



BASERUNNING CIRCUIT

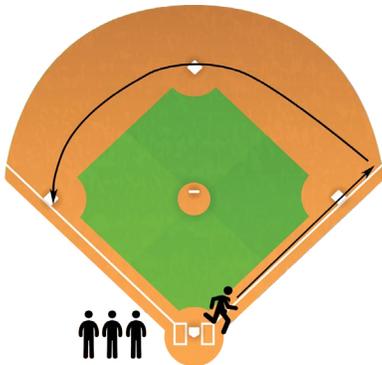


PURPOSE:

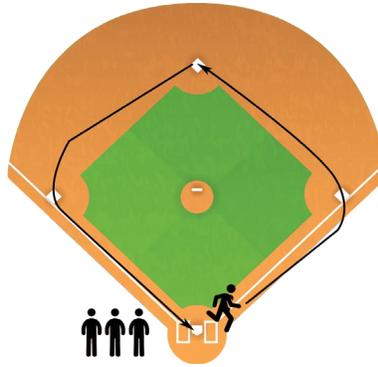
A comprehensive baserunning drill that's also great for conditioning

SETUP:

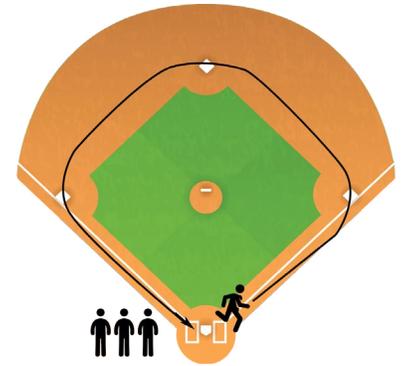
You can run this drill in the infield, or set up bases in the outfield at the appropriate distance. Players line up at home plate. One coach or parent helper stands at each base to provide assistance.



1st Circuit



2nd Circuit



3rd Circuit

INSTRUCTIONS:

1. Coaches will send players through a baserunning circuit one at a time, allowing a 4-5 seconds of space between each player.
2. **1st CIRCUIT:** On the coach's signal, the runner sprints to first, touching the bag and running through it. She then takes a crossover step and runs first to third, then jogs to home plate to join the back of the line.
3. **2nd CIRCUIT:** On the coach's signal, the runner sprints to second for a double. She will pause briefly at the bag, then sprint from second to home.
4. **3rd CIRCUIT:** The runner will sprint around all four bases for a home run

COACHING TIPS:

When making the turn and proceeding to the next base, runners should veer outside the basepath slightly, then come back across the inside of the bag to maximize speed

MAKE IT HARDER

- Baserunner must bent-leg slide to complete each circuit

MAKE IT EASIER

- Add cones or coaches at each base to show baserunners the proper path to take around the bases



GROUND BALL FACE OFF

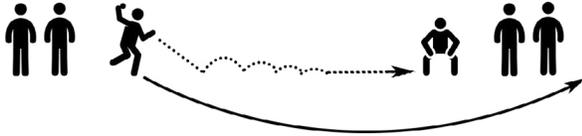


PURPOSE:

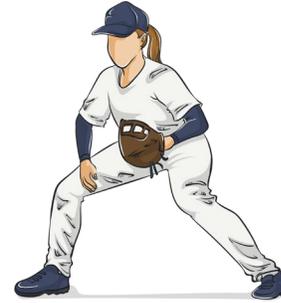
To help improve throwing strength, arm To prepare players to field ground balls and immediately follow with a quick throw.

SETUP:

Divide team into two single file lines that are facing each other about 20-30 feet apart. All players should have a glove. The first player in one line



Players take turns throwing ground balls to each other across two lines



INSTRUCTIONS:

1. On the coaches whistle, the player with the ball throws a grounder to the first player in the other line. After throwing, the player immediately runs to the end of the other line as fast as they can (this is a sprint!)
2. The player in the receiving line, fields the ground ball, and immediately throws a grounder back to the new person at the front of the other line. After throwing, the player immediately runs to the end of the other line as fast as they can (this is a sprint!)
3. Play continues at a fast pace back and forth. Field-Throw-Sprint.

