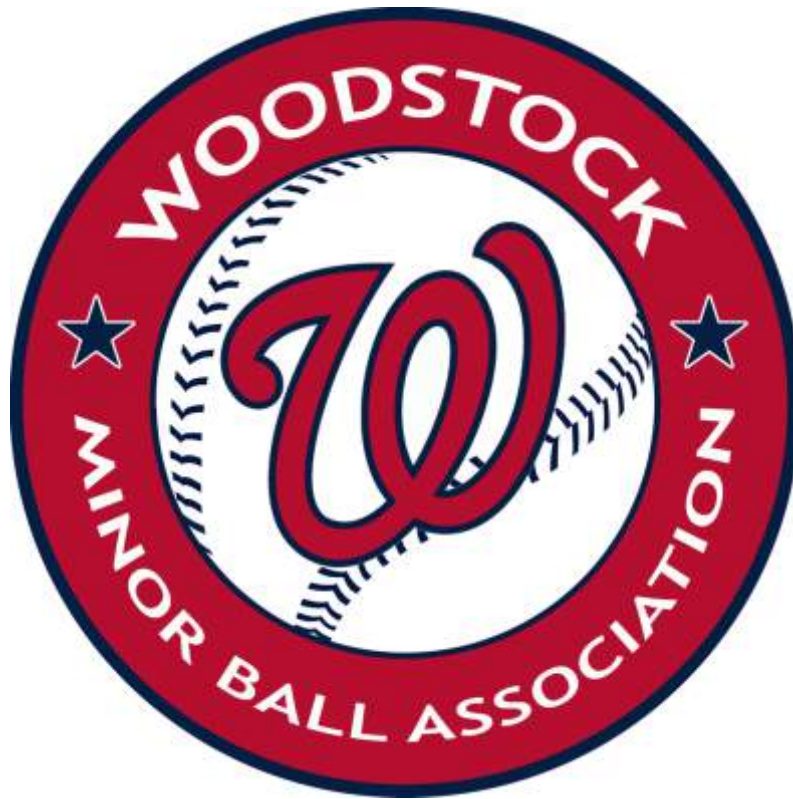


# 11U Practice Plans



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## **Stretch & Warm-up Before Every Practice!**

Dynamic Stretching - Neck Rotation, Arm circles forward and backward big to small, Teapot stretch, Calf Stretch

High Knees, High Kicks, Shuffle Steps, Karaoke Steps

Baseball run - shuffle then sprint

# Practice 1

Mosquito 1	1.5 hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25-40mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Arm Speed Group 2 Balance Drill Group 3 Break of the Hands
40-45mins	Water Break
45-60mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Flat Ground Group 2 Intentional Throwing Group 3 One Knee Drill
60-75mins 4 mins per group per station	Group 1 Power Position Group 2 Squared Throwing Group 3 Upper Body Throwing
75-85mins Whole Team	Free Play
85-90mins	Review Strike Zone
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## Arm Speed

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** Focus on having quick arm speed to the catcher without moving feet

---

### Description of the Drill:

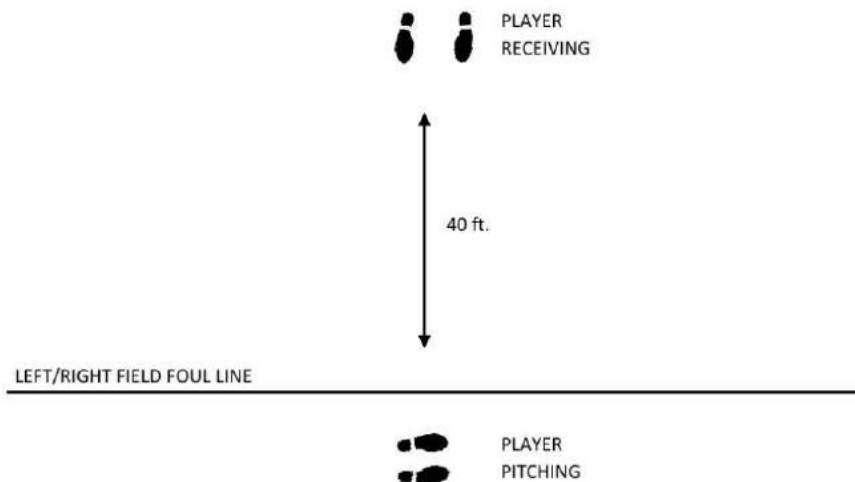
- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner starts from side, with glove shoulder pointed to partner
- Throwing partner makes a quick throw without moving their feet
- Throwing partner shifts weight back and then forward with throw
- If partners are both pitchers, switch after 10 throws

### Add Difficulty:

- To add difficulty, the receiving partner can pause at the "T" throwing position and throw from there

---

### Layout of Drill:



## Balance Drill

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal: In leg up position, move backside towards the catcher first, front heel stays closed**

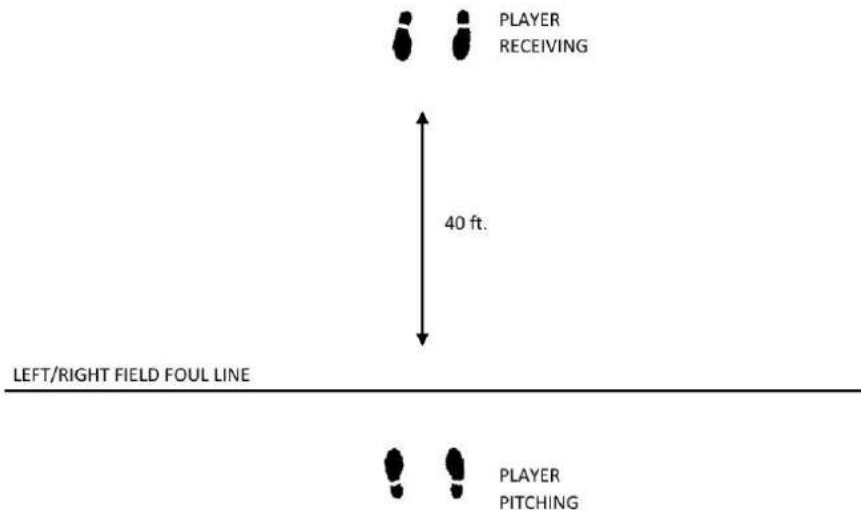
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner goes through full wind-up, slowly, stopping with their front leg up in the air
- Throwing partner then moves their backside to the catcher first, forcing the front heel to stay closed, and throws the ball to partner
- Throwing partner finishes with a smooth follow through
- If partners are both pitchers, switch after 10 throws

---

### Layout of Drill:



## Break of the Hands Drill

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or all pitchers and 1 coach

**Average Time to Complete:** 1-2 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Make sure hands separate at correct time so release point is consistent and on time**

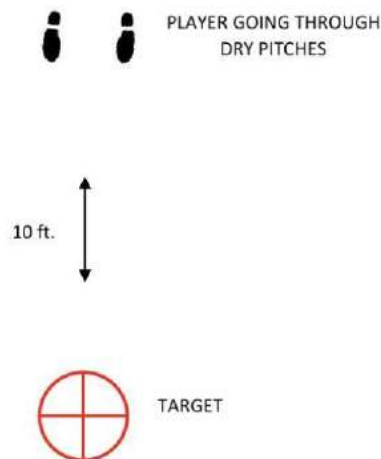
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### Description of the Drill:

- Player sets up at least 10 feet from a target of their choosing (spot on the fence, sign, etc.)
- Player should do repetitions in both the windup and stretch positions
- Player goes through a dry delivery (without throwing) and separates throwing hand from glove hand when the lift leg reaches its highest point
- When done properly, the release point will be on time with fingers on top of the baseball
- Each player should complete 10 repetitions in the windup and stretch positions
- This drill should be done daily as a check point for pitchers

---

### Layout of Drill:



## Flat Ground

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal: Focus on having a good extension and a smooth follow through**

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### Description of the Drill:

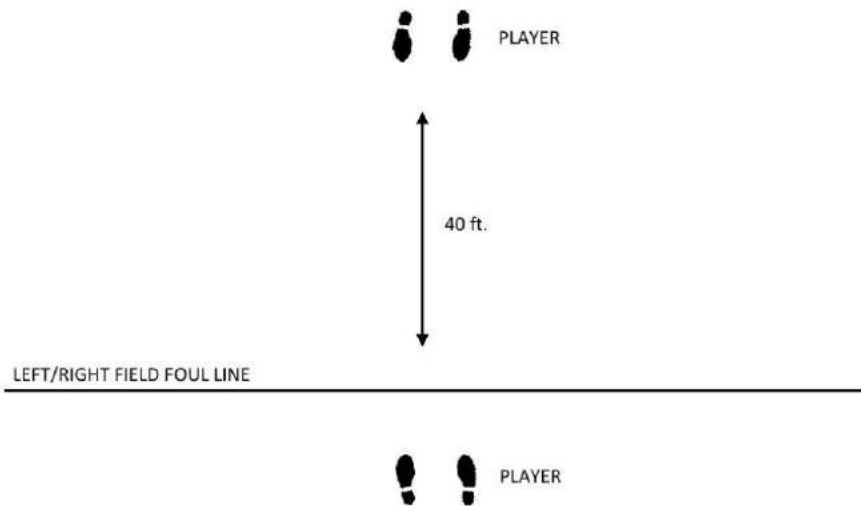
- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner goes through full pitching motion
- Throwing partner focuses on having a good extension and a smooth follow through, and hitting their partner in the chest
- If partners are both pitchers, switch after 10 throws

### Add Difficulty:

- To add difficulty, the throwing partner can throw inside or outside pitches

---

### Layout of Drill:



## Intentional Throwing

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** Focus on getting the upper body loose and having a smooth follow through

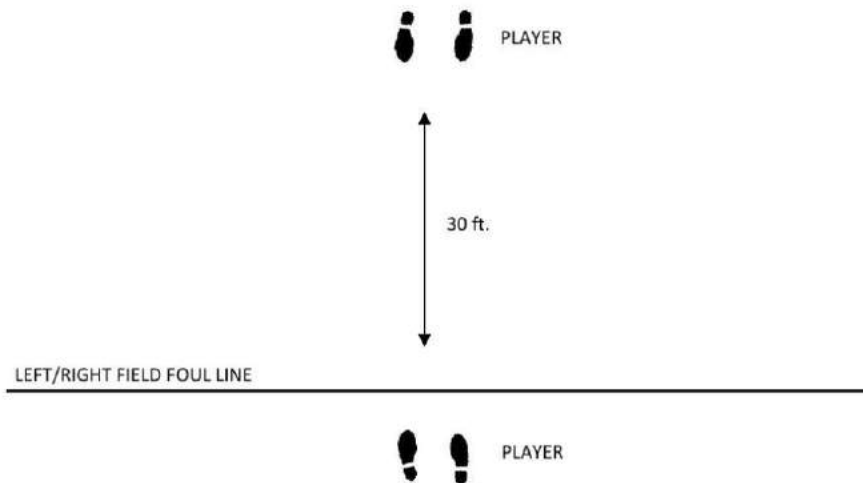
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
- Throwing partner should keep feet planted, shoulder-width apart, facing partner
- Throwing partner shifts weight when throwing from throwing foot to glove foot, but does not move their feet
- Receiving partner gives throwing partner a target with their glove
- Throwing partner focuses on getting the upper body loose and having a smooth follow through with their arm, bending at the waist

