

13U Practice Plans



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

PeeWee 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 Drop Step Ground Balls Group 2 Fly Balls Group 3 Outfield Groundballs
40-45mins	Water Break
45-60mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 - 123 Drill Group 2 Location Tee Group 3 All the way Through 1st Base
60-75mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Fastball Front Toss Group 2 Balance Pause Drill Group 3 Balance Stationary Drill
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

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

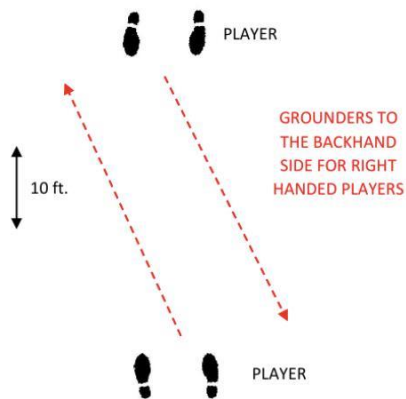
Description of the Drill:

- 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

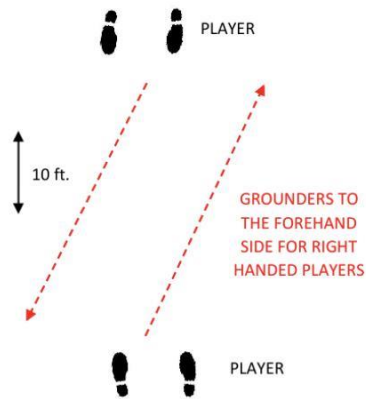
Add Difficulty:

- 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:



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

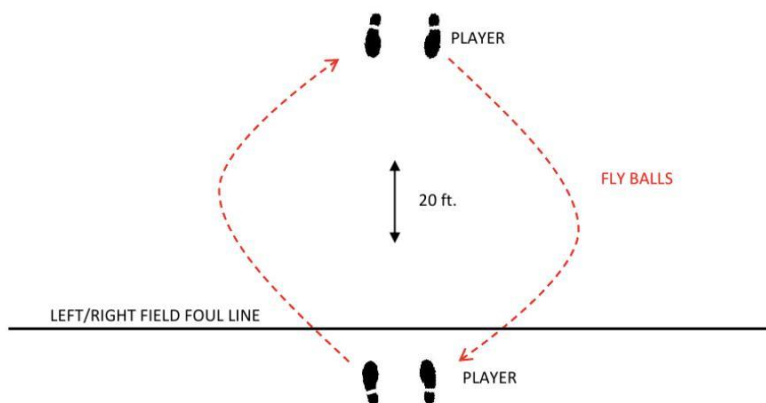
Description of the Drill:

- 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:



Outfield Groundballs

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

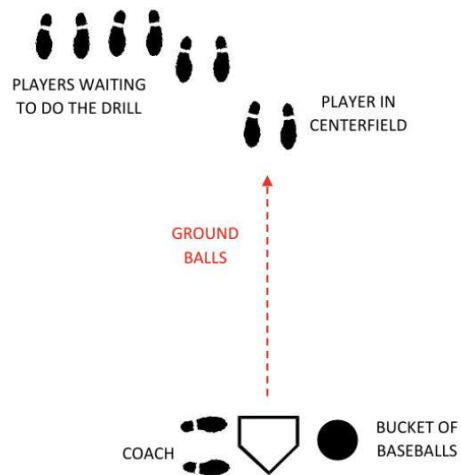
Equipment Required: Gloves, bucket of baseballs, bat

Goal: 1st Rotation- Field the ball down on one knee, 2nd Rotation- Field the ball on the run

Description of the Drill:

- Players start in a line in the centerfield position
- Coach stands at home plate (or closer) and hits ground balls to players
- For the first rotation, coach should hit softer ground balls, players charge the ball, then drop down on their throwing side knee to field the ground ball, throw it back to the coach, and get in the back of the line
- For the second rotation, coach hits harder ground balls, players charge the ball, then field the ball in stride to the outside of their glove foot, or inside of their throwing foot (player preference) and push through it to get to throwing position, throw it back to the coach, and get in the back of the line
- Players should rotate through the line so that they each get 10 repetitions

Layout of Drill:



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

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

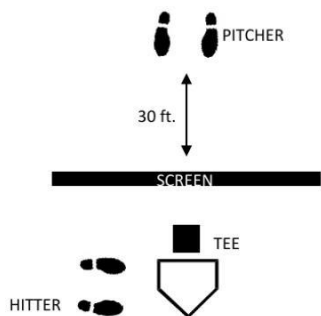
Description of the Drill:

- 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

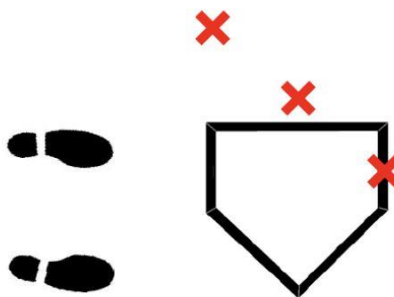
Add Difficulty:

- 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)



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

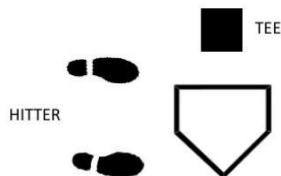
Description of the Drill:

- 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

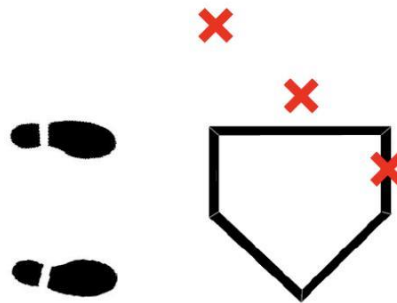
Add Difficulty:

- 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)