COACHING TIPS:

As players take their turn in front of the line analyze their “Ready Position” to field the ground ball:

- Feet should be shoulder width apart
- Knees should be slightly bent
- Both hands should hang between the knees loosely
- Body weight should be on balls of the feet, with a slight forward lean
- Players should keep their heads down and observe the ball going into the glove

MAKE IT HARDER

- For added intensity coach can track mistakes and player with fewest errors wins.
- Move the lines farther apart and throw the ground balls with more speed
- Throw one-hoppers, high ground balls and low ground balls

MAKE IT EASIER

- Divide the players into several lines and assign one coach or parent to each line. Have the coach roll slow ground balls to each player, one at a time



PARTNER KNEE THROWS

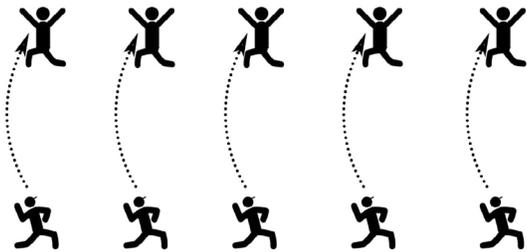


PURPOSE:

To help improve throwing strength, arm mechanics, and accuracy.

SETUP:

Group your players into pairs based on similar throwing/catching abilities. All players should have a glove, and one player in the pair should have a ball. Make two lines, with pairs facing each other about 15 feet apart (the distance can be adjusted based on age/ability of players). All players should kneel on their dominant knee (throwing side).



Players throw to a partner from a kneeling position



INSTRUCTIONS:

1. On the coach's whistle, players begin to play catch with their partners from the kneeling position.
2. As players throw the ball, they should focus on proper throwing mechanics (brining their throwing side shoulder away from the target and brining their throwing hand past the ear before starting the forward motion in the direction of the target)
3. When players are getting ready to catch, they should hold out their glove at shoulder height to make a good target for their partner to hit.

MAKE IT HARDER

- Increase distance between each player to 20-25 feet.
- Move a step back for every 2 successful catches. See which pair can move back the farthest without dropping a throw.

MAKE IT EASIER

- For players that are not bringing their arm up past their ear- you can help them by placing a short batting tee next to their throwing side arm. The player needs to lift their arm high enough, so the elbow does not hit the batting tee. This gives a visual and physical reminder to the player to execute proper form.



SOFTBALL GOLF

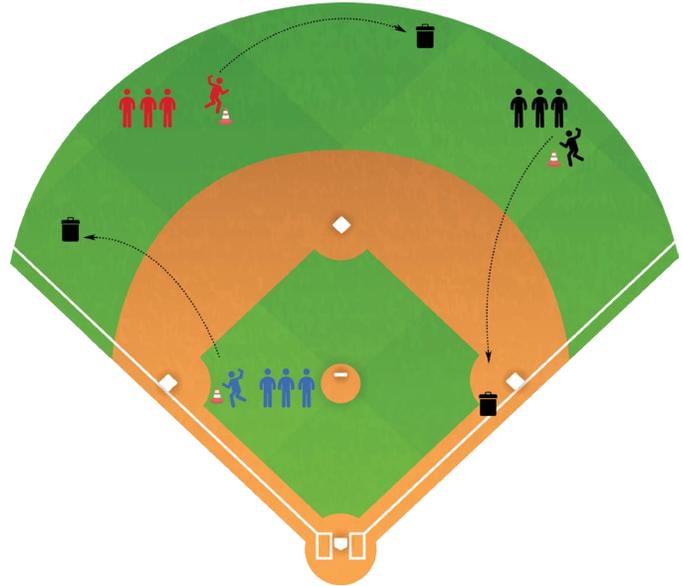


PURPOSE:

To improve throwing accuracy.

SETUP:

Divide team up into groups of four players (just as you would have a foursome in golf). Set up as many “holes” of softball golf as you do foursomes. Set up one cone as the “tee box” where players have to begin. Set up a trash can or bucket as the “hole” or target where the players have to finish.



Set up a series of golf holes to practice throwing on different parts of the field

INSTRUCTIONS:

1. Assign each foursome to a different softball golf hole.
2. To begin, all four players in each group stand at the tee box and take turns throwing toward the hole. If they do not put the ball in the hole, they walk over to the ball position and continue throwing until they do.
3. Play continues until all four players have each put their ball in the hole
4. The winner of each hole is whoever put their ball in the hole with the fewest number of throws.
5. After one hole is finished, have the groups rotate to the next hole to begin again.