---

### Layout of Drill:





## One Knee Drill

Stage #1 of Pitching Delivery

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 1-2 minutes

**Equipment Required:** Balls and gloves

---

**Goal: Focus on core and glove side strength, extension over front knee, direction to target**

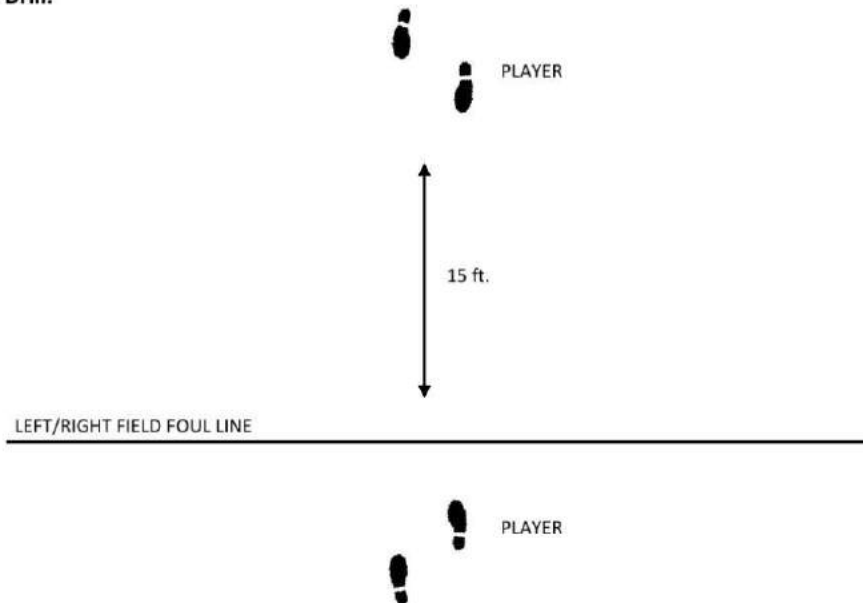
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 15 feet away in left/right field on their throwing side knee, with glove side knee up and bent at a 90 degree angle
- Players should give their partners throwing targets by holding their gloves in front of their chests
- Players pick up the target and come to a set position before throwing
- When throwing, players focus on extension toward the target and release out front, torso should get over front knee with chin and eyes towards target
- Players should throw back and forth until each player has had 10 repetitions

---

### Layout of Drill:



## Power Position

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and glove

---

**Goal: Focus on shifting weight from back to front leg, follow through with upper half**

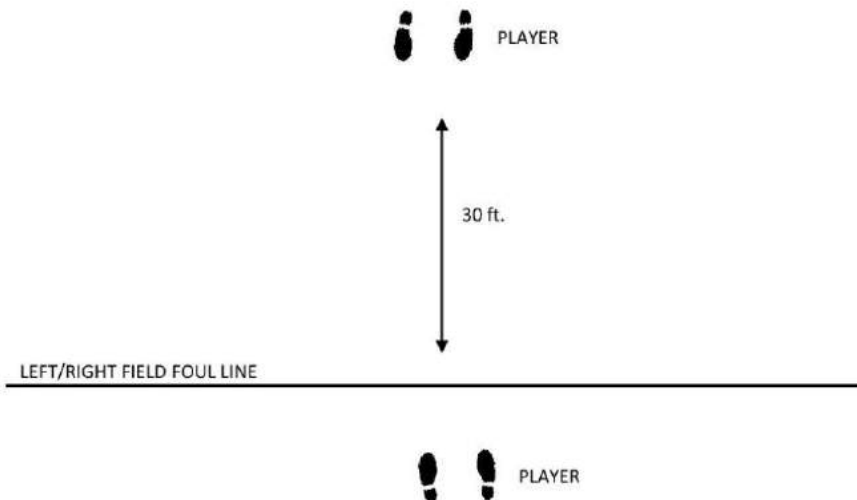
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
- Throwing partner stands with glove shoulder pointed towards receiving partner
- Throwing partner throws from this position, keeping feet planted (no stride)
- Throwing partner's back leg rolls on the toes to shift weight, the back leg does not follow through
- Throwing partner should focus on weight shift and follow through with their upper half
- Partners should throw back and forth from this position so each partner gets 10 throws

---

### Layout of Drill:



## Squared Throwing

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** Focus on getting the upper body loose and having a smooth follow through

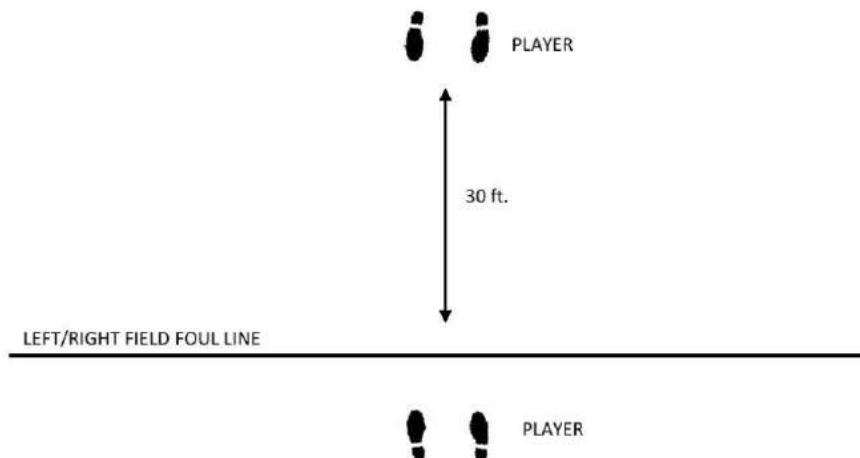
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
- Throwing partner should keep feet planted, shoulder-width apart, facing partner
- Throwing partner shifts weight when throwing from throwing foot to glove foot, but don't move their feet
- Receiving partner gives throwing partner a target with their glove
- Throwing partner focuses on getting the upper body loose and having a smooth follow through with their arm, bending at the waist

---

### Layout of Drill:



## Upper Body Throwing

Stage #2 of Pitching Delivery

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 1-2 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** Focus on using core with an emphasis on extension and strong glove side

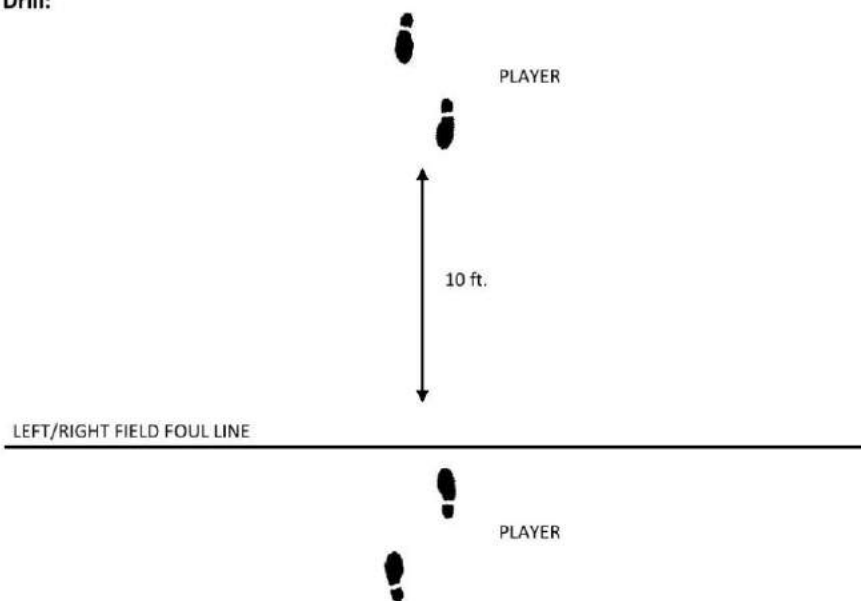
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 10 feet away in left/right field, both on knees facing each other
- Throwing partner uses full arm motion to throw to partner focusing on using core strength and arm extension to throw to partner's glove target
- Partner should keep glove up as a target for the throw
- Players should be able to maintain balance and body control, but if they are unbalanced they may be using too much lower body
- Players throw back and forth until each player has had 10 repetitions

---

### Layout of Drill:



## Practice 2

Mosquito 2	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25-40mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Arm Speed Group 2 Balance Drill Group 3 Break of the Hands
40-45mins	Water Break
45-60mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Basic Receiving Group 2 Bite the Ball Group 3 Drop and Block Line
60-75mins 4 mins per group per station	Group 1 Power Position Group 2 Squared Throwing Group 3 Turn the Glove Over
75-85mins Whole Team	Free Play
85-90mins	Review Strike Zone
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## Arm Speed

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal: Focus on having quick arm speed to the catcher without moving feet**

---

### Description of the Drill:

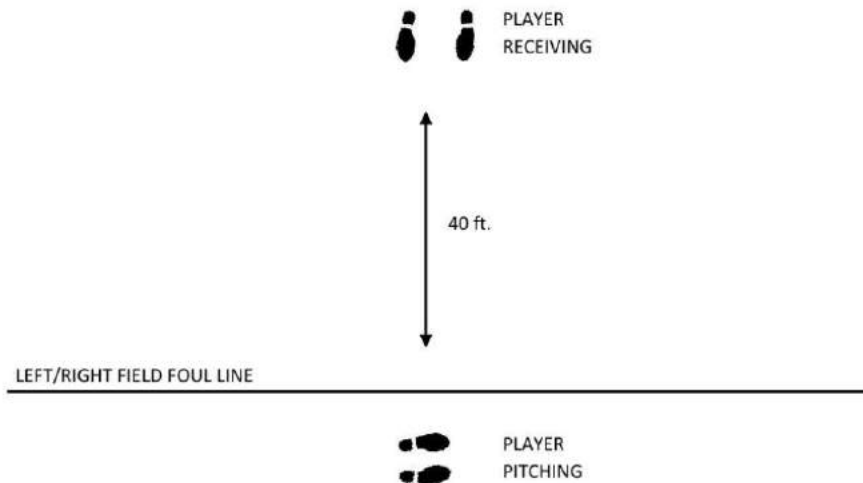
- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner starts from side, with glove shoulder pointed to partner
- Throwing partner makes a quick throw without moving their feet
- Throwing partner shifts weight back and then forward with throw
- If partners are both pitchers, switch after 10 throws

### Add Difficulty:

- To add difficulty, the receiving partner can pause at the "T" throwing position and throw from there

---

### Layout of Drill:



## Balance Drill

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** In leg up position, move backside towards the catcher first, front heel stays closed

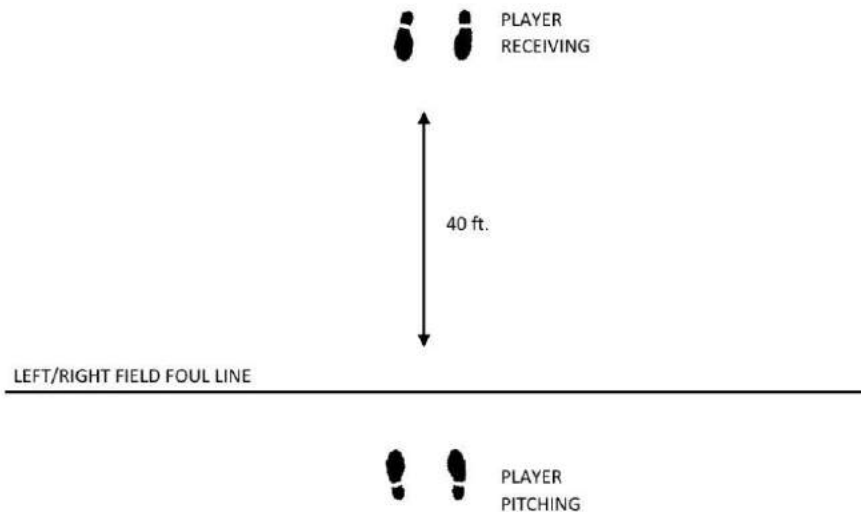
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 40 feet away in left/right field
- Receiving partner catches down in catchers position
- Throwing partner goes through full wind-up, slowly, stopping with their front leg up in the air
- Throwing partner then moves their backside to the catcher first, forcing the front heel to stay closed, and throws the ball to partner
- Throwing partner finishes with a smooth follow through
- If partners are both pitchers, switch after 10 throws

---

### Layout of Drill:





## Break of the Hands Drill

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or all pitchers and 1 coach

**Average Time to Complete:** 1-2 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Make sure hands separate at correct time so release point is consistent and on time**

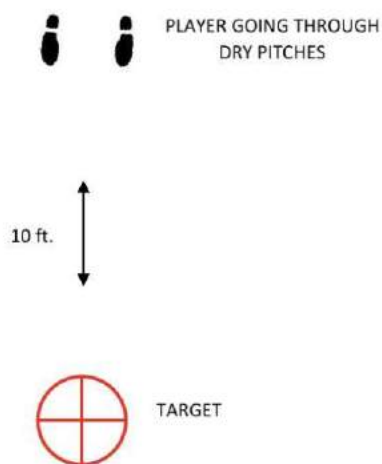
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### Description of the Drill:

- Player sets up at least 10 feet from a target of their choosing (spot on the fence, sign, etc.)
- Player should do repetitions in both the windup and stretch positions
- Player goes through a dry delivery (without throwing) and separates throwing hand from glove hand when the lift leg reaches its highest point
- When done properly, the release point will be on time with fingers on top of the baseball
- Each player should complete 10 repetitions in the windup and stretch positions
- This drill should be done daily as a check point for pitchers

---

### Layout of Drill:



## Basic Receiving

**Skill Set:** Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Catcher's gear, tennis balls (at least 5), can use baseballs

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**Goal: Let the ball travel to their glove hand instead of reaching out to get the ball**

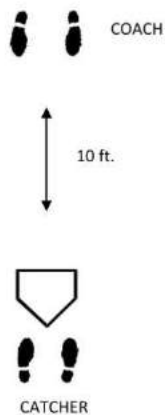
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### Description of the Drill:

- Catcher in full gear, no glove, in catching position (home plate optional)
- Coach/partner with tennis 10 feet in front of the catcher
- Coach/partner throws the ball softly down the middle of the plate
- Catcher keeps their glove hand relaxed, with their throwing hand behind their back
- Catcher focuses on letting the ball travel to them instead of reaching out to get it, and staying soft with their hands, like they are catching an egg
- Catcher tosses each ball back to the coach/partner and partners rotate after 10 repetitions

---

### Layout of Drill (home plate is optional):



## Bite the Ball

**Skill Set:** Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Catcher's gear and gloves, tennis balls (at least 5)

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**Goal:** Keep the chest over the ball and make sure to keep the chin down on the chest

---

### Description of the Drill:

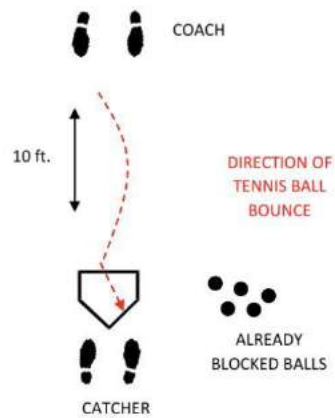
- Catcher in full gear in catching position (home plate optional)
- Coach/partner with tennis balls 10 feet in front of the catcher
- Coach/partner tells the catcher to drop and block, then bounces a tennis ball into the catcher
- Catcher keeps their chest over the ball and their glove covering the gap between their knees, trying to block the ball making sure to keep their chin down on their chest
- Catcher places each ball off to the side and gets back in catching position to block the next pitch

### Add Difficulty:

- To add a degree of difficulty, the coach or partner can move further back to 20 feet and throw the tennis ball harder

---

### Layout of Drill (home plate is optional):



## Drop and Block Line

**Skill Set:** Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Catcher's gear, baseballs or tennis balls (at least 5)

---

**Goal: Cover the five hole with the glove and keep the shoulders over the ball**

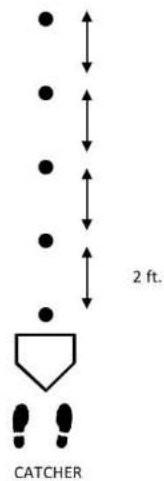
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### Description of the Drill:

- Catcher in full gear, with glove, in catching position (home plate optional)
- Baseballs lined up directly in front of the catcher, 2 feet apart each
- Catcher drops and blocks behind the first ball, pops back up and moves to the next ball in line to repeat
- Catcher should focus on covering the five hole with their glove and getting to the proper blocking position with shoulders over the ball every time
- Catcher should take a short break between reps, allowing a partner to do the drill

---

### Layout of Drill (home plate is optional):



## Power Position

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and glove

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**Goal: Focus on shifting weight from back to front leg, follow through with upper half**

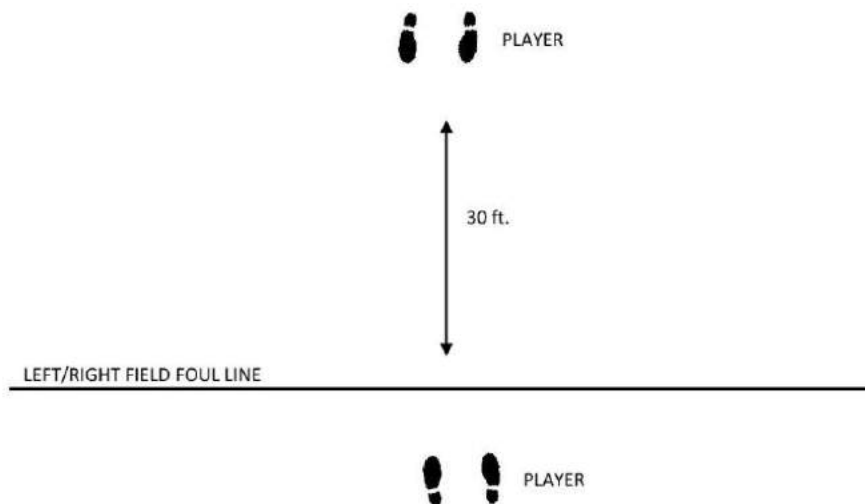
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
- Throwing partner stands with glove shoulder pointed towards receiving partner
- Throwing partner throws from this position, keeping feet planted (no stride)
- Throwing partner's back leg rolls on the toes to shift weight, the back leg does not follow through
- Throwing partner should focus on weight shift and follow through with their upper half
- Partners should throw back and forth from this position so each partner gets 10 throws

---

### Layout of Drill:



## Squared Throwing

**Skill Set:** Pitching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** Focus on getting the upper body loose and having a smooth follow through

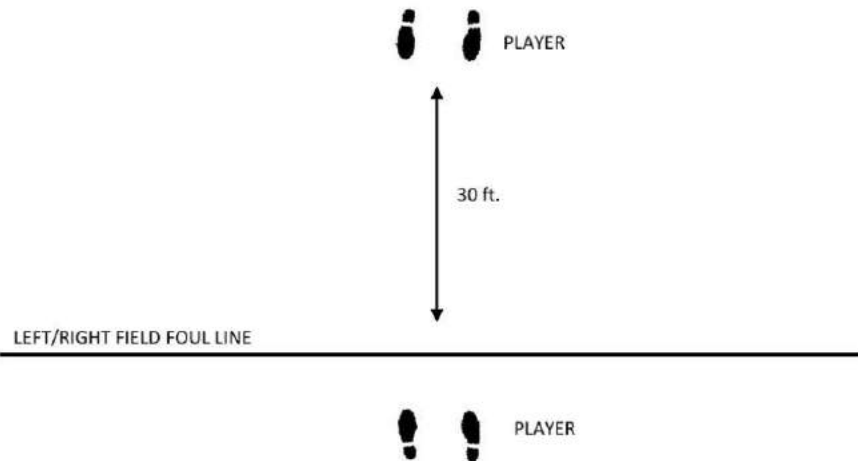
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### Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 30 feet away in left/right field
- Throwing partner should keep feet planted, shoulder-width apart, facing partner
- Throwing partner shifts weight when throwing from throwing foot to glove foot, but don't move their feet
- Receiving partner gives throwing partner a target with their glove
- Throwing partner focuses on getting the upper body loose and having a smooth follow through with their arm, bending at the waist

---

### Layout of Drill:



## Turn the Glove Over

**Skill Set:** Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Catcher's gear, gloves, baseball

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**Goal:** Receiving partner- turn glove to frame the throw, throwing partner- find 4 seams

---

### Description of the Drill:

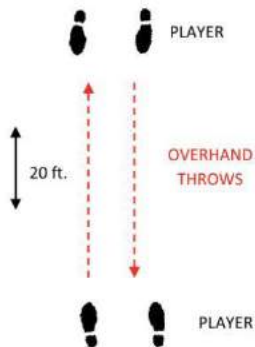
- Partners 20 feet apart on their knees facing each other
- Partners keep knees on the ground and throw back and forth
- Receiving partner catches the ball and turns their glove to frame the throw as a strike
- Throwing partner says "GO!" and throws the ball back to their partner
- Throwing partner should find the 4 seams before throwing the ball to their partner
- Partners throw back and forth to each other until each partner has had 10 repetitions

### Add Difficulty:

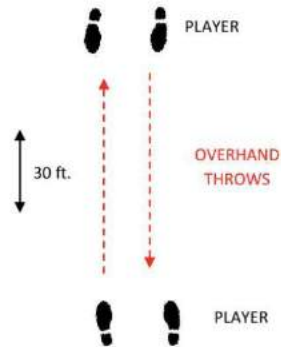
- To add a degree of difficulty, players can move further away from each other to 30 feet apart

---

### Layout of Drill:



### Add Difficulty:



# Practice 3

Mosquito 3	1.5 hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25-40mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 First Base Receiving Group 2 Drop Step Groundballs Group 3 Knee Short Hops
40-45mins	Water Break
45-60mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Slow Rollers Group 2 Fly Balls Group 3 Grounders
60-75mins 4 mins per group per station	Group 1 Read and React Group 2 Ball in Sun Group 3 Shortstop Flips to Second
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End



## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

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**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## 1<sup>st</sup> Base Receiving

**Skill Set:** Infield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Gloves, bucket of baseballs, base

---

**Goal:** Wait until the ball is thrown to stride towards the ball with the glove side foot

---

### Description of the Drill:

- Players is on 1<sup>st</sup> base, with throwing side foot on the bag facing the coach
- Coach is in the 2<sup>nd</sup> baseman position with a bucket of baseballs
- Coach throws baseballs to the 1<sup>st</sup> baseman
- 1<sup>st</sup> baseman should wait until the ball is thrown to stride towards the ball with the glove foot and catch the ball with their throwing side foot still on the bag
- 1<sup>st</sup> baseman places balls off the side and gets ready to receive another throw
- Coach throws the 1<sup>st</sup> baseman balls until they have had 10 repetitions (players may rotate if more than one 1<sup>st</sup> baseman)
- This can also be done with the coach throwing from different positions

### Add Difficulty:

- To add a degree of difficulty, the coach can throw the ball to the right and left of the 1<sup>st</sup> baseman, making them stretch to different types of throws

---

### Layout of Drill:



## Drop Step Groundballs

**Skill Set:** Infield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** Use a drop step to get behind the ball and field it in front of the body

---

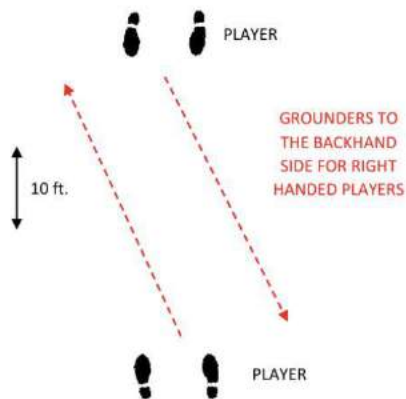
### Description of the Drill:

- Partners 10 feet apart facing each other in defense ready position
- Throwing partner rolls a groundball 10 feet to either side of their partner
- Receiving partner takes a deep step back and runs to get behind the groundball, so that they field it directly in front of them
- Receiving partner stays low while running to get behind the ball and keeps their eyes on the ball, fields the ball directly in front
- Receiving partner then gets reset and rolls a groundball 10 feet to either side of their partner
- Partners throw groundballs back and forth to each other until each partner has had 5 repetitions

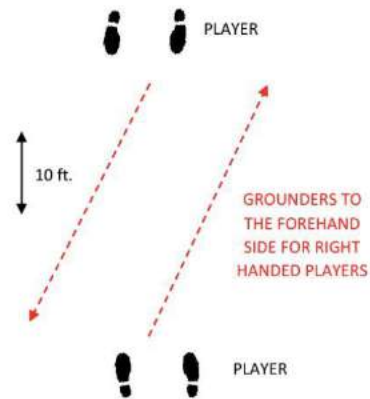
### Add Difficulty:

- To add a degree of difficulty, players can throw the grounders further away from their partner
- To add a degree of difficulty, players can field without a glove, one handed or two handed

### Layout of Drill:



### Add Difficulty:



## Knee Short Hops

**Skill Set:** Infield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal:** Field the ball as soon as it bounces off of the ground, push glove through the ball