All the Way Through 1st 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

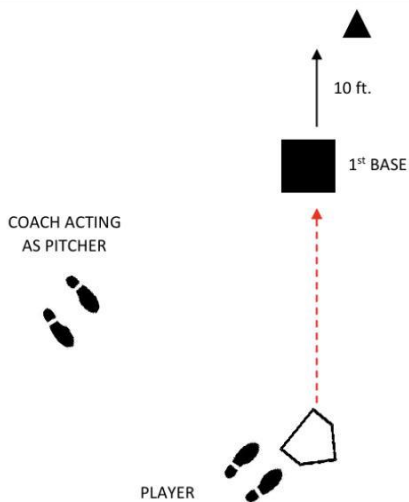
Equipment Required: Base, bat, cone

Goal: Run through 1st base, striking the front of the bag and breaking down at the cone

Description of the Drill:

- 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 10 feet behind 1st base
- The batter swings, drops the bat, and runs all the way through 1st base, striking the front of the bag with their foot
- The runner slows down after crossing the bag, breaking down at the cone using wide feet, short choppy steps, and looking towards the 1st base side fence to see if the ball was over thrown
- Once the runner comes to a stop, they jog back to home plate to get back in line
- Each player rotates through the line so that they each run all the way through 1st base 5 times

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

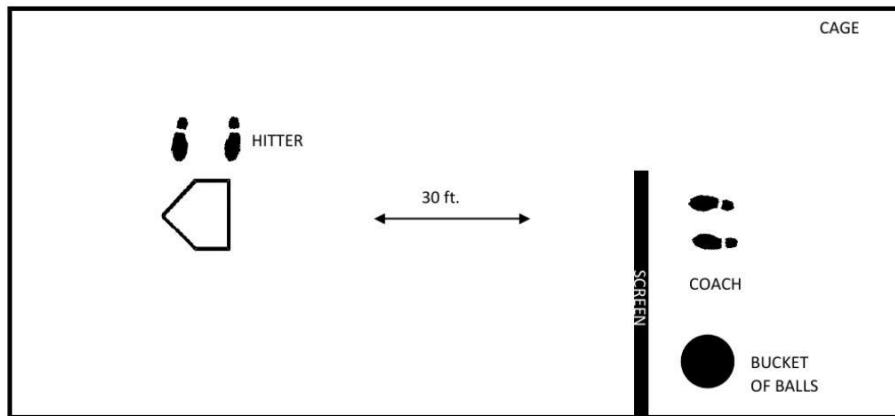
Description of the Drill:

- 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):



Balance Pause Drill

Stage #6 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Medium

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: Stay balanced over the pitching rubber to create leverage with drive leg

Description of the Drill:

- 1 player on the mound (mound optional, can use flat ground), 1 player catching (or a screen can be used)
- Player starts on the pitching rubber with 60% of weight on drive leg, 40% on lift leg
- Once weight is distributed properly, player lifts leg to get into balance position and holds the stance for 3 to 5 seconds (if the player is unable to stay balanced have them start over)
- Player begin the drill with 5 dry repetitions (without throwing) to make sure mechanics are correct
- After the dry repetitions, player goes through the drill again, this time throwing the ball to the catcher by driving down the mound from the balance position
- Players should have at least 5 dry repetitions, then at least 10 throwing repetitions

Layout of Drill:



Balanced Stationary Drill

Stage #3 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Medium

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

Average Time to Complete: 1-2 minutes

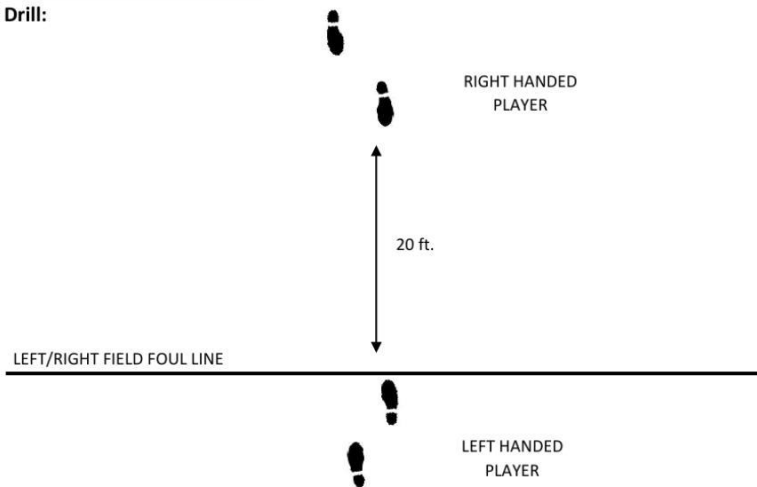
Equipment Required: Balls and gloves

Goal: Maintain balance and stability while throwing to target without using upper body

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Players start with glove shoulder pointed towards partner in the same landing spot as when pitching off of a mound, throwing side foot is anchored behind as if it was on the rubber
- Players should be in athletic positions on the balls of their feet before throwing
- Receiving partner should have glove as a target in front of their chest
- Before throwing, players should come to a set position
- Without rotating the upper body, players throw to the target focusing on the extension and getting core engaged in throw
- The back foot should stay planted and balanced
- Players throw back and forth to each other until they have each had 10 repetitions

Layout of Drill:



Practice 2

PeeWee 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 Forehand Range Group 2 Ball in Hand 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 Grounders Group 2 Fly Balls Group 3 Crow Hops
60-75mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group Location Tee Group 2 Sacrifice Bunt Group 3 Push Bunt
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

Forehand Range

Skill Set: Infield

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: Balls and gloves, tennis balls can be used

Goal: Stay low and keep eyes on the ball to field the ball forehanded

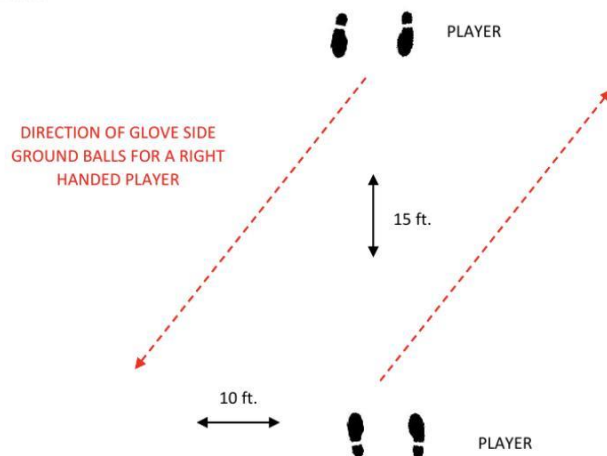
Description of the Drill:

- Partners 15 feet apart on facing each other on the infield
- Players start in defensive ready position with knees bent, feet shoulder width apart
- Partner rolls a ground ball 10 feet to the glove side of their partner
- Receiving partner moves to get to the ball and fields it with a forehand in one continuous motion, staying low and keeping their eyes on the ball
- Partners then get reset to throw another forehand groundball
- Partners throw ground balls back and forth to each other until each partner has had 10 repetitions

Add Difficulty:

- To add a degree of difficulty, players can challenge each other by rolling the ball harder or further away

Layout of Drill:



Ball in Hand

Skill Set: Infield

Difficulty Level: Medium

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

Average Time to Complete: 10 minutes

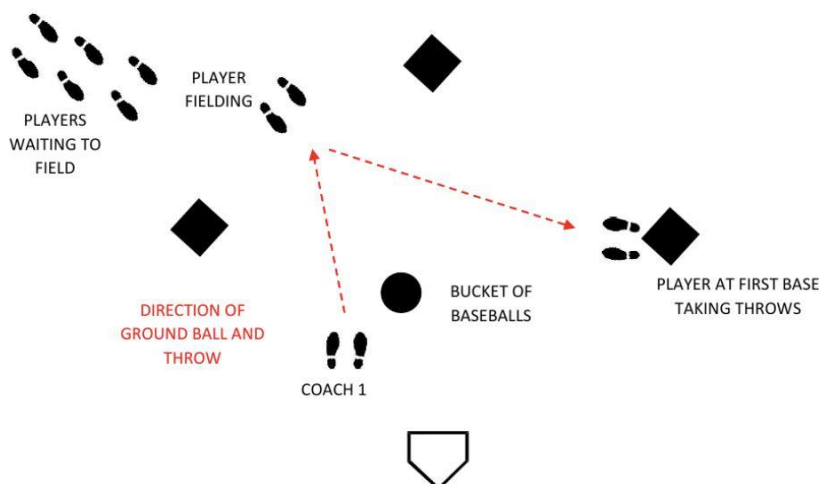
Equipment Required: Gloves, fungo bat, bucket of baseballs

Goal: Focus on keeping hands separate and fielding the ball cleanly with just the glove

Description of the Drill:

- Players in a line at the short stop position, each with a ball in their throwing hand
- Coach/player hitting fungo ground balls at least halfway from home plate
- Players field the ball with their glove, keeping the other ball in their throwing hand away from their glove
- Players throw the ball in their throwing hand to the player at first base and then rotate to the back of the line, keeping the ball they fielded
- Players rotate through the line until each player has fielded 10 ground balls

Layout of Drill:



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

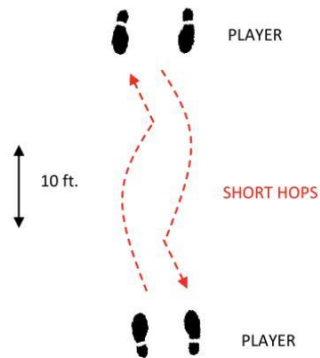
Description of the Drill:

- 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:



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

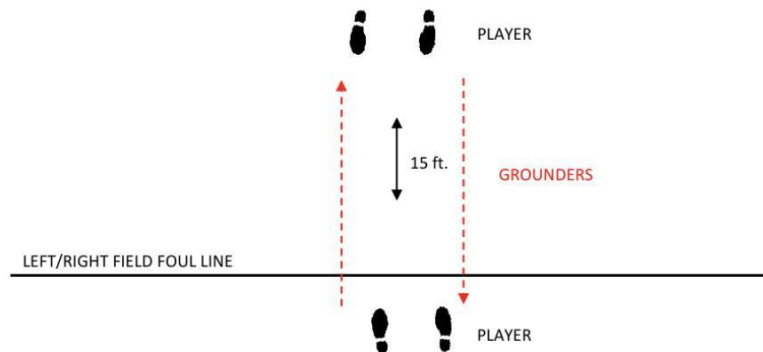
Description of the Drill:

- 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:



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

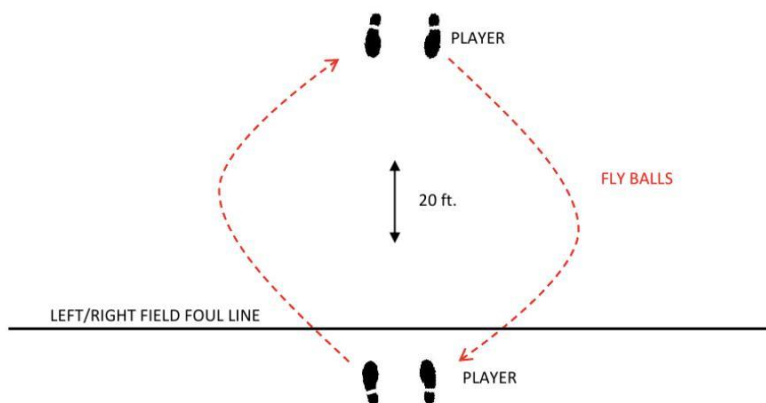
Description of the Drill:

- 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:



Crow Hops

Skill Set: Outfield

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: Balls and gloves

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

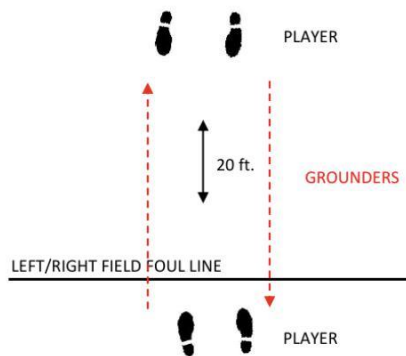
Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 20 feet away in left/right field
- Throwing partner rolls ball on the ground towards receiving partner at a slow to medium speed
- Receiving partner fields the grounder to the outside of their glove foot that is slightly forward
- When coming up to throw from fielding, receiving partner should put weight on the glove side foot to hop onto the throwing side foot to get to a throwing position, bringing the glove side foot through (the bigger the push off with the glove side foot, the more momentum of the throw)
- Partners roll grounders back and forth to each other until each player has received 10 grounders