COACHING TIPS:

Encourage your players to use different types of throws to cover different distances. The first throw (or “tee shot”) should be along throw. The shorter throws (closer to the hole) should be dart throws or underhand flips.

MAKE IT HARDER

- Use cones to create penalty areas near the hole. If the ball lands inside, it's a one throw penalty!

MAKE IT EASIER

- Start with very simple holes that are reachable in one or two throws. Then progress to longer holes that require more throwing distance.

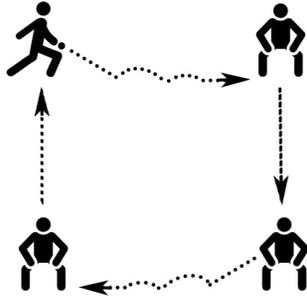


FOUR SQUARE



PURPOSE:

To practice fielding ground balls in a fun, competitive way.



Players roll ground balls to each other in a square pattern

SETUP:

Divide team into groups of four. Make a square shape with each foursome. One player should be at each corner of the square with about 50 feet separating each player. One player in each foursome should have a ball. No gloves are necessary for this drill.



INSTRUCTIONS:

1. On the coach's whistle, the player with the ball should roll the ball to the next person in a clockwise direction.
2. Without a glove, player must move to the ball, bend their knees and field the ball with two hands.
3. Players should see how quickly they can roll and field the ball around the square.
4. After they have that down, add a second ball to the mix, so there are two going at once.

COACHING TIPS:

- This is a good drill to use to identify a player struggling with fielding ground balls. You can always pull a player out of the square to work with them individually while the rest of the players continue the drill as a triangle shape instead of a square.

MAKE IT HARDER

- Increase the size of the square
- Allow players to throw the ball in any direction - left, right or diagonally across the square
- Throw short-hops, low ground balls and high ground balls

MAKE IT EASIER

- Add a coach into each group of four to demonstrate, correct and encourage



FIRST BASE DECISION

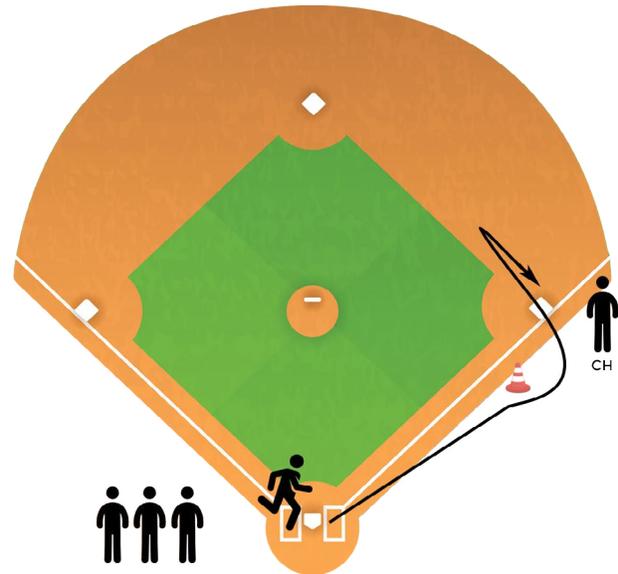


PURPOSE:

A basic drill that helps players learn the technique of rounding first base

SETUP:

You can run this drill in the infield, or just by setting up a home plate and first base the appropriate distance apart. Place a cone 15 feet in front of first base and another cone 5 feet past first base, going toward second. Players line up at home plate. Coach stands beside first base.



Baserunners listen to the first base coach and decide whether to take second

INSTRUCTIONS:

1. On the coach's signal the first player in line will simulate swinging at a pitch, then sprint to first
2. Before she reaches the cone the coach will say "Round It!" to signal for a potential extra-base hit.
3. The player will run wide around the cone and round first base, coming to a stop in an athletic position at the second cone
4. Repeat with the next player in line

MAKE IT HARDER

- Once your players have mastered the rounding technique, you can tell them to "Go!" to second base or "Come Back!" to first

MAKE IT EASIER

- Skip the swing portion until players get the hang of the baserunning technique. Then add in the bat and swing.