---

### Description of the Drill:

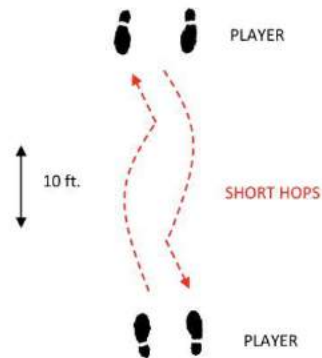
- Partners 10 feet apart on knees facing each other
- Players lean forward on knees, keep their back flat and bend at the hips
- Partners throw short hops to each other so the ball bounces just in front of the other partner at a slow to medium speed
- Receiving partner stays leaned forward, up off of their heels, with their glove out in front of them
- Receiving partner catches ball as soon as it bounces off of the ground and pushes their glove through the ball toward their partner
- Partners throw short hops back and forth to each other until each partner has had 10 repetitions

### Add Difficulty:

- To add a degree of difficulty, players can turn slightly so that their throwing shoulder is slightly pointed to their partner and field short hops forehanded, still on their knees
- To add a degree of difficulty, players can turn so that their glove shoulder is pointed to their partner and field short hops backhanded, still on their knees

---

### Layout of Drill:



## Slow Rollers

**Skill Set:** Infield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal: Stay low, charge the ball, stay under control to field the ball in front of the body**

---

### Description of the Drill:

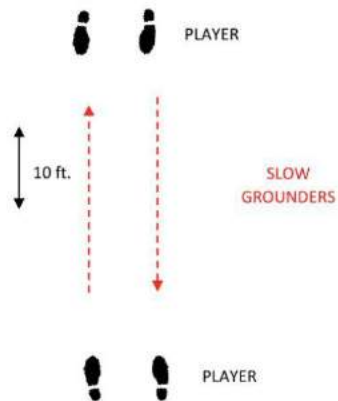
- Partners 10 feet apart facing each other in defense ready position
- Throwing partner rolls a slow grounder straight to partner
- Receiving partner charges the slow rolling ground ball, staying low to field it under control with two hands, and fake a throw to the 1st baseman
- Receiving partner should stay under control so that they can break down and field the ball (don't charge so fast that the player is out of control)
- Receiving partner then rolls a slow grounder to their partner
- Partners throw slow grounders back and forth to each other until each partner has had 10 repetitions

### Add Difficulty:

- To add a degree of difficulty, players can field without a glove, one handed or two handed

---

### Layout of Drill:



## Fly Balls

**Skill Set:** Outfield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal: Move to get under the ball and catch the ball in front of the bill of the hat**

---

### Description of the Drill:

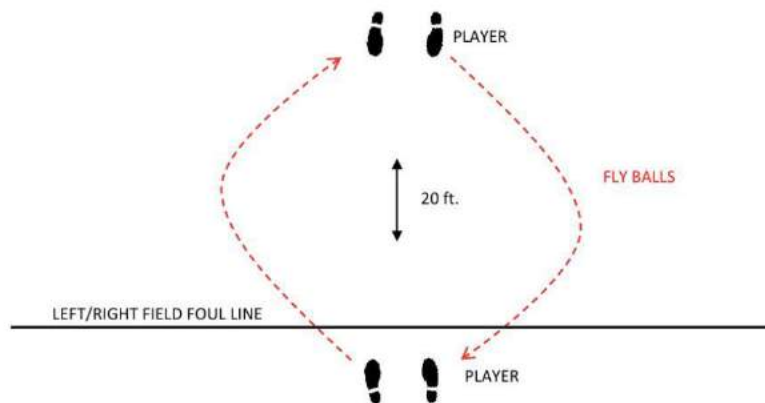
- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Throwing partner tosses ball up high in the air to the receiving partner
- Receiving partner takes a slight step back with one foot (drop step) to find the ball and then moves forward or backward to get under where the ball will land
- Receiving partner catches the ball in front of bill of the hat, fingers of the glove pointed up, keeping eyes on the ball
- Partners throw fly balls back and forth to each other until each player has received 10 fly balls

### Add Difficulty:

- To add a degree of difficulty, make sure the receiving partner is catching the fly ball in a slightly turned stance, with their glove shoulder and foot angled at the ball, so that they are in position to throw the ball quickly

---

### Layout of Drill:



## Grounders

**Skill Set:** Outfield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal: Field the ball on the outside of glove-side foot, keep head down, eyes on the ball**

---

**Description of the Drill:**

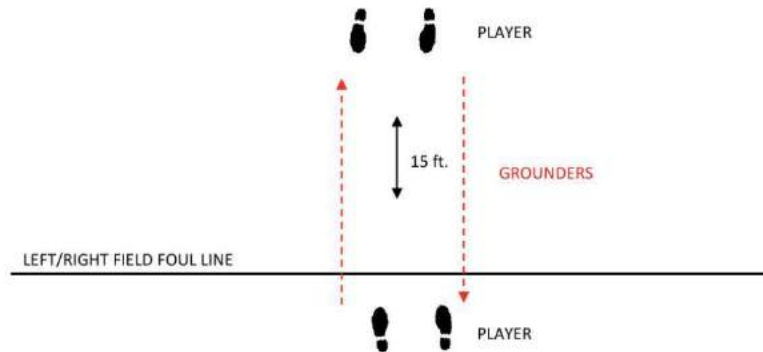
- 1 partner on left/right field foul line, 1 partner 15 feet away in left/right field
- Throwing partner rolls ball on the ground towards receiving partner at a slow to medium speed
- Receiving partner in ready position with glove foot slightly in front of throwing foot
- Receiving partner fields the grounder to the outside of their glove foot that is slightly forward
- Receiving partner should keep their head down, eyes on the ball and push through with glove
- Partners roll grounders back and forth to each other until each player has received 10 grounders

**Add Difficulty:**

- To add a degree of difficulty, the receiving partner can field with their throwing foot slightly forward and should field to the inside of the throwing foot.

---

**Layout of Drill:**



## Read and React

**Skill Set:** Outfield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Balls and gloves

---

**Goal: Make a quick drop step to the correct side and cleanly field the pop up**

---

### Description of the Drill:

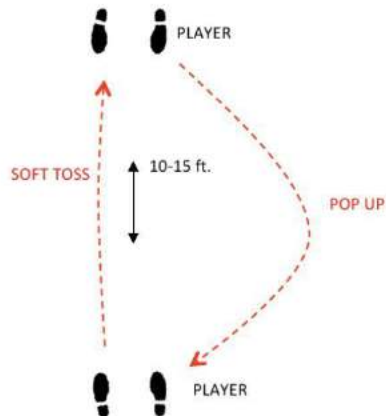
- 2 partners stand 10-15 feet apart in the outfield.
- Both partners start with a ball, and one partner softly tosses the ball to the center of the other partner's chest
- The receiving partner catches the ball with either hand, and whichever hand is used is the side that the throwing partner will open up to for a drop step.
- The throwing partner takes a drop step and the receiving partner then throws a short distance pop-up that the throwing partner catches in the direction of their drop step.
- The throwing partner should focus on making a quick drop step to the side the receiving partner caught the ball, and cleanly fielding the pop up.

### Add Difficulty:

- To add a degree of difficulty, repeat the sequence but with the short distance pop-up thrown to the opposite side that the player opened up, or drop stepped, to. This will help players practice recovering from a bad read and getting back to the correct side of the ball.

---

### Layout of Drill:





## Ball in the Sun

**Skill Set:** Outfield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-3 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Tennis balls or baseballs

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**Goal: Shield eyes from the sun using the glove to be able to see the ball and catch it**

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### Description of the Drill:

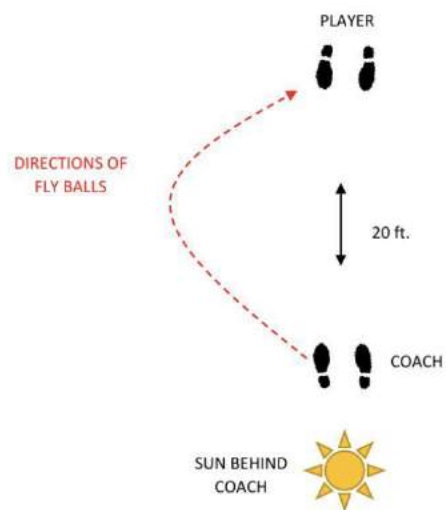
- Coach stands with sun to their back 20 feet in front of player, other players stand behind coach
- Coach throws the tennis ball up in the air so that it is in line with the sun
- Player uses glove to shield their eyes from the sun's glare, finds the ball, and catches the ball
- Player should try to shield as much as possible with their glove so that they can see the ball
- Players should rotate through the line so that they each receive 10 repetitions

### Add Difficulty:

- To add a degree of difficulty, the coach can use real baseballs

---

### Layout of Drill:



## Shortstop Flips to Second Base

**Skill Set:** Infield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 2-3 athletes and 1 coach, or 4 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Gloves, bucket of baseballs, base

---

**Goal:** Underhand flip the ball to 2<sup>nd</sup> baseman's chest on a line at medium speed

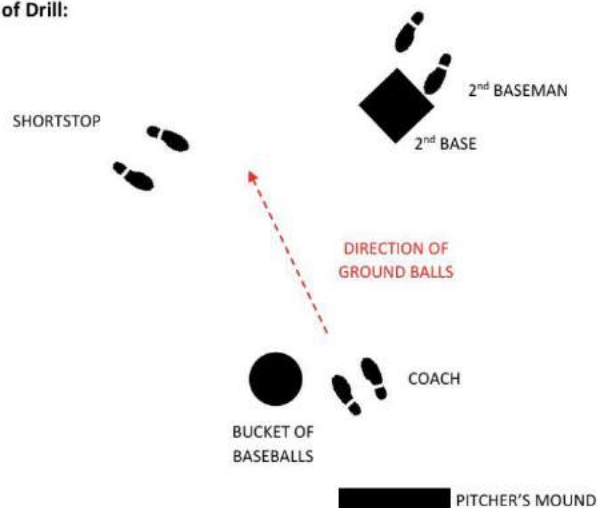
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### Description of the Drill:

- Players are in the second baseman and shortstop positions
- Coach is behind the pitching mound, rolls ground balls slightly to the left of the shortstop
- Shortstop fields the ground ball forehanded and then underhand flips the ball to the 2<sup>nd</sup> baseman covering 2<sup>nd</sup> base, using the momentum to move towards second base
- Shortstop should underhand flip the ball on a line at medium speed to the 2<sup>nd</sup> baseman's chest, while staying low through the flip
- 2<sup>nd</sup> baseman covers 2<sup>nd</sup> base to receive the flip from the shortstop
- Coach rolls 10 ground balls to the shortstop, and then the shortstop and 2<sup>nd</sup> baseman switch positions
- This can also be done with 2<sup>nd</sup> basemen flipping to 1<sup>st</sup> base

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### Layout of Drill:



# Practice 4

Mosquito 4	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25 - 50 mins Whole Team	Defensive Stations - IF, OF, P, C
50 mins	Water Break
55 mins Whole Team	Execute - On the Field
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## Defensive Stations – Infield, Outfield, Pitchers, Catchers

**Skill Set:** Defense

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** Athletes broken into positional groups, 5 group per station group

**Average Time to Complete:** 30 minutes, each station takes 6 minutes, then groups rotate stations

**Equipment Required:** Gloves and Baseballs, fungo bats for coaches

---

**Goal: Focus on the fundamentals of fielding and communication through the stations.**

---

### Infield Stations – 30 Minutes

*The following stations should be set up on the infield or in an open area with a coach.*

#### 1. Shuffle Gather Throw Fungo

- Players are at least 60 feet away from the coach in a line (or in the infield positions), one player at 1<sup>st</sup> base
- Coach is near home plate, hits groundballs to players
- Players field ground ball, staying low, and come up to shuffle feet once, gather the ball in the throwing hand, to throw to 1<sup>st</sup> base
- Players should stay under control when shuffling and get themselves in a better position to throw
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

#### 2. Fungo Charge

- Players in a line at the short stop position
- Coach/player hitting fungo slow rolling ground balls at least halfway from home plate
- Players charge the ball, running through the ball, and field on the run
- Players throw the ball in stride to the 1<sup>st</sup> baseman, moving through the ball after they field it
- Players can also set their feet to throw the ball to the 1<sup>st</sup> baseman
- Players throw the ball to the player at first base and then rotate to the back of the line
- Players rotate through the line until each player has fielded 10 ground balls