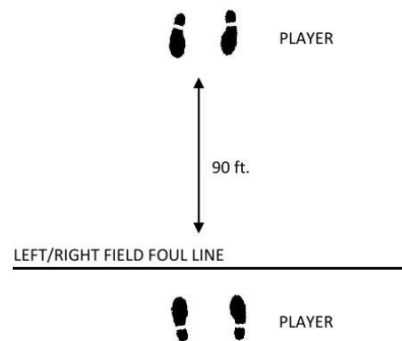
Add Difficulty:

- To add a degree of difficulty, the players can back up to 90 feet and make full crow hop throws to each other

Layout of Drill:



Add Difficulty:



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

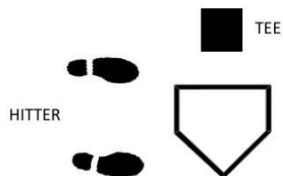
Description of the Drill:

- 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

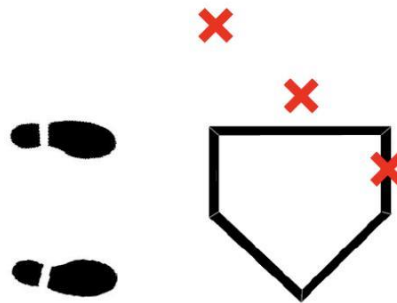
Add Difficulty:

- 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)



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

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

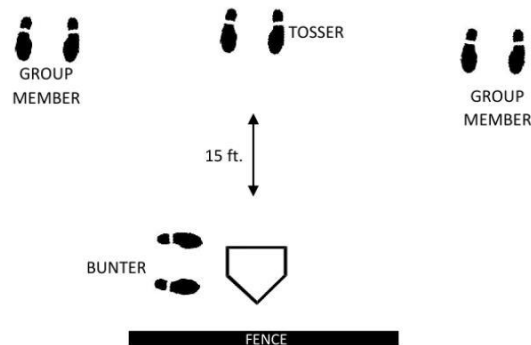
Description of the Drill:

- 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:



Push Bunt

Skill Set: Bunting

Difficulty Level: Hard

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

Goal: Bunt the ball hard on the ground between the pitcher and first baseman

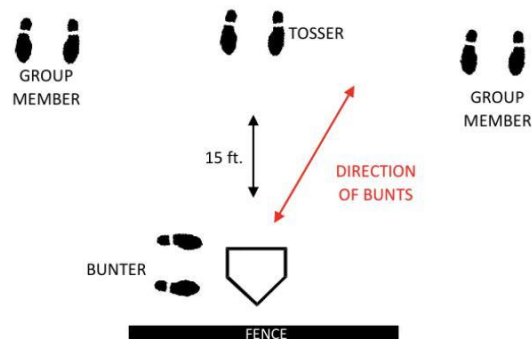
Description of the Drill:

- Throw down plate set up with fence as backstop
- Bunter sets up even with the plate, standing
- 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 squares to bunt as tosser is releasing 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 pushing the ball on the ground between the pitcher and 1st baseman
- 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 3

PeeWee 3	1.5 hour 1 coach and 2 helpers
0mins	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
10 - 25 mins Whole Team	Interval Throwing
25-40mins Whole Team	Cutoffs for Infield
40-45mins	Water Break
45-60mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group 1 Quarterback Over the Shoulder Group 2 Quarterback Angle Throw Group 3 Quarterback Adjustments
60-75mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group High Tee Group 2 Double Ball Toss Group 3 Fastball Front Toss
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

Cut Offs for Infield

Skill Set: Infield

Difficulty Level: Easy

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

Average Time to Complete: 15 minutes

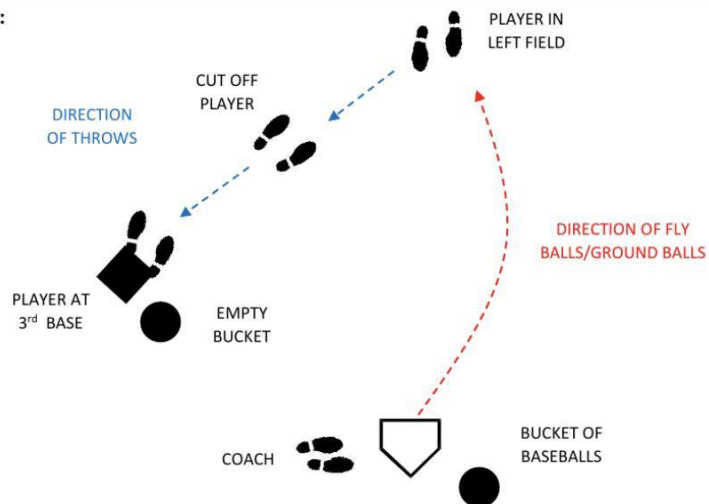
Equipment Required: Gloves, baseballs

Goal: Cut the distance between the outfielder & 3rd base in half, hands up calling for ball

Description of the Drill:

- All outfielders start in a line in center field, all middle infielders in a line behind 3rd base
- 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 3rd base
- Shortstop catches the throw and throws the ball to the 3rd baseman, who is covering 3rd base
- Shortstop should focus on cutting the distance between the outfielder and 3rd base in half, lining up between the outfielder and 3rd base, and being squared to the outfielder with hands up calling for the ball
- 3rd baseman places the ball in an empty bucket behind them
- Outfielder rotates to back of the line, infielders rotate being cut offs and 3rd baseman
- 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:



Quarterback Over the Shoulder

Stage #1 of Ball Tracking

Skill Set: Outfield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-6 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Drop step and run, look for ball in air when coach calls “BALL”, catch over shoulder