SECOND BASE DECISION



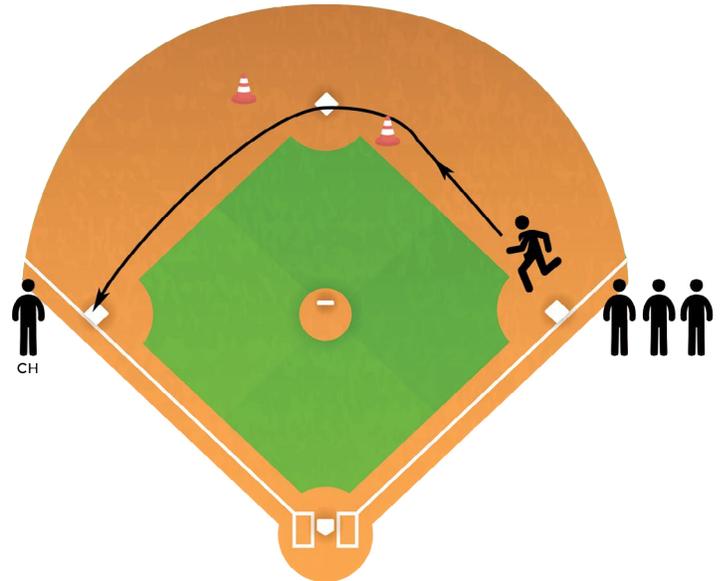
PURPOSE:

Teaches players how to run from first to second, and read the base coach on advancing to third

SETUP:

You can run this drill in the infield, or just by setting up a first, second and third base the appropriate distance apart. Place a cone 10 feet in front of second base and another cone 5 feet past second base, going toward third.

Players line up at first base. Coach stands beside third base.



Baserunners watch the third base coach and decide whether to take third

INSTRUCTIONS:

1. On the coach's signal the first player in line will take a short lead from first base, then sprint to second.
2. As she approaches second, the baserunner looks to the third base coach.
3. If she's signalled to stop, the baserunners stops at second.
4. If she's signalled to go, she round second base and slides into third.
5. Repeat with the next player in line

COACHING TIPS:

Use proper running form at all times – lean slightly forward, run on the balls of the feet (not their heels), pump the knees and swing the arms from cheek to cheek with every stride
Watch the third base coach, not the ball.

The three basic signs for a base coach are:

- Windmill: "Keep going"
- Palms facing runner: "Stop"
- Palms on ground "Slide"



TEE DERBY



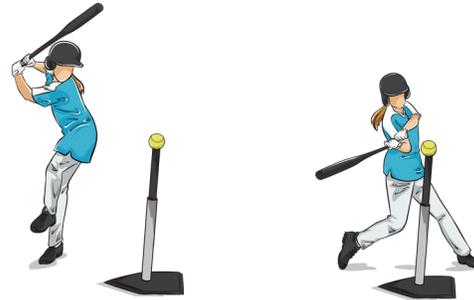
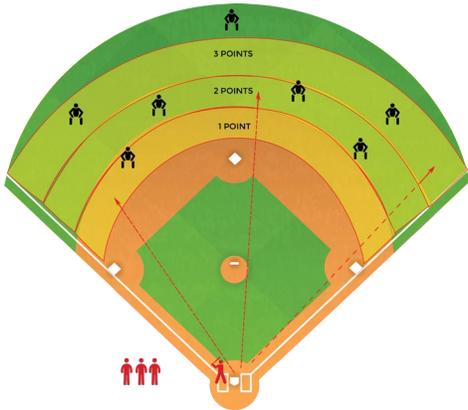
PURPOSE:

Helps kids understand the importance of the weight shift when generating power. Helps demonstrate.

SETUP:

Set up a tee at home plate or any open space in the outfield. One player is at bat. The others will help shag balls.

Using cones, mark out a series of distance markers on the field, similar to a track and field throwing event (see diagram below)



Hitters load up and swing for the fences in this hitting contest

INSTRUCTIONS:

1. Place a ball on the tee for the first hitter
2. On the coach's signal, she will load up her swing by shifting her weight backward and raising the stride leg to 90° (similar to a pitcher's windup)
3. She will then stride forward and swing, trying to hit the ball as hard as she can
4. Line drives are best. But hard ground balls count as well.
5. Track the distance of the ball until it stops rolling. Assign 1, 2, or 3 points depending on where it stops

COACHING TIPS:

Make sure the stride is straight toward the pitcher and under control.