#### 3. 4.3 Drill

- Infield is at all positions except pitcher, catchers do not need gear, just gloves
- Coach 1 set up beside home plate to hit ground balls
- Coach 1 hits ground balls to each position, one at a time
- Players field the ball and throw it to first base; first baseman tosses the ball back in to the catcher
- Coach 2 starts timer when ball is hit and stops timer when first baseman catches the throw
- The goal is for each position to get the ball to first base in 4.3 seconds or less per position
- Players should focus on fielding the ball cleanly and playing at game speed
- Coach 2 should tell the player their time after every rotation

## Execute – On the Field

**Skill Set:** Offense

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** Athletes broken into groups; position players and pitchers

**Average Time to Complete:** 30 minutes

**Equipment Required:** Gloves, bases, baseballs

---

**Goal: Focus on the fundamentals of baserunning and fielding through stations.**

---

### Position Player Stations – 30 minutes total

*Players should be split into groups for the baserunning stations, then once the baserunning station rotation has been completed the players should be split into groups based on position (Infield, Outfield, Catching)*

### Baserunning Stations – 15 minutes

#### 1. Rounding 1<sup>st</sup> Base – 3 minutes

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1<sup>st</sup> base foul line, 10 feet up the line from 1<sup>st</sup> base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1<sup>st</sup> base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1<sup>st</sup> base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1<sup>st</sup> base 5 times

#### 2. Leads from 1<sup>st</sup> Base – 3 minutes

- Player starts on 1<sup>st</sup> base, other players in a line behind 1<sup>st</sup> base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
  - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
  - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2<sup>nd</sup> base
  - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
  - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

#### 3. Leads from 2<sup>nd</sup> Base – 3 minutes

- Player starts on 2<sup>nd</sup> base, other players in a line behind 2<sup>nd</sup> base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations (each lead should be slightly angled back):

# Practice 5

Mosquito 5	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25 - 50 mins Whole Team	Defensive Stations - IF, OF, P, C
50 mins	Water Break
55 - 75 mins 2 Groups	Group 1 Break Down and Come Through Group 2 Cut Offs for Outfield
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart



## Defensive Stations – Infield, Outfield, Pitchers, Catchers

**Skill Set:** Defense

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** Athletes broken into positional groups, 5 group per station group

**Average Time to Complete:** 30 minutes, each station takes 6 minutes, then groups rotate stations

**Equipment Required:** Gloves and Baseballs, fungo bats for coaches

---

**Goal: Focus on the fundamentals of fielding and communication through the stations.**

---

### Infield Stations – 30 Minutes

*The following stations should be set up on the infield or in an open area with a coach.*

#### 1. Shuffle Gather Throw Fungo

- Players are at least 60 feet away from the coach in a line (or in the infield positions), one player at 1<sup>st</sup> base
- Coach is near home plate, hits groundballs to players
- Players field ground ball, staying low, and come up to shuffle feet once, gather the ball in the throwing hand, to throw to 1<sup>st</sup> base
- Players should stay under control when shuffling and get themselves in a better position to throw
- Players field and throw the ball, then rotate to the back of the line
- Coach hits groundballs so that each player receives 10 repetitions

#### 2. Fungo Charge

- Players in a line at the short stop position
- Coach/player hitting fungo slow rolling ground balls at least halfway from home plate
- Players charge the ball, running through the ball, and field on the run
- Players throw the ball in stride to the 1<sup>st</sup> baseman, moving through the ball after they field it
- Players can also set their feet to throw the ball to the 1<sup>st</sup> baseman
- Players throw the ball to the player at first base and then rotate to the back of the line
- Players rotate through the line until each player has fielded 10 ground balls

#### 3. 4.3 Drill

- Infield is at all positions except pitcher, catchers do not need gear, just gloves
- Coach 1 set up beside home plate to hit ground balls
- Coach 1 hits ground balls to each position, one at a time
- Players field the ball and throw it to first base; first baseman tosses the ball back in to the catcher
- Coach 2 starts timer when ball is hit and stops timer when first baseman catches the throw
- The goal is for each position to get the ball to first base in 4.3 seconds or less per position
- Players should focus on fielding the ball cleanly and playing at game speed
- Coach 2 should tell the player their time after every rotation

## Break Down and Come Through

**Skill Set:** Outfield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-6 athletes and 1 coach, or 6 athletes as a group

**Average Time to Complete:** 10-15 minutes

**Equipment Required:** Gloves, bucket of baseballs

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**Goal:** Field the ball on the run, coming through the ball and fielding outside of glove foot

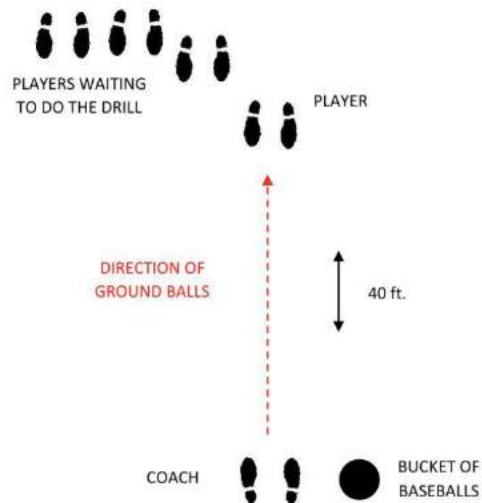
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### Description of the Drill:

- Players start in a line behind 40 feet in front of the coach
- Coach can roll or hit ground balls to each player
- Players should get around the baseball and come through it as they field
- Player fields the ball to the outside of their glove foot and pushes through it to get to throwing position
- Player can toss the ball back to the coach while the next player is getting ready to start the drill
- Players should rotate through the line so that they each get 10 repetitions

---

### Layout of Drill:



## Cut Offs for Outfield

**Skill Set:** Outfield

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** All outfielders and middle infielders, 1 coach

**Average Time to Complete:** 15 minutes

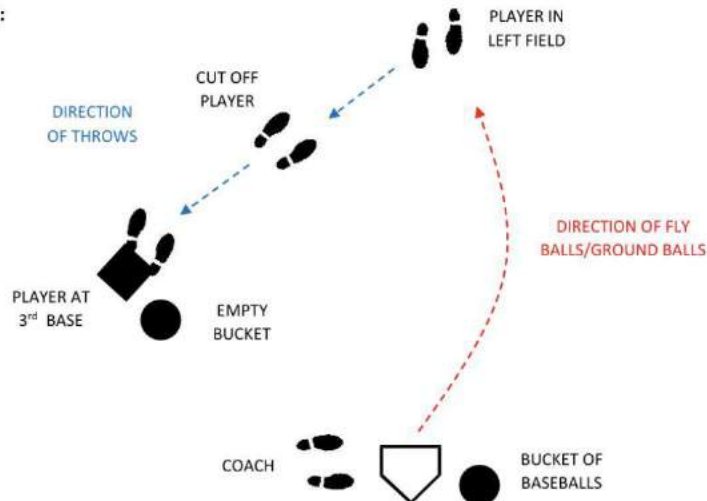
**Equipment Required:** Gloves, baseballs

**Goal:** Make a good throw to the cut off player focusing on their knees as a target

### Description of the Drill:

- All outfielders start in a line in center field
- Coach stands at home plate and hits a fly ball or ground ball to first outfielder
- Outfielder fields ball, throws to the shortstop who is halfway between the outfielder and 3<sup>rd</sup> base
- The outfielder should focus on making a good throw to the cut off player, focusing on their knees as a target, the outfielder should aim low and miss low with their throw
- Shortstop catches the throw and throws the ball to the 3<sup>rd</sup> baseman, who is covering 3<sup>rd</sup> base
- 3<sup>rd</sup> baseman places the ball in an empty bucket behind them
- Outfielder rotates to back of the line
- Outfielders rotates through the line in left field so they each receive 3 repetitions, then the whole line goes to centerfield and repeats the drill

### Layout of Drill:



# Practice 6

Mosquito 6	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25-40mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 - 123 Drill Group 2 Ball Hit Front Toss Group 3 Bottom Hand Tee
40-45mins	Water Break
45-60mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Decline Swing Group 2 Front Fastball Toss Group 3 Location Tee
60-75mins 4 mins per group per station	Group 1 Rhythm Tee Group 2 Ball Hit Front Toss Group 3 Fastball Front Toss
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## 1-2-3 Drill

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into

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**Goal: Load so that weight is shifted mostly to back foot, stride while staying balanced**

---

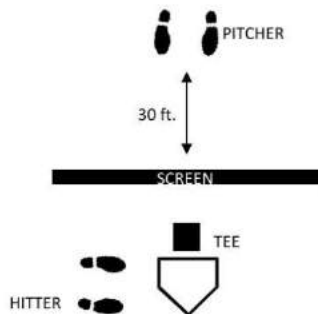
### Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, looks forward to visualize a pitcher
- Partner then calls out "1, 2, 3" pausing after each number, on each number hitter will:
  - 1: Hitter loads shifting weight to back foot
  - 2: Hitter strides while staying balanced, hands separate to move back from the shoulder
  - 3: Hitter swings and hits the ball
- Hitter tries to hit the ball back up the middle
- Partners switch after 5 swings

### Add Difficulty:

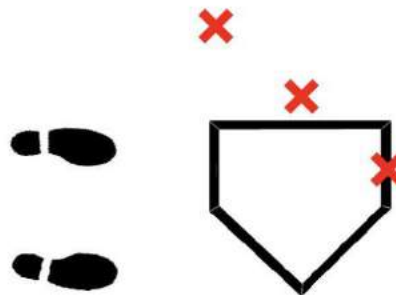
- To add a degree of difficulty, one of the partners can stand 30 feet away on the other side of the net the players are hitting into (shown below) and go through a dry pitch like a pitcher (without a ball), this gives the hitter a real visual of a pitcher (1, 2, 3 should still be separated motions)
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

### Layout of Drill (pitcher is optional):



### Contact Points for a Right Handed Hitter:

(Flip for Left Handed Hitters)



## Ball-Hit Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, and a bucket of baseballs

---

**Goal:** Call out “ball” when see ball before the pitch, call out “hit” at contact with the ball

---

**Description of the Drill:**

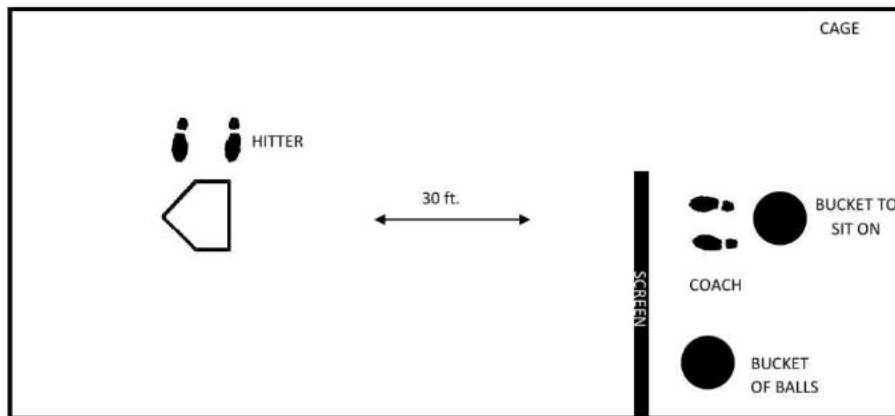
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach throws overhand while seated on a chair or bucket, down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter says “ball” when they first see the ball in the coach’s hand, and “hit” when they make contact
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**



## Bottom Hand Tee

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into, (short bat can be used)

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**Goal:** Hit line drives back up the middle, control barrel of the bat, keep shoulder closed

---

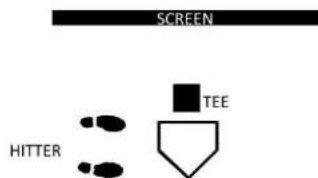
### Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, hold bat with the hand closest to the knob of the bat (bottom hand)
- Hitter places other hand (top hand) across chest on front shoulder to keep shoulder closed
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle
- If the bat is too heavy to control with one hand, the hitter may slide their hand up on the bat
- Partners switch after 5 swings
- A short 28" bat can also be used for this drill