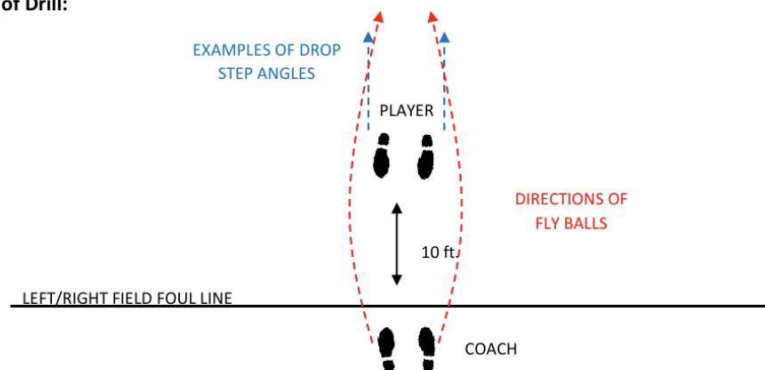
Description of the Drill:

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player’s right or left shoulder to dictate direction of drop step
- Player takes a drop step straight back in that direction, stepping back with the foot on the side the coach pointed to, and runs in that direction
- Coach calls “BALL” and throws a fly ball out in front of the player, player looks for the ball while still running when coach calls “BALL”, catches fly ball over their shoulder and runs to the back of the line with the ball in their glove
- Players should rotate through the line so that they each receive 10 repetitions, coach should alternate drop step directions

Add Difficulty:

- To add a degree of difficulty, the coach can throw fly balls further to challenge players

Layout of Drill:



Quarterback Angle Throw

Stage #2 of Ball Tracking

Skill Set: Outfield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-6 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Make a good drop step to run on an angle, keep eyes on the coach

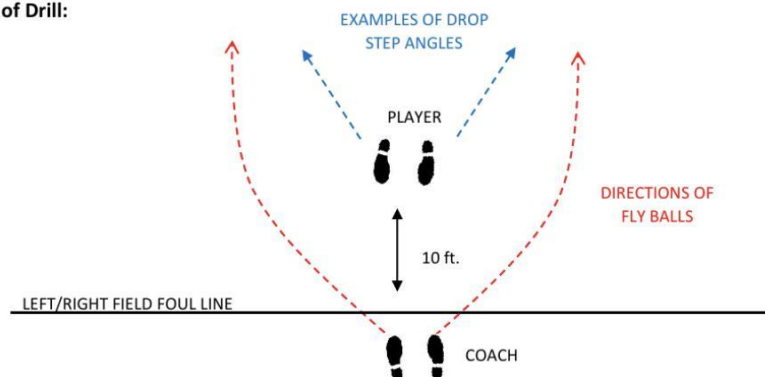
Description of the Drill:

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach throws a fly ball out in front of the angle the player is running, player catches fly ball and runs to the back of the line with the ball in their glove
- Players should rotate through the line so that they each receive 10 repetitions, coach should alternate drop step directions

Add Difficulty:

- To add a degree of difficulty, the coach can throw fly balls further to challenge players

Layout of Drill:



Quarterback Adjustments

Stage #3 of Ball Tracking

Skill Set: Outfield

Difficulty Level: Medium

Number of Athletes and Coaches: 1-6 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Balls and gloves

Goal: Make a good drop step to run on an angle, change directions quickly

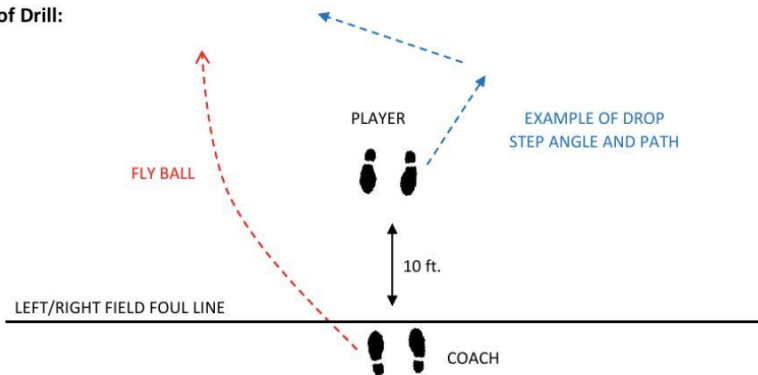
Description of the Drill:

- Coach stands on right/left field line, players each have a ball, in a line behind the coach
- Player tosses coach their ball and sets up 10 feet from the right/left field line facing the coach
- Coach points over the player's right or left shoulder to dictate direction of drop step
- Player takes a drop step in that direction, stepping back with the foot on the side the coach pointed to, and runs on a backwards angle in that direction
- Coach points in the opposite direction as player is running, player plants outside foot and steps with inside foot (one closest to the coach) to change direction and run in the new angle (this simulates the player adjusting after taking an initial bad read on the ball)
- Coach throws a fly ball out in front of the angle the player is running, player catches fly ball and runs to the back of the line with the ball in their glove
- Players should rotate through the line so that they each receive 10 repetitions

Add Difficulty:

- To add a degree of difficulty, the coach can make players change direction several times before throwing them a fly ball

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

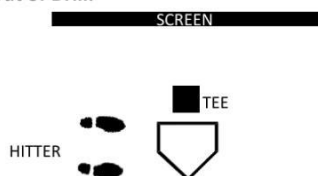
Description of the Drill:

- 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

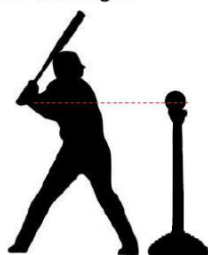
Add Difficulty:

- 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.