The hitter's head and eyes should stay locked on the ball through the point of contact. Try to focus on a specific seam or scuff to increase concentration.

When done correctly, this drill will demonstrate that a level or downward swing plane will actually drive the ball further than an uppercutting swing.

MAKE IT HARDER

- Move the distance markers all the way to the fence

MAKE IT EASIER

- Move the distance markers into the infield and shallow outfield



RAPID FIRE SOFT TOSS DRILL

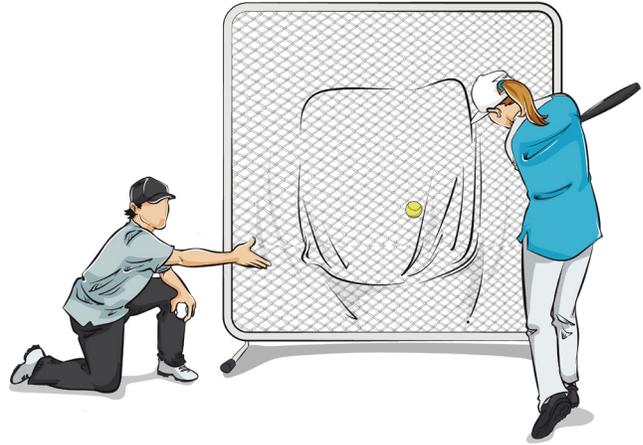


PURPOSE:

To improve bat speed, hand-eye coordination and reaction time

SETUP:

For younger teams, assign a coach or parent helper to each player, who will act as the tosser. Older players can partner up and toss to each other. The tosser kneels at a 45° angle from the hitter 8-10 feet from the hitter holding one ball in her throwing hand and four more balls close by. The hitter sets up at a plate in her normal batting stance.



Partner quickly soft-tosses 5 balls to hitter in rapid fire fashion

INSTRUCTIONS:

1. The tosser lobs the first ball into the strike zone.
2. As soon as the hitter has made contact and begun to reload her swing, the tosser lobs in the second ball.
3. Continue until all five balls have been used

COACHING TIPS:

The hitter should quickly realize that the fastest path to the ball and into her load position is as close to the body as possible. The more the hands extend out over the plate, the slower the swing

Increase the difficulty of this drill by changing the location and speed of the pitches - high, low, inside, outside, fast, slow

MAKE IT HARDER

- Mix up the speed of the pitch to test the hitter's reaction time

MAKE IT EASIER

- Start by tossing from 6-8 feet in front of the hitter. Then take a step back after each successful hit



BASKETBALL POWER DRILL



PURPOSE:

Trains hitters to swing through the point of contact and hit for more power

SETUP:

Set up a tee over home plate and place a slightly deflated basketball, soccer ball or volleyball on it. The first hitter sets up at the plate while the remaining players will shag balls.



Batter hits a basketball or other large ball off the tee

INSTRUCTIONS:

1. After placing the ball on the tee, the hitter takes a slow practice swing to check her position relative to the plate
2. On the coach's signal, the hitter takes her stride, loads up and swings hard, trying to drive the ball straight up the middle
3. Make sure the hitter is swinging through the ball and following through, not stopping at the point of contact
4. Retrieve the ball and repeat

COACHING TIPS:

Try creating a progression from your lightest ball to your heaviest (i.e.. volleyball, soccer ball, basketball). Then have the hitter take 5 swings with a normal softball and feel the difference

MAKE IT HARDER

- Soft toss the basketball to the hitter, or rapid toss several balls in a row to work on bat speed

MAKE IT EASIER

- Start by using a weighted softball or a softball soaked overnight in water. Then work up to heavier balls as the hitter gains strength.



HIGH LOW TOSS DRILL



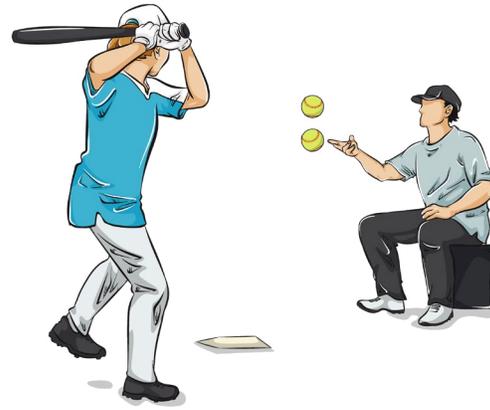
Advanced

PURPOSE:

Improves vision, bat speed and timing

SETUP:

For younger teams, assign a coach or parent helper to each player, who will act as the tosser. Older players can partner up and toss to each other. The tosser kneels at a 45° angle from the hitter 8-10 feet away, holding two balls stacked one on top of the other. The hitter sets up at a plate with her helmet and bat.