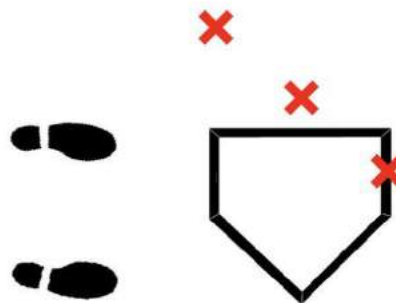
### Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

### Layout of Drill:



### Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)





## Decline Swings

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Bat, decline hill or similar slope

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**Goal: Focus on hitting against the front leg and keeping upper body and head behind it**

---

**Description of the Drill:**

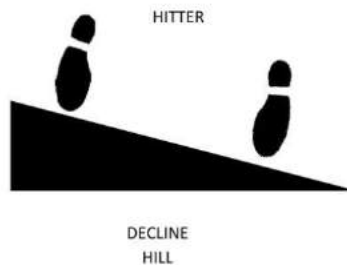
- Hitter sets up in hitting stance on a decline hill or similar slope with back foot at top of the hill and front foot down the hill
- Hitter takes dry swings (without hitting a ball)
- Focus should be on hitting against the front leg and keeping the head and body behind it
- If hitter feels their head and upper body getting out over their front leg, they should move their front leg forward a half inch and repeat until they find a spot where their body and head stays behind their leg (this is the stance they should then use as their hitting stance)
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, hitters can hit off of a tee from the decline position
- To add a degree of difficulty, hitters can hit front toss from the decline position

---

**Layout of Drill:**



## Fastball Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, and a bucket of baseballs

---

**Goal:** Focus on rhythm of the hitter with the pitcher and driving the ball up the middle

---

**Description of the Drill:**

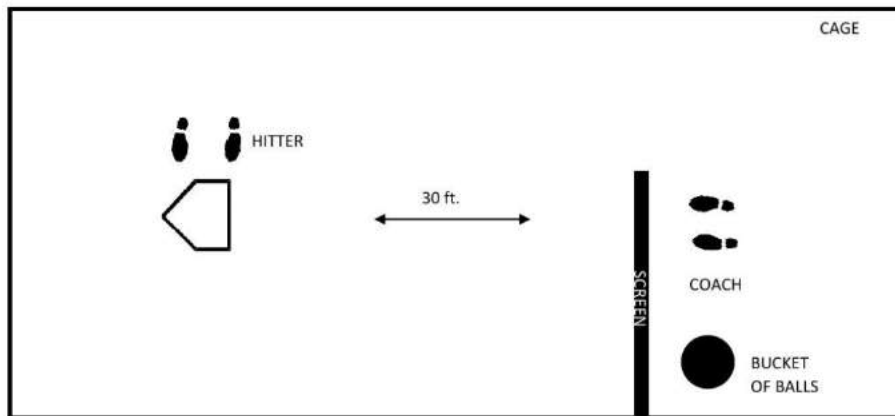
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**



## Location Tee

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into

---

**Goal:** Hit the ball up the middle, pull side, and opposite field based on contact point

---

### Description of the Drill:

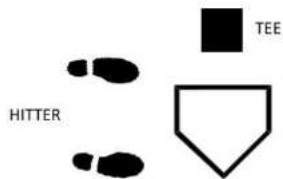
- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

### Add Difficulty:

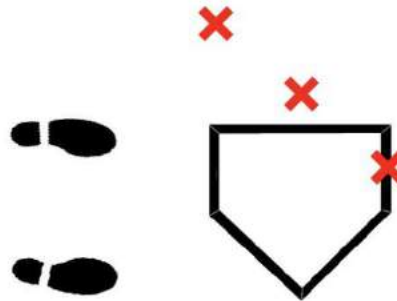
- To add a degree of difficulty, the hitter can also move the tee to different contact point heights (low, middle, high)

---

### Layout of Drill:



### Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



## Rhythm Tee

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into

---

**Goal: Focus on using momentum from the steps to drive the ball up the middle**

---

### Description of the Drill:

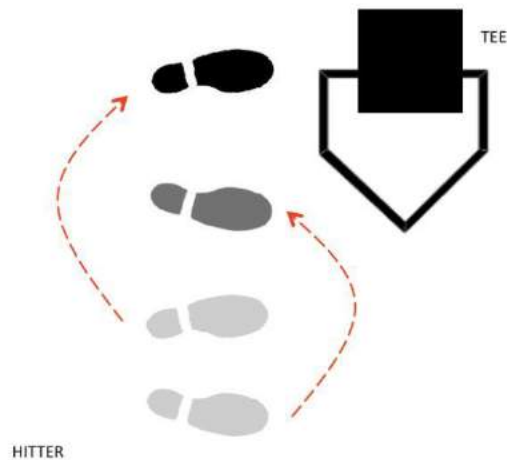
- Tee set up slightly in front of the middle of the plate
- Hitter sets up two steps back from the plate (toward the catcher position)
- Hitter crosses their back foot in front of their front foot, staying square to the plate
- Hitter then steps with the front foot into the normal area of their batting stance
- As front foot moves forward towards the pitcher, the weight should be shifted onto the back foot as the load, and the front foot should stride into the normal stride position
- Hitter then tries to hit the ball back up the middle, using the momentum from the steps
- Partners switch after 5 swings

### Add Difficulty:

- To add a degree of difficulty, a coach can front toss to the hitter as the hitter continues to keep the same rhythm footwork, timing the steps with the pitch.

---

### Layout of Drill:



## Ball-Hit Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, and a bucket of baseballs

---

**Goal:** Call out “ball” when see ball before the pitch, call out “hit” at contact with the ball

---

**Description of the Drill:**

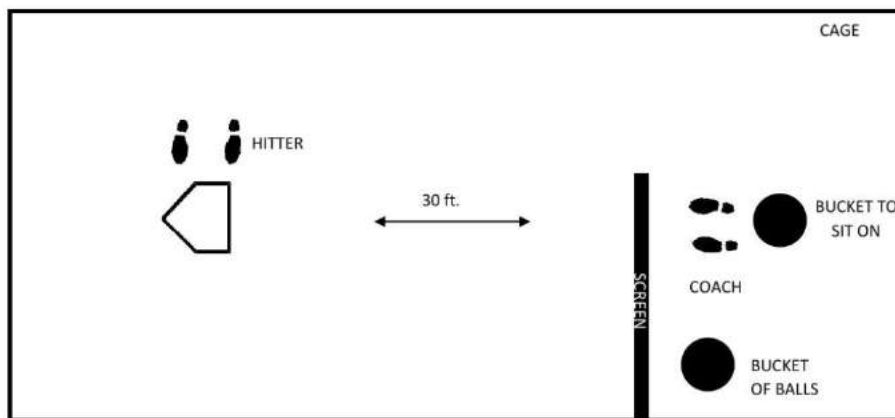
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach throws overhand while seated on a chair or bucket, down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter says “ball” when they first see the ball in the coach’s hand, and “hit” when they make contact
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**



## Fastball Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, and a bucket of baseballs

---

**Goal:** Focus on rhythm of the hitter with the pitcher and driving the ball up the middle

---

**Description of the Drill:**

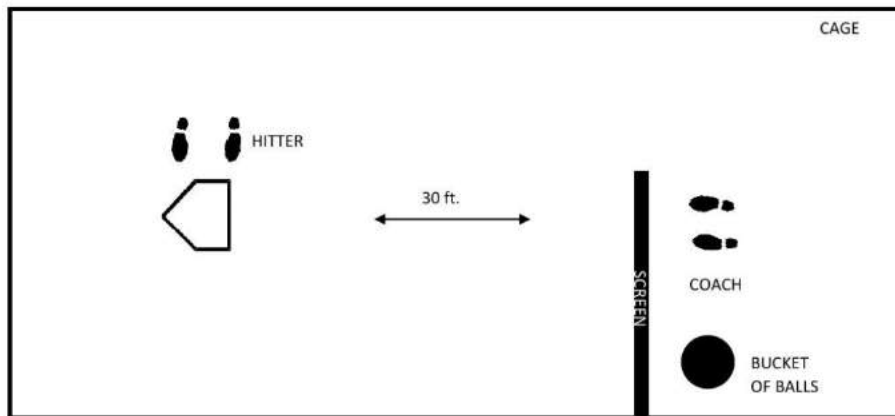
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**



# Practice 7

Mosquito 7	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25 - 55 mins Whole Team	Offensive Stations - Tee and Live Hitting
55 mins	Water Break
60 - 75 mins 2 Groups	Group 1 Fastball Front Toss Group 2 Sacrifice Bunt
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart



## Offensive Stations – Tee and Live Hitting

---

**Skill Set:** Offense

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** Athletes broken into 2 groups, 1 group per station

**Average Time to Complete:** 30 minutes, each station takes 15 minutes, then groups rotate stations

**Equipment Required:** Field, tees, baseballs, net or screen to hit into, cage, throw down bases

---

**Goal: Focus on the fundamentals of hitting and baserunning through stations.**

---

### Offensive Stations – 30 minutes total

*The following stations should be set up in a cage for tee work and on a field or open space for live hitting.*

#### 1. Location Tee – 15 minutes

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

#### 2. Live Hitting – 15 minutes

- Set up a front toss screen on the field and have a coach throw front toss to the hitters.
- Players next in line to hit should be warming up in the on deck circle. All other players waiting their turn to hit should be in the dugout.
- Each hitter should get at least 10 swings off of front toss on the field.
- On the last swing of their turn, have the players run through first base, and then rotate back into the dugout to wait for another turn to hit.

## Fastball Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, and a bucket of baseballs

---

**Goal:** Focus on rhythm of the hitter with the pitcher and driving the ball up the middle

---

**Description of the Drill:**

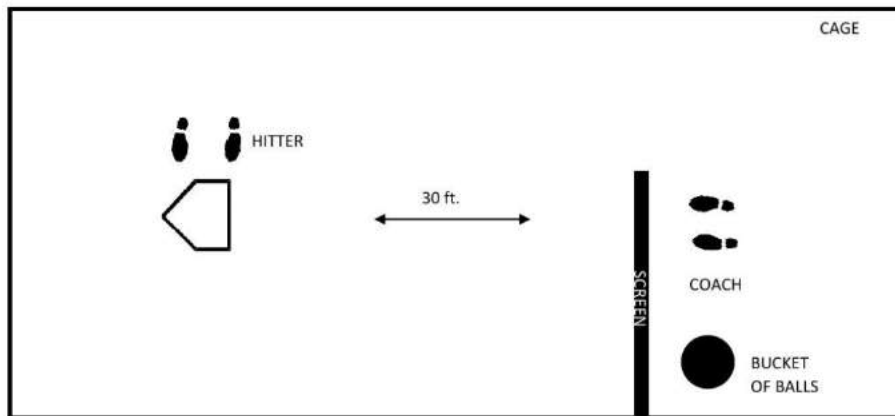
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches
- Focus should be on good quality swings, with hitters finishing their swing and staying balanced
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**



## Sacrifice Bunt

**Skill Set:** Bunting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-4 athletes and 1 coach, or 3-4 athletes as a group

**Average Time to Complete:** 10 minutes

**Equipment Required:** Throw down base, at least 5 baseballs, helmet, bat

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**Goal: Bunt the ball down on the ground, making it stop before reaching the tosser**

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### Description of the Drill:

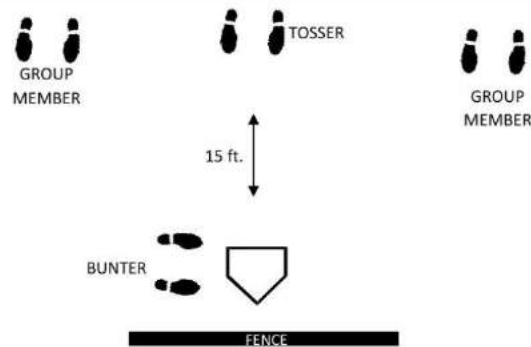
- Throw down plate set up with fence as backstop
- Bunter sets up even with the plate, gets down on one knee (back leg is down on knee)
- One group member/coach stands 15 feet in front of bunter and tosses ball underhand at a slow to medium speed down the middle of the plate
- Other group member(s) gather the balls as they are bunted
- Bunter should show bunt early, before the tosser throws the ball
- Bunter focuses on keeping the bat at the top of the strike zone (chest level) with the barrel slightly higher than the hands, and bunting the ball on the ground, making it stop rolling before reaching the tosser
- Top hand should be slid to the bottom of the barrel and the bottom hand should be at the bottom of the grip
- Partners switch after 5 bunts

### Add Difficulty:

- To add a degree of difficulty, the tosser can toss the ball inside, outside, low, and high
- The bunter should always bunt the ball on the ground, not popping it up.