Layout of Drill:

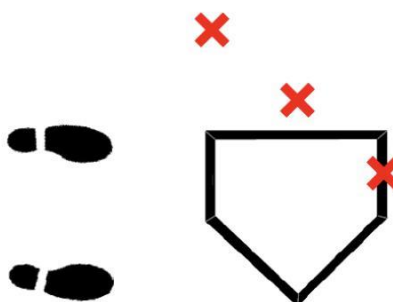


Example of Tee Height:



Contact Points for a Right Handed Hitter:

(Flip for Left Handed Hitters)



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

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

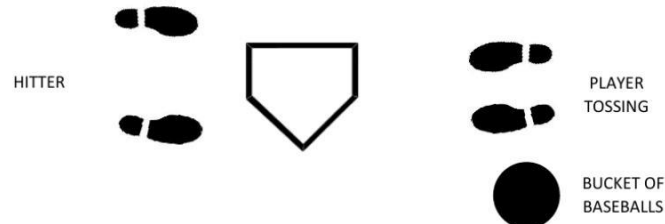
Description of the Drill:

- 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:



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

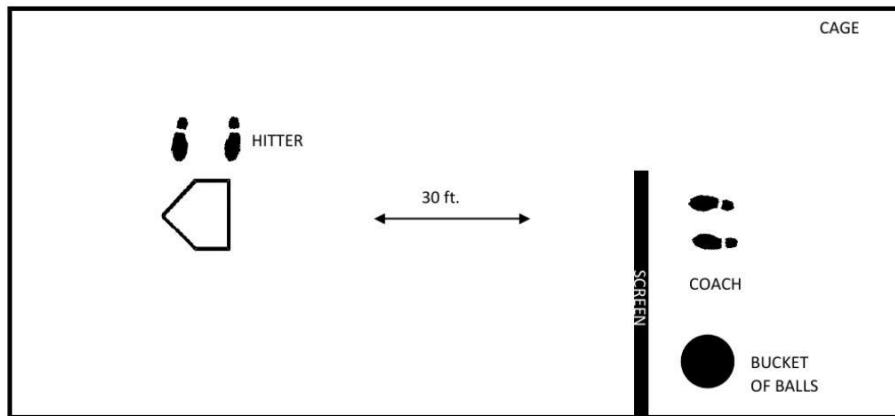
Description of the Drill:

- 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 4

Peewee 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
25-40mins Whole Team	Outfield Communication
40-45mins	Water Break
45-60mins Whole Team	Cut Offs for Outfield
60-75mins 4 mins per group per station	Three equal groups of players 1 instructor per group. Group High Tee Group 2 Double Ball Toss Group 3 Fastball Front Toss
75-85mins Whole Team	Free Play
85-90mins	Review Practice
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

Outfield Communication

Skill Set: Outfield

Difficulty Level: Easy

Number of Athletes and Coaches: All outfielders and 1 coach

Average Time to Complete: 10-15 minutes

Equipment Required: Gloves, bucket of baseballs, bat

Goal: Communicate with each other, call for the ball, and back each other up

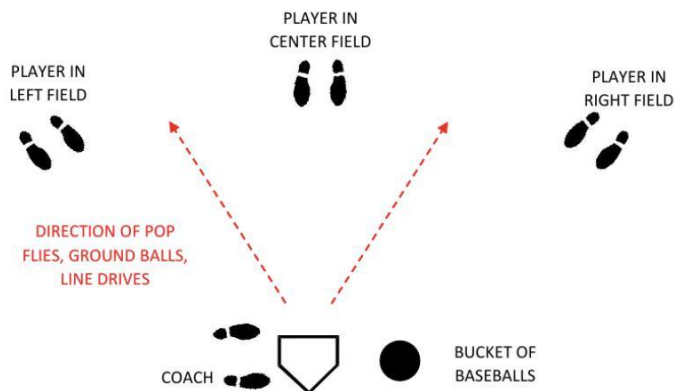
Description of the Drill:

- 1 player in each outfield positions, other outfielders in lines behind them
- Coach at home plate hits pop flies, ground balls, and line drives between left and center field, and right and center field (alternate every other hit)
- The players that the ball is hit between must communicate with each other to call for the ball ("BALL BALL BALL!")
- The player that calls for the ball should field it and throw it back in to the coach, while the other player should back them up, making sure the ball gets stopped quickly if it gets past the first outfielder
- Players rotate lines each time they go through the drill, so that each player can play each position
- Players should rotate through the lines so that they each get 10 repetitions

Add Difficulty:

- To add a degree of difficulty, incorporate the middle infielders and have the outfielders throw the ball in to a cut-off, and the cut-off throw to 2nd or 3rd base

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

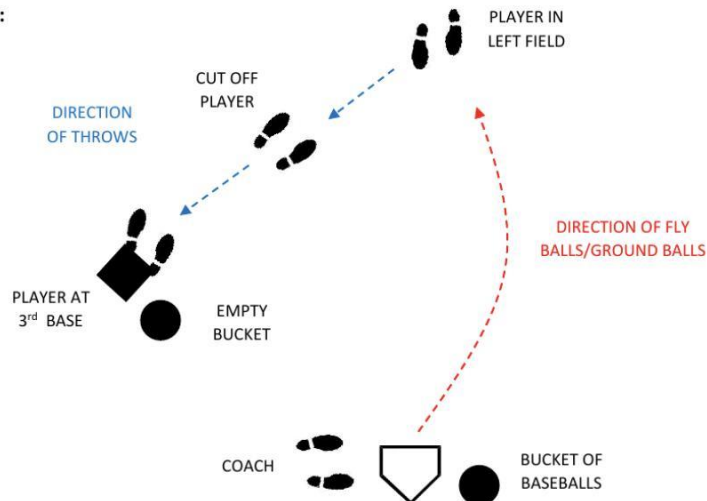
Equipment Required: Gloves, baseballs

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 3rd 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 3rd baseman, who is covering 3rd base
- 3rd baseman places the ball in an empty bucket behind them
- Outfielder rotates to back of the line
- Outfielders rotate 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:



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

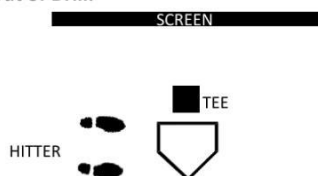
Description of the Drill:

- 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

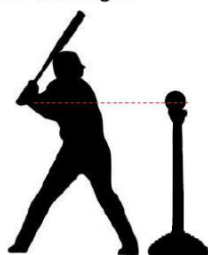
Add Difficulty:

- 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.