Partner soft-tosses two balls to hitter, who hits the high or low one

INSTRUCTIONS:

1. The tosser lobs both balls into the strike zone and calls out “High!” or “Low!”
2. The hitter identifies the target ball, swings and tries to hit a line drive

COACHING TIPS:

You can also do this drill using colored balls. Color one red and one blue ball using a permanent marker. Toss both balls and call out “Red!” or “Blue!” for the hitter to identify

MAKE IT HARDER

- Write “1” on one of the balls and “2” on the other. Call out the number for the hitter to identify.

MAKE IT EASIER

- Tell the hitter which ball to hit in advance. Start with 5 consecutive high, then 5 consecutive low. Then mix it up.



REACTION DRILL



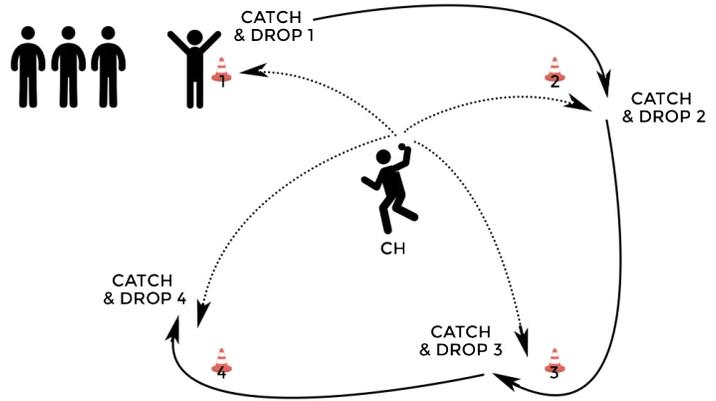
Advanced

PURPOSE:

To improve a player reaction time when fielding.

SETUP:

Make a square with 4 cones spread about 15 feet apart from each other. Coach stands in the middle with 4 tennis balls. Fielders line up to first cone with gloves on.



Players make four consecutive catches, running around a four cone square

INSTRUCTIONS:

1. First fielder in line takes their place at cone #1 facing AWAY from coach.
2. Coach throws the first tennis ball toward cone #1 and yells “GO” as soon as ball is released.
3. When fielder hears “GO” they turn around and catch ball.
4. After catching the first ball, player drops ball to the ground and runs to cone two.
5. Coach throws the ball to cone #2 as player is rounding the cone, so they have to catch it as their body is turning. If successful catch is made, player drops ball on ground.
6. Play continues until fielder has rounded all four cones and coach as thrown all four tennis balls.
7. At the end of the drill all four tennis balls are returned to coach and drill begins again with second player in line.

MAKE IT HARDER

- Players can start laying flat on their stomachs

MAKE IT EASIER

- Players face the coach on the first throw(remove the turn around)



RECOVERY DRILL

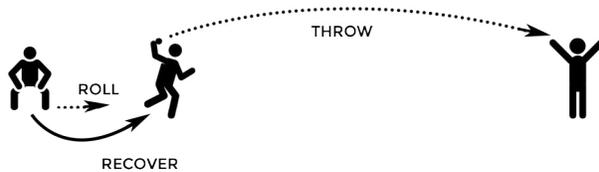


PURPOSE:

To practice recovering the ball in front of the body after an error or bad bounce.

SETUP:

Divide team into pairs, players line up across from each other forming two lines about 40 ft apart. For safety, each player should be about 5 feet from player next to them. All players have gloves, one player in each pair should have a ball.



Fielders learn to recover and make a calm, accurate throw after bobbling the ball



INSTRUCTIONS:

1. On the coach's whistle, the player with the ball gets into a good fielding position & rolls the ball out in front of them.
2. The same player, then goes to the SIDE of the ball, scoops it up, and throws it to their partner.
3. The partner catches the softball and immediately transfers the ball to get into a good throwing position.
4. On the coaches next whistle, new player with the ball gets into their fielding position and rolls the ball out in front.
5. Drill continues until each player has had 10 throws.