---

### Layout of Drill:



# Practice 8

Mosquito 8	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25 - 55 mins Whole Team	Baserunning Circuit
55 - 60 mins	Water Break
60 - 75 mins	Leads from 1st, 2nd, 3rd
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## Baserunning Circuit

**Skill Set:** Baserunning

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** Athletes broken into 4 groups, 1 group per station

**Average Time to Complete:** 20 minutes, each station takes 5 minutes, then groups rotate stations

**Equipment Required:** Bases

---

**Goal: Focus on baserunning fundamentals including rounding and leads at each base.**

---

### Baserunning Stations

*The following stations should be set up on a field or on throw down bases, with a coach or pitcher on the pitcher's mound to simulate the windup and pitch.*

#### 1. Rounding 1<sup>st</sup> Base – 5 minutes

- Player starts in the batter's box with a bat, other players in a line behind them against the fence of the backstop
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every hitter
- Cone set up 5 feet in foul territory from the 1<sup>st</sup> base foul line, 10 feet up the line from 1<sup>st</sup> base
- The batter swings, drops the bat, and runs to first, staying inside of the cone and striking the front inside corner of 1<sup>st</sup> base
- The runner slows down after rounding the bag, coming to a shuffle and then getting back to 1<sup>st</sup> base, then jogs to the back of the line at home plate
- Each player rotates through the line so that they each round 1<sup>st</sup> base 5 times

#### 2. Leads from 1<sup>st</sup> Base – 5 minutes

- Player starts on 1<sup>st</sup> base, other players in a line behind 1<sup>st</sup> base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
  - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
  - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2<sup>nd</sup> base
  - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
  - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

#### 3. Leads from 2<sup>nd</sup> Base – 5 minutes

- Player starts on 2<sup>nd</sup> base, other players in a line behind 2<sup>nd</sup> base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead

- Rotations (each lead should be slightly angled back):
    - Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
    - Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3<sup>rd</sup> base when the pitcher goes to throw to the plate
    - Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3<sup>rd</sup> base
  - Each player rotates through each lead 3 times
- 4. Leads at 3<sup>rd</sup> Base – 5 minutes**
- Player starts on 3<sup>rd</sup> base, other players in a line behind 3<sup>rd</sup> base
  - Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
  - One player acts as a 3<sup>rd</sup> baseman in defensive position
  - Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
    - Player takes a lead (so that they are even with the 3<sup>rd</sup> baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
    - Player takes a lead (so that they are even with the 3<sup>rd</sup> baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
  - Each player rotates through each lead 3 times

## Leads from 1<sup>st</sup> Base

**Skill Set:** Base Running

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-5 athletes and 1 coach, or 6 athletes as a group

**Average Time to Complete:** 10 minutes

**Equipment Required:** Base

---

**Goal:** Take good leads to increase the chance of making it to the next base

---

### Description of the Drill:

- Player starts on 1<sup>st</sup> base, other players in a line behind 1<sup>st</sup> base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations:
  - Player takes a basic lead (3.5 shuffle steps), pauses, then goes back to the bag and gets in the back of the line
  - Player takes an aggressive lead (4.5 shuffle steps), pauses but keeps their feet moving, then steals 2<sup>nd</sup> base
  - Player takes a basic and secondary lead (3.5 shuffle steps plus 3 more aggressive shuffles) then goes back to the bag and gets in the back of the line
  - Player takes a defensive and secondary lead (3 shuffle steps plus 3 more aggressive shuffles), pauses, then goes back to the bag and gets in the back of the line
- Each player rotates through each lead 3 times

---

### Layout of Drill:





## Leads from 2<sup>nd</sup> Base

**Skill Set:** Base Running

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-5 athletes and 1 coach, or 6 athletes as a group

**Average Time to Complete:** 10 minutes

**Equipment Required:** Base

---

**Goal:** Keep feet moving to react to throws and get back to the bag or go to 3<sup>rd</sup> base

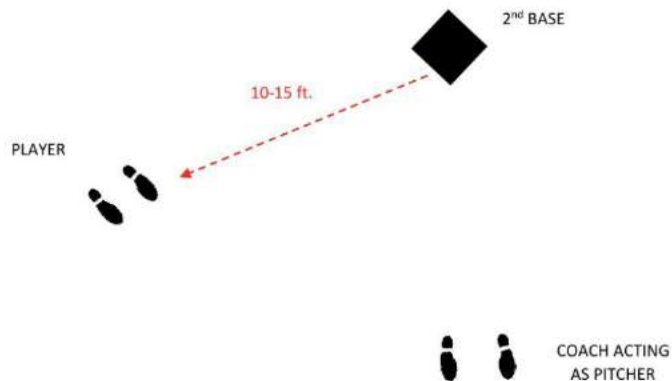
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### Description of the Drill:

- Player starts on 2<sup>nd</sup> base, other players in a line behind 2<sup>nd</sup> base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- Rotations (each lead should be slightly angled back):
  - Player takes a lead (10-15 feet) shuffling their feet, pauses, then goes back to the bag and gets in the back of the line
  - Player takes a lead (10-15 feet), pauses but keeps their feet moving, then takes a couple more steps towards 3<sup>rd</sup> base when the pitcher goes to throw to the plate
  - Player takes a lead (10-15 feet), keeps shuffling further as pitcher delivers to the plate, then steals 3<sup>rd</sup> base
- Each player rotates through each lead 3 times

---

### Layout of Drill:



## Leads from 3<sup>rd</sup> Base

**Skill Set:** Base Running

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-5 athletes and 1 coach, or 6 athletes as a group

**Average Time to Complete:** 10 minutes

**Equipment Required:** Base

---

**Goal:** Get footwork ready to score, keep feet moving, but don't get too far from the bag

---

### Description of the Drill:

- Player starts on 3<sup>rd</sup> base, other players in a line behind 3<sup>rd</sup> base
- Coach/partner acting as pitcher, goes through a wind-up without a ball for every lead
- One player acts as a 3<sup>rd</sup> baseman in defensive position
- Rotations (each lead should be in foul territory, and return to the bag should be in fair territory):
  - Player takes a lead (so that they are even with the 3<sup>rd</sup> baseman) shuffling their feet or walking, pauses, then goes back to the bag quickly and gets in the back of the line
  - Player takes a lead (so that they are even with the 3<sup>rd</sup> baseman), pauses but keeps their shoulders pointed towards home plate, then acts as if the ball has been hit and runs home
- Each player rotates through each lead 3 times

---

### Layout of Drill:



# Practice 9

Mosquito 9	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25-40mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Angle Flips Group 2 Double Ball Toss Group 3 High Tee
40-45mins	Water Break
45-60mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Off Speed Front Toss Group 2 Random Front Toss Group 3 Rapid Fire Toss
60-75mins 4 mins per group per station	Group 1 Short Bat Top Hand Front Toss Group 2 Short Bat Bottom Hand Front Toss Group 3 Soft Toss
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## Angle Flips

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Bat, helmet, home plate, and a bucket of baseballs

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**Goal: Focus on driving the ball up the middle by hitting the inside of the ball**

---

**Description of the Drill:**

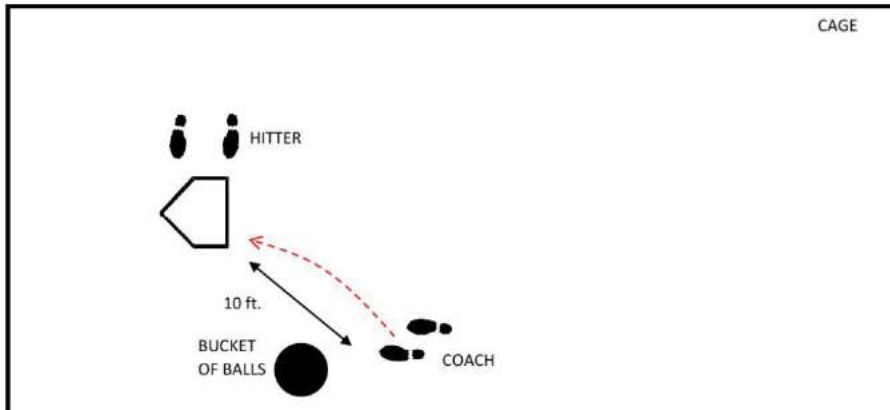
- Hitter sets up even with the plate
- Coach sets up to the opposite side of the hitter at an angle, about 10 feet away from the hitter
- Coach should make sure to be at a far enough angle to not get hit by the ball
- Coach underhand tosses the ball across the middle of the plate
- Hitter tries to hit the ball back up the middle, working on timing with the coach's pitches and being sure not to rush through the drill
- Focus should be hitting the ball back up the middle, staying inside the baseball
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should try to hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**



## Double Ball Toss

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Bucket of baseballs, bat

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**Goal:** Hit the ball up the middle working on hand-eye coordination and reaction time

---

### Description of the Drill:

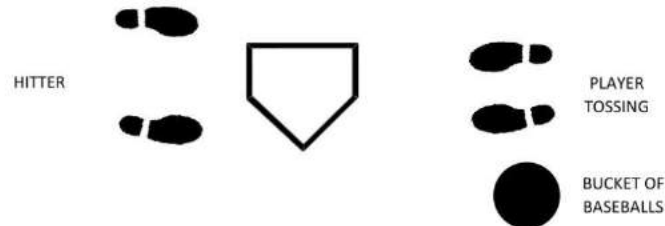
- Hitter sets up even with the plate, while partner kneels on the other side of the plate
- Partner holds a ball in each hand, moving their arms as if they were going to toss the balls at different times
- Partner then side tosses one of the balls
- Hitter should pick up the tossed ball and drive it up the middle
- Partners switch after 10 swings

### Add Difficulty:

- To add a degree of difficulty, the partner can toss the ball softer to simulate a change-up throw

---

### Layout of Drill:



# High Tee

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into

---

**Goal:** Hit line drives back up the middle, stay on top of the ball versus under it

---

**Description of the Drill:**

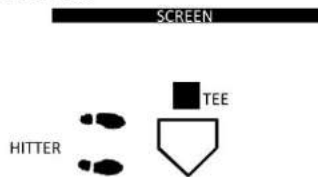
- Tee set up slightly in front of the middle of the plate, extended so that the ball rests at the top of the strike zone (chest level, shown below)
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter hits the ball, trying to hit a line drive back up the middle, not popping it up
- Partners switch after 5 swings

**Add Difficulty:**

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below, but still make sure to keep the tee at the top of the strike zone.