Layout of Drill:

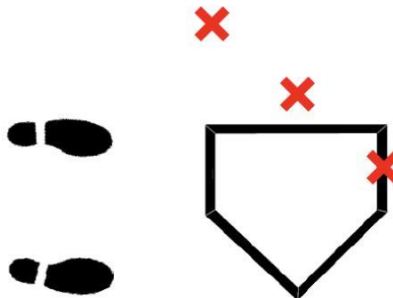


Example of Tee Height:



Contact Points for a Right Handed Hitter:

(Flip for Left Handed Hitters)



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

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

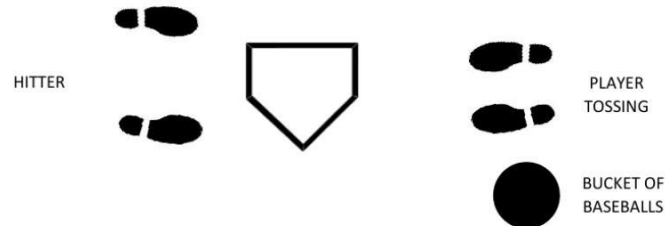
Description of the Drill:

- 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:



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

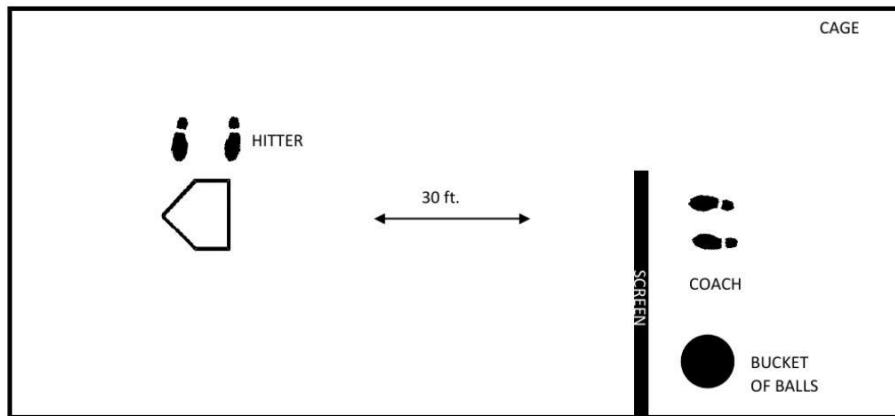
Description of the Drill:

- 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 5

Peewee 5	1.5-hour 1 coach and 2 helpers
Omins	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 - 1st Base Inside Receiving Group 2 1st Base off Bag Group 3 1st Base Receiving Short Hops
40-45mins	Water Break
45-60mins Whole Team	Rainbow Route
60-75mins Whole Team	Speed Square
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

1st Base Inside Receiving

Skill Set: Infield

Difficulty Level: Medium

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

Average Time to Complete: 5 minutes

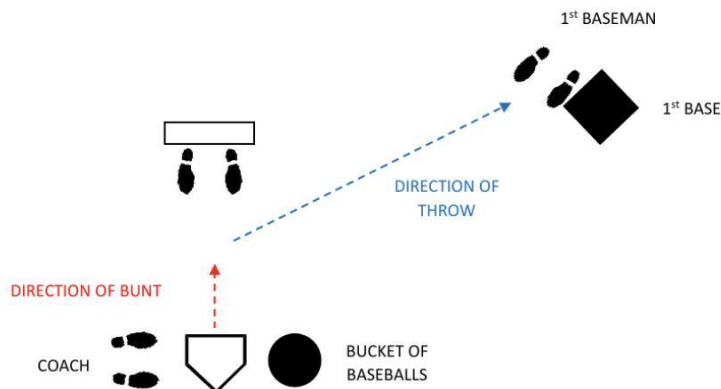
Equipment Required: Gloves, bucket of baseballs, base, fungo bat

Goal: Focus on 1st baseman being a big target for the pitcher with their left foot on bag

Description of the Drill:

- Players in fielding position at 1st base, pitcher on the mound
- Coach is at home plate with a bucket of baseballs and a bat
- Pitcher goes through a dry (without ball) pitching motion
- Coach bunts the ball, pitcher fields the bunt and throws it to 1st base
- 1st baseman sets up to receive the throw with their left foot on the bag and chest squared to the pitcher, they should try to be a big target for the pitcher to throw to
- 1st baseman should move to adjust to the throw, if the throw is on the other side of the base, the 1st baseman should shuffle across the bag so that their right foot is on the bag and they are squared up to the pitcher
- Focus on the 1st baseman making a big target with their body for the pitcher, keeping their left foot on the bag
- 1st baseman catches throw from the pitcher and places the ball off to the side, players all get reset in their positions
- Coach bunts to the pitchers until they have had 5 repetitions (players may rotate)

Layout of Drill:



1st Base Off Bag

Skill Set: Infield

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: Gloves, bucket of baseballs, base, fungo bat

Goal: Focus on making good athletic shuffles to get into position to field a groundball

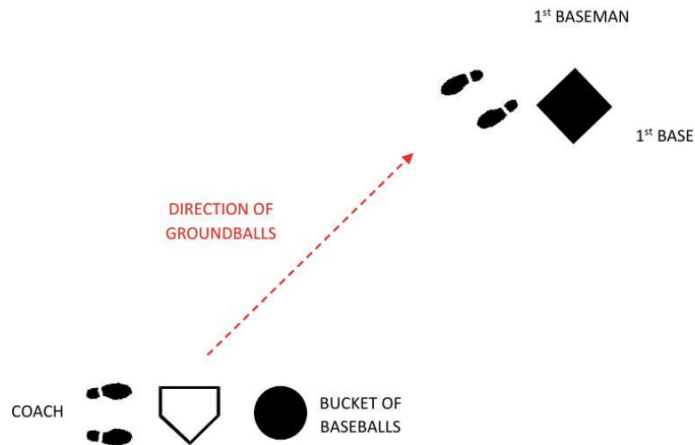
Description of the Drill:

- Player is on 1st base, slightly in front of the bag as if they were keeping a runner on the bag
- Coach is at home plate with a bucket of baseballs and a bat
- 1st baseman shuffles off of the bag to get into their fielding position
- Focus should be on making good athletic shuffles to get into position to field a groundball, not running and crossing the feet
- Coach waits until the player has taken 1 shuffle off of the bag and hits them a groundball
- 1st baseman fields the ground ball and tosses it off to the side
- Coach hits the 1st baseman groundballs until they have had 10 repetitions (players may rotate if more than one 1st baseman)

Add Difficulty:

- To add a degree of difficulty, the coach may also hit short hops to the 1st baseman

Layout of Drill:



1st Base Receiving Short Hops

Skill Set: Infield

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: Gloves, bucket of baseballs, base

Goal: Stride towards the throw and pick the short hop by pushing the glove through

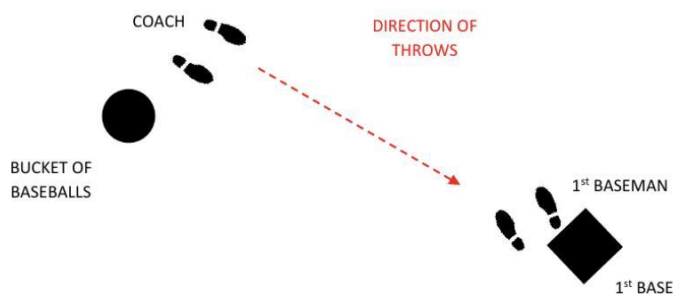
Description of the Drill:

- Players is on 1st base, with throwing side foot on the bag facing the coach
- Coach is in the 2nd baseman position with a bucket of baseballs
- Coach throws baseballs to the 1st baseman as short hops
- 1st baseman waits until the ball is thrown to stride towards the ball with the glove foot and pick the short hop by pushing their glove through the ball with their throwing side foot still on the bag
- 1st baseman places balls off the side and gets ready to receive another throw
- Coach throws the 1st baseman short hops until they have had 10 repetitions (players may rotate if more than one 1st 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 short hops to the right and left of the 1st baseman, making them stretch to different types of throws
- To add a degree of difficulty, the coach may also hit short hops to the 1st baseman with a bat

Layout of Drill:



Rainbow Route

Skill Set: Outfield

Difficulty Level: Medium

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, 6 cones

Goal: Use a drop step to get behind the cone and keep eyes on the ball at all times

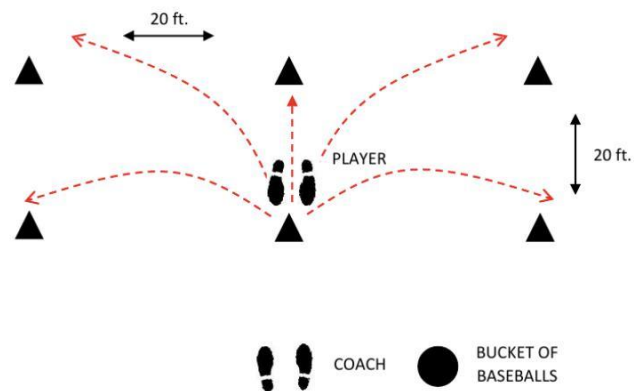
Description of the Drill:

- Cones are set up in two rows of 3, each 20 feet apart
- Players start in a line behind the coach with one player at the middle cone in front of the coach
- Coach points to a cone, player drop steps (steps back with one leg) to run to that cone keeping their eyes on the coach
- While the player is running towards the cone, the coach throws a fly ball or line drive to that cone for the player to catch when they get there
- Player catches the ball and runs it back in to place it in the bucket, then gets in the back of the line
- Next player gets ready at the middle cone in front of the coach and the drill repeats
- Players should rotate through the line so that they each get 10 repetitions

Add Difficulty:

- To add a degree of difficulty, the coach can vary which cone they point to for each player, so that players cannot expect to run to a certain cone

Layout of Drill:



Speed Square

Skill Set: Outfield

Difficulty Level: Medium

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, 4 cones

Goal: Take a different route to the ball each time, using good angles to the cones

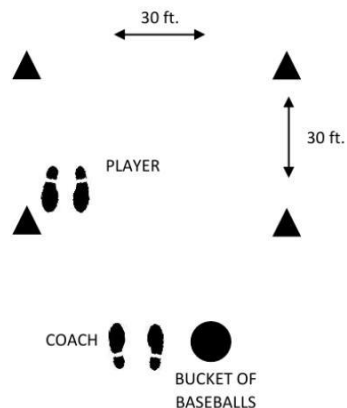
Description of the Drill:

- Cones are set up in a square, each 20 feet apart
- Players start in a line behind the coach with one player at front left cone
- Player runs their own route to all three of the other cones before the coach throws them a fly ball
- It does not matter what route the player takes, as long as they go to all cones
- Player catches the ball and runs it back in to place it in the bucket, then gets in the back of the line
- Next player gets ready at the front left cone and the drill repeats
- Players should rotate through the line so that they each get 10 repetitions

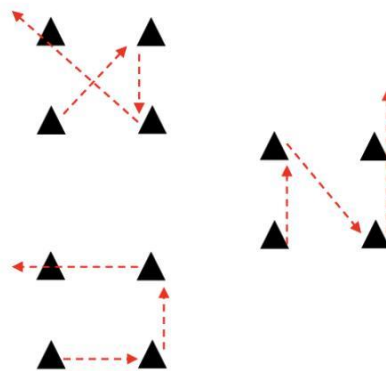
Add Difficulty:

- To add a degree of difficulty, the coach can change the cone that the players start at

Layout of Drill:



Examples of Routes:



Practice 6

Peewee 6	1.5 hour 1 coach and 2 helpers
0mins	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
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 wth 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 1st and 2nd, 2-0 count on the batter” and two players on offense will go to 1st and 2nd 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.