MAKE IT HARDER

- Fielder stands with her back to the coach. Coach rolls a tough ground ball at the fielder. If she does not make the initial play, she has to recover, gather the ball and make the throw.

MAKE IT EASIER

- Instead of rolling the ball out, place the it on the ground 5 feet in front of the fielder. She then scoops it up barehand and gets into throwing position.



BUNT-OFF



PURPOSE:

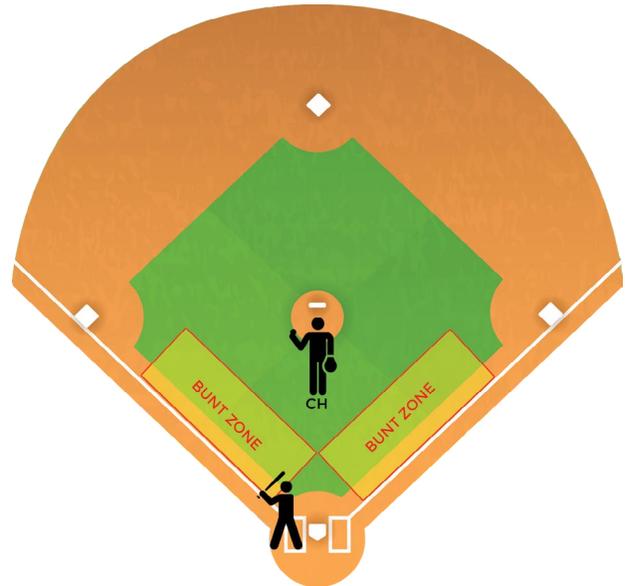
A fun, competitive game that improves bunting accuracy and consistency

SETUP:

Using cones or chalk, mark off an area similar to the diagram below.

Split your players into team of 3-5 kids. If you have access to a pitching machine, set it up at the pitchers mound. If not, a coach will pitch from 30-40 feet away.

The first team is at the plate with helmets and bats. The other teams are in the infield to shag balls.



Players compete to lay down bunts into scoring zones

INSTRUCTIONS:

1. This drill is a bunting accuracy contest between the groups of players
2. Each batter gets 3-5 pitches from the pitching machine or coach.
3. Every successful bunt into the scoring zone earns their team one point
4. Rotate through the teams until every player has had a chance
5. The team with the most points wins a prize

COACHING TIPS:

Adjust the boundaries of the scoring zone so it's appropriate for the size of your field and your team's competitive level

You can also do this drill in a Knockout format. Each player gets one pitch. If they successfully bunt into the scoring zone, they're still alive. If not, they are eliminated. Continue until only one player is left

MAKE IT HARDER

- Add a scoring zone for push bunts between the infield positions

MAKE IT EASIER

- Make the scoring zones larger and easier to bunt into



LINE DRIVE CONTEST



PURPOSE:

Helps train players to swing with a line drive swing path. Adds some fun and intensity to your practices

SETUP:

Divide your players up into three teams. One team is at-bat. The other two are shagging balls. Using cones or chalk, mark the outfield with two curved lines from foul line to foul line. One about 10 feet outside the infield. And another about 40 feet outside the infield. This is the scoring zone. Coach (or pitching machine) is at the pitcher's mound



Players compete to hit line drives into the scoring zone

INSTRUCTIONS:

1. The object of the game is to hit line drives into the scoring zone marked by the cones
2. Each player gets 5-10 pitches. Every hit that lands in the scoring zone counts as a point
3. After all three teams have batted, the team with the most combined points wins

COACHING TIPS:

Make every 5th pitch a “Money Ball” that counts for triple the points

MAKE IT HARDER

- Add more double point scoring zones down the baselines and in the alleys between outfielders