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**Layout of Drill:**



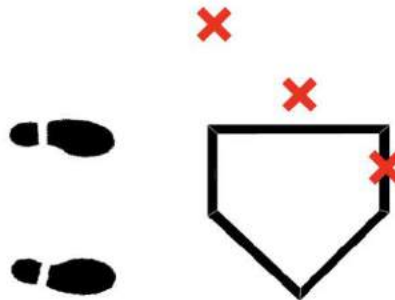
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**Example of Tee Height:**



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**Contact Points for a Right Handed Hitter:**  
(Flip for Left Handed Hitters)



## Off-Speed Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, and a bucket of baseballs

---

**Goal: Wait on an off-speed pitch, keep head & hands back, & drive the ball up the middle**

---

### Description of the Drill:

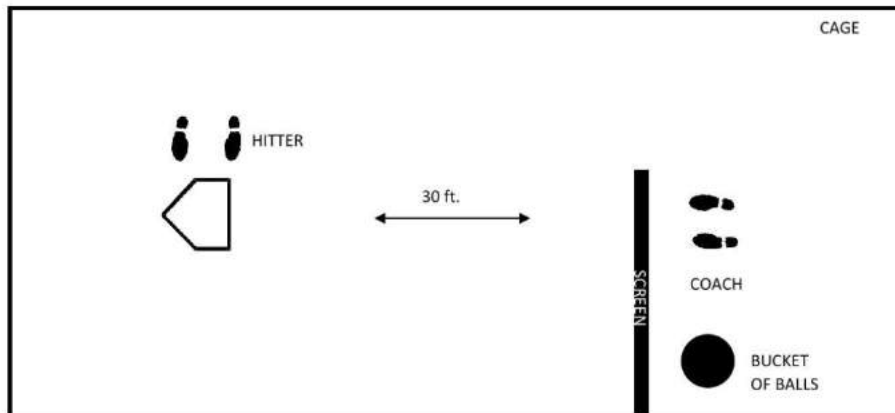
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down the middle of the plate at a very slow speed from behind the screen
- Hitter tries to hit the ball back up the middle, working on waiting for the ball to get to them
- Focus should be on keeping the head and hands back, and driving the ball up the middle
- Partners switch after 10 swings

### Modifications:

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**





## Random Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, and a bucket of baseballs

---

**Goal: Focus on identifying the pitch, strikes and taking good quality swings**

---

**Description of the Drill:**

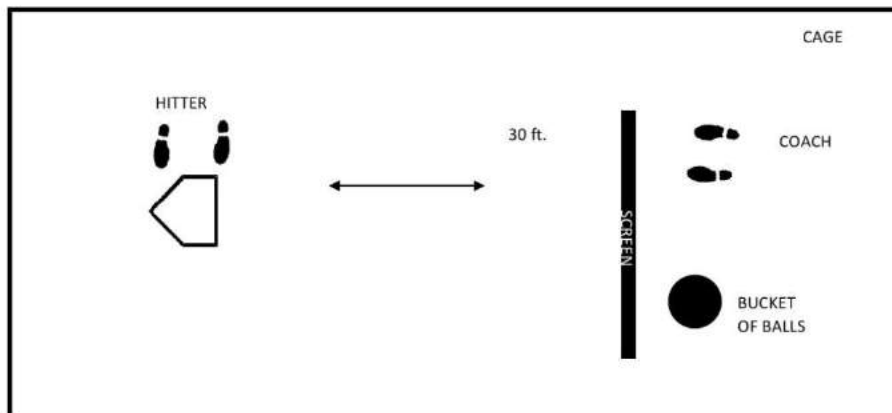
- Screen set up 30 feet from the plate
- Hitter sets up even with the plate
- Coach underhand throws the ball down at varying speeds and locations, trying to mix up pitches to keep the hitter focused
- Hitter should work on seeing the pitch out of the coach's hand
- Focus should be on identifying the speed of the pitch, strikes and taking good quality swings
- Partners switch after 10 swings

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw pitches inside and outside
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

---

**Layout of Drill (cage is optional, can be done on a field):**



## Rapid Fire Toss

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Bucket of baseballs, bat

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**Goal:** Hit the ball up the middle working on quick hands and a good bat path to the ball

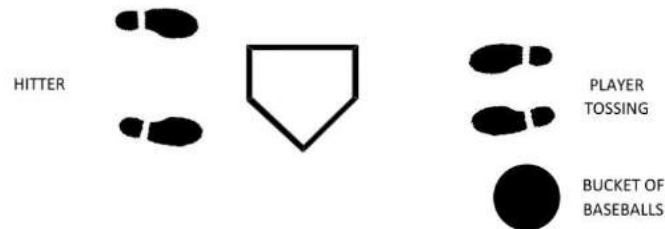
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### Description of the Drill:

- Hitter sets up even with the plate, while partner kneels on the other side of the plate
- Partner side tosses 10 balls in a row, allowing only enough time for the hitter to get reset after every toss (this should be done quickly)
- Hitter focuses on quick hands to the ball and good bat paths, hitting the balls up the middle
- Partners switch after 10 swings
- If players are getting tired from swinging so quickly, limit the repetitions to 5 or give more time between tosses

---

### Layout of Drill:



## Short Bat Top Hand Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, bucket of baseballs, short 28" bat

**Goal:** Focus on getting the barrel of the bat to the ball and hit it back towards the coach

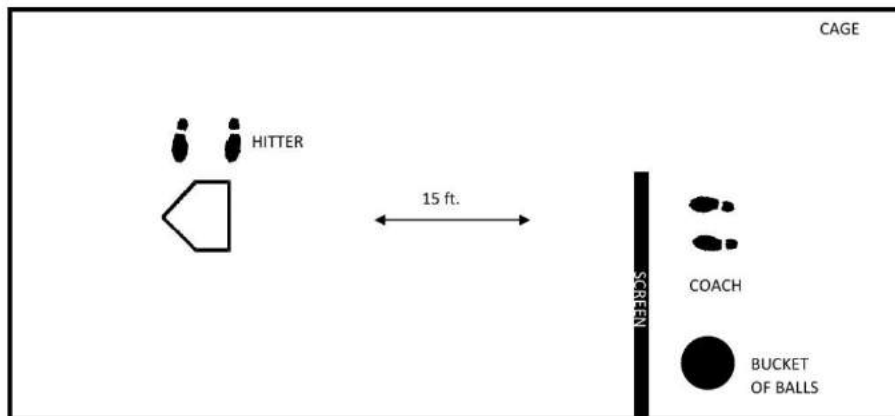
### Description of the Drill:

- Screen set up 15 feet from the plate
- Hitter sets up even with the plate, holding the short bat with their top hand
- Hitter should place bottom hand on their back shoulder
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter hits the ball with the short bat with their top hand only
- Focus should be on getting the barrel of the bat to the ball and hitting it back towards the coach
- Partners switch after 10 swings
- This drill can also be done off of a tee

### Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside

**Layout of Drill (cage is optional, can be done on a field):**



## Short Bat Bottom Hand Front Toss

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, bucket of baseballs, short 28" bat

**Goal:** Focus on getting the barrel of the bat to the ball and hit it back towards the coach

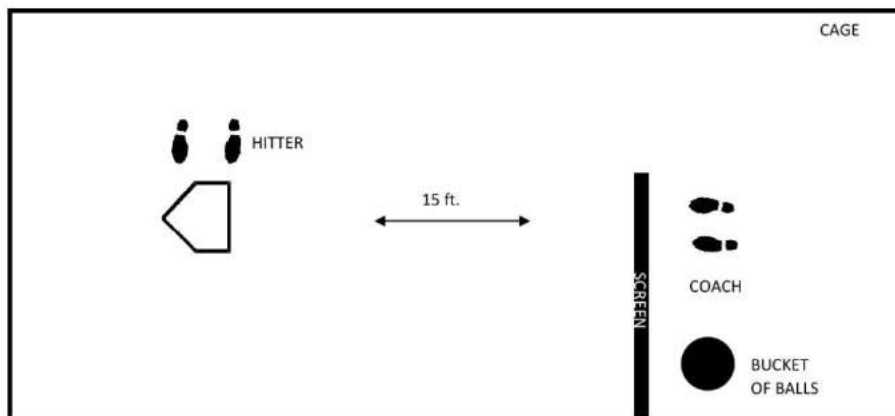
### Description of the Drill:

- Screen set up 15 feet from the plate
- Hitter sets up even with the plate, holding the short bat with their bottom hand
- Hitter should place top hand on their front shoulder
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen
- Hitter hits the ball with the short bat with their bottom hand only
- Focus should be on getting the barrel of the bat to the ball and hitting it back towards the coach
- Partners switch after 10 swings
- This drill can also be done off of a tee

### Add Difficulty:

- To add a degree of difficulty, coaches can throw pitches inside and outside

### Layout of Drill (cage is optional, can be done on a field):



## Soft Toss

**Skill Set:** Hitting

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach

**Average Time to Complete:** 10 minutes

**Equipment Required:** Screen for coach to throw behind, home plate, bucket of baseballs, bat

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**Goal: Focus on timing of swing, location of the ball and isolating proper contact points**

---

**Description of the Drill:**

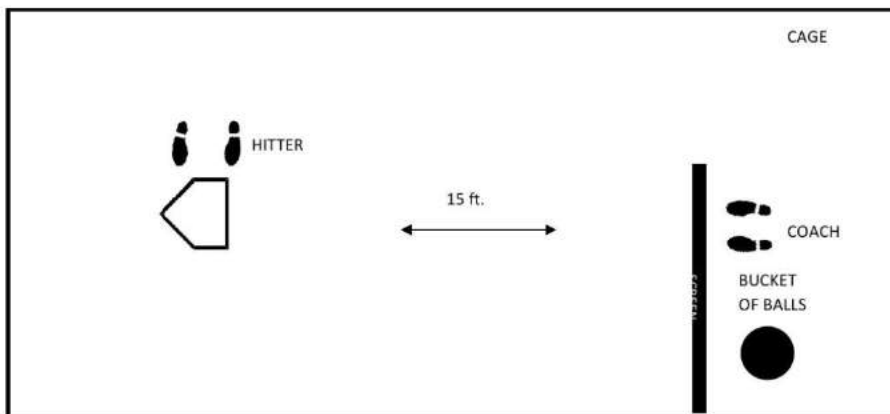
- Screen set up 15 feet from the plate.
- Batter gets into hitting stance, setting up even with the plate.
- Coach underhand throws the ball down the middle of the plate on a line at a slow to medium speed from behind the screen.
- Batter hits the ball where it is pitched, with a focus on timing, location and isolating proper contact points.
- Hitters take 10 swings and rotate.

**Add Difficulty:**

- To add a degree of difficulty, coaches can throw side toss from just outside the opposite batter's box, with pitches farther inside and farther outside.

---

**Layout of Drill (cage is optional, can be done on a field):**



# Practice 10

Mosquito 10	1.5-hour 1 coach and 2 helpers
0mins	Dynamic Stretching - Neck Rotation, Arm circles forward and backward big too small. Teapot stretch, Calf Stretch, High Knees, High Kicks, Shuffle Steps, Karaoke Steps, Baseball run, shuffle then sprint
10 - 25 mins Whole Team	Interval Throwing
25 - 55 mins Whole Team	Live Situational Scrimmage
55 - 60 mins	Water Break
60 - 75 mins	Live Situational Scrimmage
75-85mins Whole Team	Free Play
85-90mins	Review Practice with Team
90mins	End

## Interval Throwing

**Skill Set:** Throwing, Infield, Outfield, Pitching, Catching

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners (all players)

**Average Time to Complete:** 12-15 minutes

**Equipment Required:** Gloves and balls

---

**Goal: Prepare arm for pitching by going through a proper warm up routine**

---

### Description of the Drill:

- Players in partners spread out along the right or left field foul line
- The player on the foul line will stay in that spot as their partner moves back to each distance
- Partners go through the following throwing progression together:
  - One Knee (5-10 ft.)
    - Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
    - Players each make 10 throws, then move back to next progression
  - Close Squared Throwing (10-15 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Squared Throwing (15-20 ft.)
    - Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
    - Players each make 10 throws, then move back to next progression
  - Standing Throwing Position (30-40 ft.)
    - Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through
    - Players take their time throwing back and forth
    - Players each make 10 throws
  - Players 45 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 10 throws, then move back to next progression
  - Players 60 feet apart
    - Players throw the ball back and forth using good throwing mechanics
    - Players each make 9 throws, then move back to next progression
  - Players 90 feet apart

## Live Situational Scrimmage

---

**Skill Set:** Team

**Difficulty Level:** Medium

**Number of Athletes and Coaches:** Athletes split into two teams

**Average Time to Complete:** 40 minutes

**Equipment Required:** Field and all equipment needed for a game

---

**Goal:** Focus on executing the situations both on offense and defense in a modified game.

---

### Description of the Drill:

- Split players up into two teams
- One team takes the field as defense, the other team is the offense
- Pitchers will pitch to batters as if it was a real game
- Coaches will call out the game situation before each inning. For example, coaches can call out “1 out, runners on 1<sup>st</sup> and 2<sup>nd</sup>, 2-0 count on the batter” and two players on offense will go to 1<sup>st</sup> and 2<sup>nd</sup> base before the hitter steps in the box.
- As plays happen, go over what was done well and what needed to be improved on for both the offense and defense
- After 3 outs, the offense and defense rotate.