - Assign players defensive positions and have them run to correct position from dugout
- Pizza slice defense
 - Divide infield into pizza slices – use cones if available
 - Each player fields balls in their slice only
- Fast Finger Drill
 - Slowly roll balls to players 15-20 ft from coach
 - Count out time taken by players to field ball and return to coach (1,001, 1,002, etc.)
- 5 seconds
 - It should take no more than 5 seconds for a batter to hit a ball and reach 1st base
 - Each time a ball is hit during infield practice count out the time taken to get the ball to the targeted base, plays taking more than 5 seconds are not outs
- Force Out Situations
- Tag Out Situations
- Cut-offs to second
 - Balls hit to outfield gaps, short stop, second and pitcher work on cutoffs and backups to second (cutoff in line w/base, closer to base than ball)
- Call It - Tennis ball flies
 - Coach hits tennis ball flies to a group of fielders, a fielder must call the ball and successfully make the catch, fielder who makes the last successful called catch gets to hit the next 5 fly balls to the group
- On-Off
 - Using a stop watch record the time it takes for the defense to get from the dugout to their positions
 - Each position fields one ball, makes a pre-determined play, the ball is returned to home for the next player
 - Once all players have fielded a ball the entire team returns to the dugout
 - The total time from start to finish is recorded
- Run Down (pickle)
 - Runner is caught between two bases, fielder charges directly at runner forcing him/her to commit, show partner ball in throwing hand raised above shoulder, **receiver calls** for ball from slightly in front of base (no pump fakes), exit to right following throw to base, continue three-man loop until runner is forced back to base or tagged out.