MAKE IT EASIER

- Move the scoring zone to the edge of the infield or closer



9 OUTS

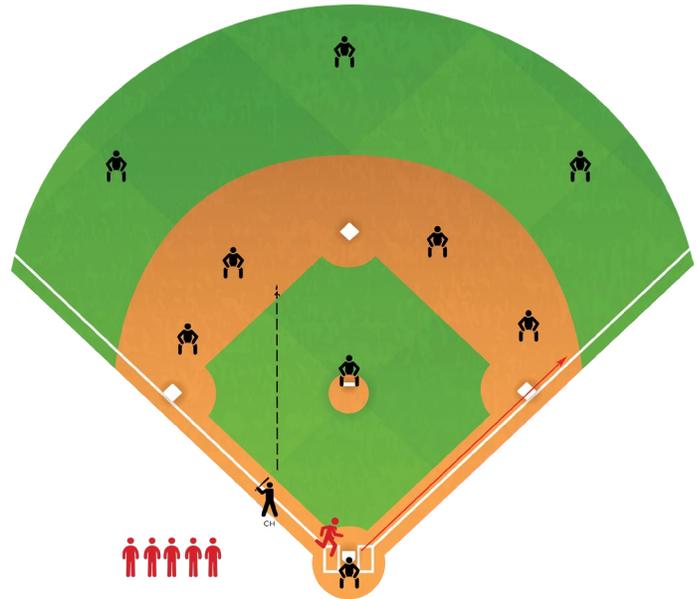


PURPOSE:

A fun, competitive game that works on fielding situations under game-like pressure

SETUP:

Divide your players into two teams - one takes the field while the other lines up at home plate. Coach stands on the third baseline with a bat and balls.



The defensive team must make 9 consecutive outs without making an error

INSTRUCTIONS:

1. The object of this game is for the defense to make 9 consecutive outs without making an error
2. The first players on the baserunning team steps into the box with a helmet but no bat
3. Coach will hit balls to different players in the infield and outfield. The fielding team tries to get the baserunner out.
4. If the fielding team makes an error, the out count goes immediately back down to zero.
5. Continue until the fielding team has made 9 outs in a row, or 10 minutes has passed without success. Rotate the teams and repeat.

COACHING TIPS:

If you don't have enough players for two full teams, just fill the infield positions
Add in baserunners to force the defense to react to different situations
Give them opportunities to make double plays

MAKE IT HARDER

- Fielding team must make a double play to get the 8th and 9th outs and get off the field

MAKE IT EASIER

- Roll or throw the ball to fielders instead of hitting
- Make the goal 3 or 6 outs without an error



4-POINT GAME

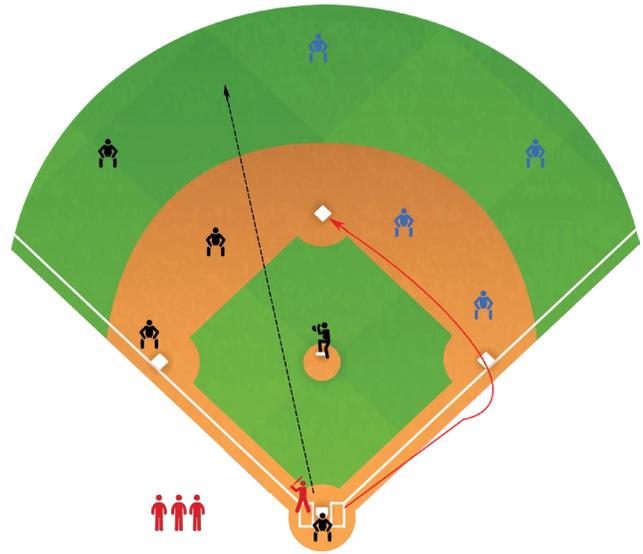


PURPOSE:

Works on reaching base and advancing runners in a fun, game-like environment

SETUP:

Split your players into three even teams of roughly 4-5 players each. Each team should have a designated pitcher. Two teams fill out the defensive positions while the third team is on offense



Batters are awarded extra points for every base they reach without making an out

INSTRUCTIONS:

1. The first offensive player steps to the plate and with a bat and helmet against a live pitcher
2. The batter tries to reach base while the defense tries to make an out
3. The offensive team is awarded a point for each base the player reaches: 1 point for first, 2 points for second, 3 points for third and 4 points for home.
4. Once all players have batted, rotate the teams and repeat
5. Each team gets two offensive innings. At the end of the game, the team with the most points wins

COACHING TIPS:

The points are cumulative – so a player reaching second would receive 3 points (1 point for first plus 2 points for second).

This game greatly rewards advancing baserunners, so encourage your players get safely on base, then try aggressively to advance.

MAKE IT HARDER

- Batters start with an 0-1 or 0-2 count

MAKE IT EASIER

- Have batters hit off a tee, soft-toss pitching or a pitching machine